

共建抗逆家庭：對照顧者的支持

Building a Resilient Family: Implications for Carer Support

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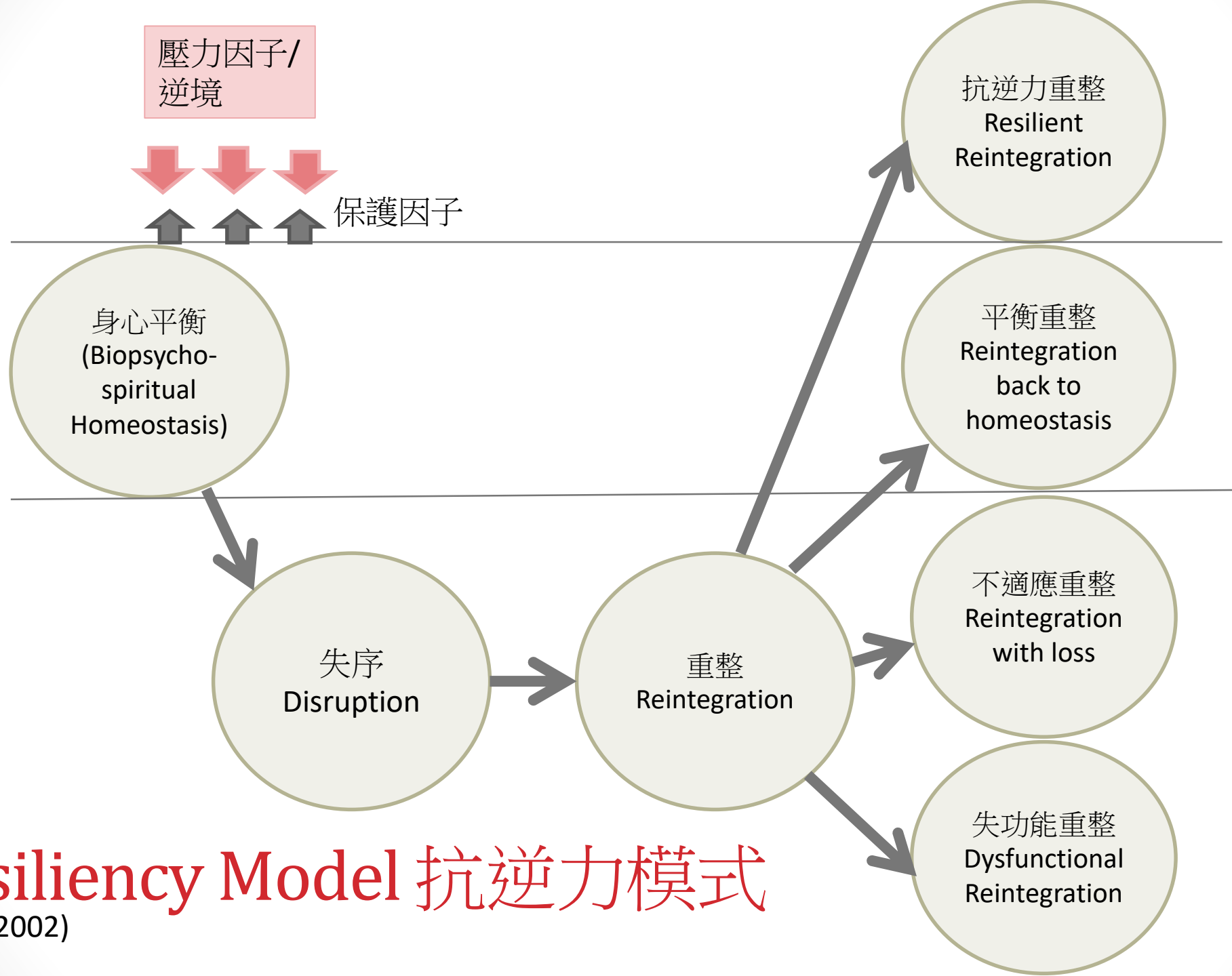
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家庭結構理論 (Family Systems Theory)

- 以家庭為單位 (unit), 非只看重個人或兩人關係
- 自我平衡狀態 (homeostasis) – 當家庭遇到缺失時, 家庭成員會作出補救, 使家庭功能不致失效 → 家庭成員作出犧牲, 以成全家庭的完整性
- 循環性因果關係 (circular causality) – 家庭關係不斷重複及迴圈而互相影響



