

老年婦女之休閒參與與休閒體驗之質性研究

黃曉茜、吳淑女

E-mail: 9701480@mail.dyu.edu.tw

摘要

本研究之目的在探討老年婦女之休閒生活，並探討其休閒參與及休閒體驗之情形。研究方法採二階段進行選樣，先以立意取樣法，再以滾雪球抽樣為輔，透過私人關係網絡選取合適之樣本，事先擬定訪談大綱，採半結構式訪談，共蒐集十八位老年婦女之訪談錄音資料，透過老年婦女之觀點，瞭解其休閒生活。研究結論如下：一、婚姻及家庭的責任與義務對老年婦女產生無形之束縛。二、老年婦女對家庭照顧責任之無奈。三、老年婦女將休閒視為工作後之休息與放鬆。四、老年婦女從休閒中得到自我肯定與成就感。五、老年婦女缺乏休閒參與之資訊與管道。六、老年婦女缺乏對休閒賦權之知覺。七、文化傳統與社會期望對老年婦女休閒參與之阻礙。

關鍵詞：休閒參與；休閒體驗；老年婦女；質性研究

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