

論文名稱	受暴婦女充權歷程之研究		
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<p>自 1970 年代以來，充權、優勢觀點的理念漸漸被廣泛討論，社會工作實務工作者面對服務使用者時，應保持尊重、接納及正向的態度，協助服務使用者將內在資源與力量發揮出來，協助尋找阻礙功能運作的障礙並將外部資源連結起來。</p> <p>以充權的觀點來看待受暴婦女，除了將焦點放在受暴婦女如何因應暴力以及找到自我的價值與力量之外，更進一步可以探究受暴婦女如何將力量延伸出去幫助其他人、幫助整個社會，這是充權概念由個人、人際乃至政治層次的發揮。由受暴婦女成為助人者的角色，可以說是由弱勢者成為擁有權力者的展現，由角色的變化可以理解受暴婦女是如何由無權的弱者成為有權的強者。</p> <p>本研究的目的是有三：第一，期待研究中看到受暴婦女內在心理動力的變化、內在力量的轉化與行動；第二，藉由「助人工作」的契機將自我的力量轉化為幫助他人或社會的行動；第三，期待研究結果能夠發展出充權歷程的模式，進而應用到實務工作的服務之中。</p> <p>本研究是採用敘事方法作為資料收集與分析的方式，透過受訪者的敘說陳述，能了解其內心種種的認知、想法、感受，藉此獲得對充權歷程的認識；受訪者是九位從事助人工作且受到婚姻暴力的婦女。</p> <p>由受訪者生命故事的呈現以及敘說故事的分析，本研究的發現可由婚姻的起點、婚姻的變調、生命的沈澱、生命的躍起及充權力量的延伸來說明。</p> <ol style="list-style-type: none"> <li>1. 婚姻的起點－期待與現實的落差，被打入無權的辛酸：受訪者對婚姻與現實生活期待的落差衍生對婚姻看法的改變，因此經歷這段暴力婚姻，現在對當時的處境也已經有不同的看法，而外遇是暴力行動的重要因子、性是配偶宰制受暴婦女的工具與意念，都使得受暴婦女在婚姻生活當中承受相當大的壓力與痛苦。</li> <li>2. 婚姻的變調－權力的失去，對人生有諸多體會：受訪者在暴力經驗中找到擺放自我的方式，如認命、自我懷疑或樂觀面對，因而受訪者在承受暴力時，也以不同的方式摸索與暴力應對的方法；此外，暴力因素使得受訪者失去生理心理能量，健康出現問題、目睹暴力子女受到暴力的波及、受訪者以不同角度思考留在婚姻或離開婚姻則是重要的議題。</li> <li>3. 生命的沈澱－權力的獲得，重整人生故事：對受訪者而言，非正式資源給予力量，使得受訪者找到往前進的動力，但是正式資源難以發揮功能，尤其是對於新移民的協助更是難以使力，娘家卻是個矛盾的支持系統，而自助團體則是能夠產生充權的力量。</li> <li>4. 生命的躍起－為自己充權：在助人之前，個人需要沈澱與修復，經過一段</li> </ol>			

時間的思考與冷靜，才能再重新開始，而改變自己則是躍起的轉折點。

5. 充權力量的延伸－協助別人充權：「希望別人不再受同樣的苦」是助人的關鍵點，而發揮影響力是充權的最高層次的表現。

本研究由以上的發現整理出充權歷程的變化圖，同時也建構出充權歷程模式。由充權歷程模式中各向量的變化，可以看到支持與阻礙受暴婦女充權的各項力量的影響力，正充權可說是人生歷程中有不斷往上拉的力量，而充權歷程就是向上的正向力量與向下的負向力量互相抵消與疊加的動態過程。

關鍵字：受暴婦女、敘事、充權、充權歷程

# The Study of Empowerment Process of Battered Women

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## Abstract

Since 1970, empowerment and strength perspectives are gradually discussed and adopted. When social work practitioners face services users, they should keep respect, acceptance and positive attitudes and help them develop the inner strengths and power and find out the barriers that impede personal functions and connect the outside resources.

With the empowerment perspectives of battered women, the focus is not only on how women deal with the violence and find out the self values and power, but also how women expand the power to help others and societies. It's the exertion of empowerment that the concept is from the individual, interpersonal to political levels. From battered women's role as helping others can be said the expression of the one who are disadvantaged becomes having power. As the changes of the roles, we can realize how the women become the powerless to the powerful.

There are three purposes of this research. First, we expect to see the changes of the inner psychological dynamics of battered women and the transitions of inner power and actions. Second, we expect to see that the turning point of helping works can make the inner power to transform to the actions. Third, we expect to develop the empowerment process model and apply it to the practice services.

The researcher uses narrative methods to collect and analyze data. As the interviewees tell their stories, we can realize their cognition, thinking and feeling, and we can gain the knowledge of empowerment process. The interviewees are 9 marital battered women who are engaged in helping works.

As the presentations of the life stories of interviewees and the analysis of narrative stories, the research findings are discussed into five parts: the beginning of the marriage, the changing of the marriage, the subsidence of life, the leap of life and the extending of empowerment power.

1. The beginning of the marriage--the drops of expectations and realities: the drops of expectations and realities of the marriage produce the changes of thinking to their marriages of interviewees. As they pass through the violent marriages, they have different opinions about their situations at that time. The affair is the

important factor in violent actions and sex is the tool that a spouse dominates the battered the woman. The two factors make the battered women pressure heavy stress and sufferings.

2. The changing of the marriage--losing power: interviewees find the ways to settle themselves in the violent experiences, ex. resigned to fate, self-doubt or confrontation with optimism. When the interviewees endure the violence, they explore the different ways to deal with the violence. Besides, violence makes the interviewees lose the physical and psychological strengths. There are some other important issues, ex. the troubles in health, the children who witness violence are battered, interviewees think about staying or leaving marriages in different ways.
3. The subsidence of life--gaining power: for interviewees, the informal resources give them power and keep them moving. The formal resources have troubles to exert functions, especially for new migrations. The maiden home is a contradictory support system, and self-help group can bring empowered strengths.
4. The leap of life--empowering self: before helping others, women have to subside and recover. After they think and calm down for a period of time, women can begin their life again. And changing self is the turning point of leap.
5. The extending of empowerment power--helping others to be empowered: the key point of helping others is “Do not sustain the same sufferings”. Exerting one’s influence is the best expression of empowerment.

From the findings, the researcher arranges the empowerment process change chart, and conducts the empowerment process model. With the changes of the vectors in the empowerment process model, we can see the influence of the power that supports and impedes battered women’ empowerment. Empowerment could be said the positive power that pulls you up in the life time. Empowerment process is the dynamic process that the positive power and the negative power counteracts and accumulates mutually.

Key Words: battered women 、 narratives 、 empowerment 、 empowerment process