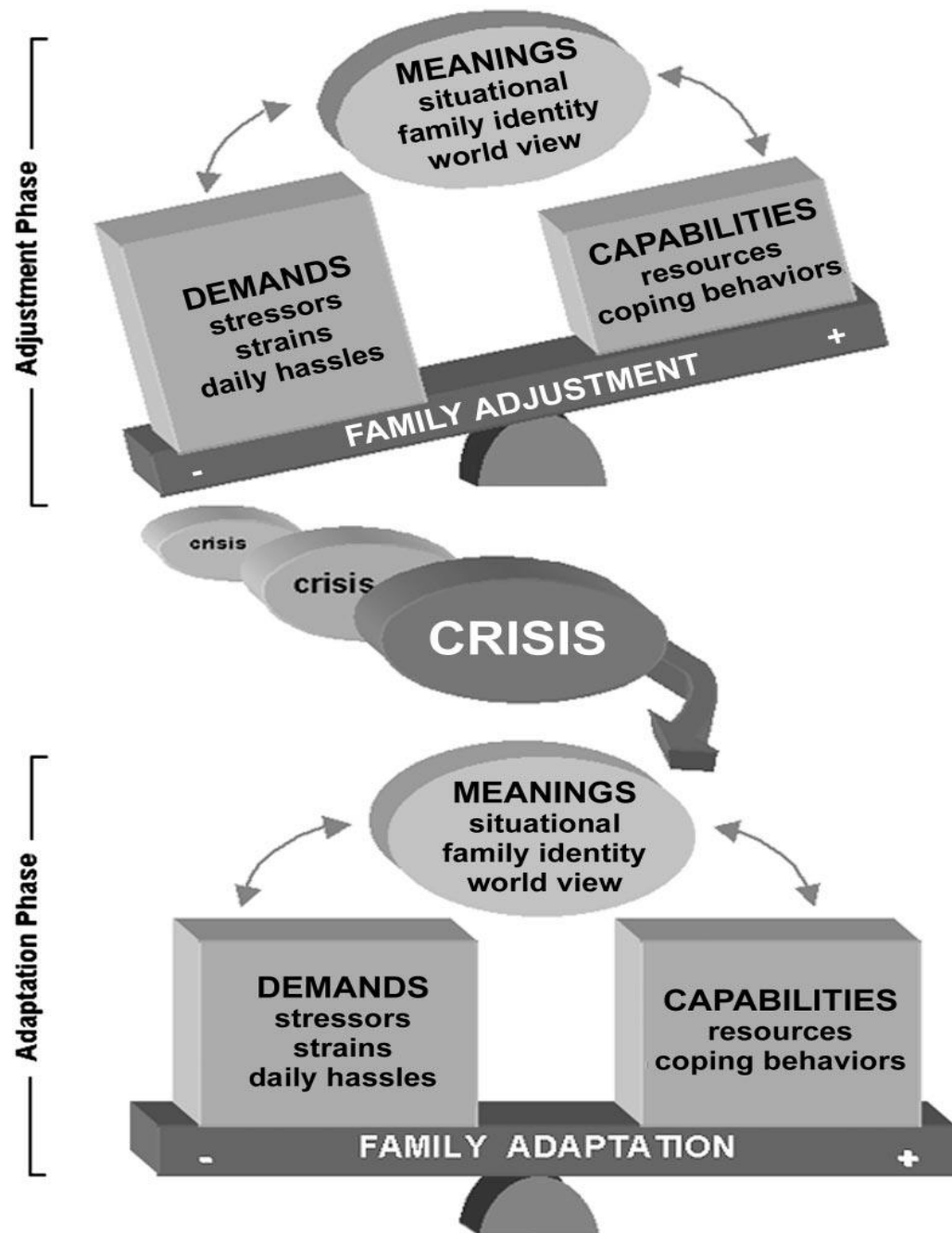


The Resiliency Model 抗逆力模式

(Richardson, 2002)

家庭調整與適應模式

- The Family Adjustment and Adaptation Response (FAAR) Model (Patterson, 2002)



Walsh Family Resilience Framework (2016)

- 非個人抗逆力的培養，而是以家庭關係為基礎
- 優勢為本：肯定家庭修復與成長的潛能
- 成長導向：起伏中成長的歷程



九大元素



家庭信念	家庭運作	家庭溝通
逆境中的意義	靈活性	清晰度
正面展望-希望	親密度	坦誠的情感表達
超越及靈性	社會及經濟資源	共同解難

主題(domain)	主題 (sub-domain)	內容 (Themes)
家庭信念 (family beliefs system)	逆境中的意義 (Meaning making of adversity)	親和價值：建立在關係之中的抗逆力 (Affiliative value: resilience as relationally based) 家庭生命週期取向：讓逆境和困惑正常化、情境化 (Family life cycle orientation: normalize, contextualize adversity and distress) 凝聚意識：危機是有意義、可理解、可管理的挑戰 (Sense of coherence: crisis as meaningful, comprehensible, manageable challenge) 危機、困擾和恢復評估：促進或約束信念 (Appraisal of crisis, distress, and recovery: Facilitating vs. constraining beliefs)
	正面展望-希望 (Positive Outlook - Hope)	充滿希望，樂觀的看法；克服困難的信心 (Hope, optimistic view; confidence in overcoming odds) 勇氣和鼓勵；專注於優勢和潛能 (Courage and encouragement; focus on strengths and potential) 積極進取和持之以恆（樂觀的態度/精神） (Active initiative and perseverance [can-do spirit]) 掌握可行的事情；接受無法改變的事實 (Master the possible; accept what cannot be changed)
	超越及靈性 (Transcendence and spirituality)	更大的價值，宗旨；未來的目標和夢想 (Larger values, purpose; future goals and dreams) 靈性：信仰、共融、儀式 (Spirituality: faith, communion, rituals) 啟發：設想新的可能性；創造力 (Inspiration: envision new possibilities; creativity) 變革：從逆境中學習和成長 (Transformation: learning and growth from adversity)

主題(domain)	主題 (sub-domain)	內容 (Themes)
家庭結構/組織 模式 (family structure/ organizational patterns)	靈活性 (Flexibility)	<p>改變能力：按時作出反彈，明瞭並適應挑戰 (Capacity to change: rebound, recognize, adapt to fit challenges over time)</p> <p>以穩定平衡逆境：持續、互相依靠 (Counterbalanced by stability: continuity, dependability through disruption)</p>
	關係親密度 (Connectedness)	<p>互相支持，合作和承擔 (Mutual support, collaboration, and commitment)</p> <p>尊重個人需求，差異和界限 (Respect individual needs, differences, and boundaries)</p> <p>強大的領導能力：培育、保護、引導兒童和弱勢家庭成員 (Strong leadership: nurture, protect, guide children and vulnerable family members)</p> <p>多元家庭形式：合作式養育/護理小組 (Varied family forms: cooperative parenting/ caregiving teams)</p> <p>夫妻/父母關係：平等的伴侶關係 (Couple/ co-parental relationship: equal partners)</p> <p>衝突的關係會尋求復和，調解 (Seek reconnection, reconciliation of troubled relationships)</p>
	社會及經濟資源 (Social and economic resources)	<p>動員親屬和社會支持；榜樣和導師 (Mobilize extended kin and social support; models and mentors)</p> <p>建立社區網絡 (Build community networks)</p> <p>建立財務保障；平衡工作和家庭壓力 (Build financial security; balance work-family strains)</p>

主題(domain)	主題 (sub-domain)	內容 (Themes)
家庭溝通 (family communication process)	清晰度 (Clarity)	清晰一致的信息（語言和行為）(Clear, consistent messages [word and actions]) 澄清含糊的信息：求真和說真話 (Clarify ambiguous information: Truth seeking and truth speaking)
	坦誠的情感表達 (Open emotional expression)	分享各種感受（歡樂與痛苦；希望與恐懼）(Share range of feelings [joy and pain; hopes and fears]) 同理心；容忍差異 (Mutual empathy; tolerance for differences) 對自己的感受和行為負責；避免責備他人 (Responsibility for own feelings, behavior; avoid blaming)
	共同解難 (Collaborative problem solving)	愉快的互動；幽默 (Pleasurable interactions; humor)
		集思廣益；機智 (Creative brainstorming; resourcefulness) 共同決策和解決衝突：談判、公平、互惠 (Shared decision making and conflict resolution: negotiation, fairness, reciprocity) 專注目標；採取具體步驟；以成功為基礎；從失敗中學習 (Focus on goals; take concrete steps; build on success; learn from failure) 積極主動：預防問題；避免危機；為未來的挑戰作準備 (Proactive stance: Prevent problems; avert crises; prepare for future challenges)

中國文化如何影響家庭抗逆力?

- ❑ 中國文化強調集體主義(collectivism)及家庭核心(familism)主張
- ❑ 強調家庭和諧
- ❑ 家庭分工明顯及仔細, 各盡己職 → 功能彊化, 缺乏彈性, 很多「應該」
- ❑ 不習慣情緒溝通及支援, 很多時以行動表示關心
- ❑ 著重事工(task accomplishment) → 自責及責怪他人



(Leung, 2017; Shek & Chan, 1998)

家庭抗逆力對照顧者的啟示

- 要發掘家庭內的保護元素，除運作及功能外，還有很多值得發掘及培養的保護元素
- 照顧者及被照顧者也是家庭成員
- 由一種「施」與「受」(give-and-take)的關係轉移為家庭互動關係
- 照顧者也需要家人的肯定及支援，他們也有情緒，需要空間



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