

台灣男同志的自我認同、社會支持與幸福感

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中文摘要

本研究目的在了解台灣男同志的自我認同、社會支持與幸福感之現況與關聯性。研究過程以網路問卷於男同志之網路社群平台進行發放，本研究之參與者為464位18歲以上之台灣男同志。此外，研究工具包含「台灣地區同志認同調查問卷」、「知覺的社會支持量表」與「心理幸福感量表」。再者，將所得資料以描述性統計、獨立樣本t檢定、單因子變異數分析和皮爾森積差相關進行統計分析，研究結果如下：

一、不同背景台灣男同志之自我認同、社會支持與幸福感

(一) 年齡較高者之「公開出櫃」程度顯著較低，但「發展困難」和「認同未定」也顯著較低，同時「環境掌控感」顯著較高。

(二) 同性戀者之「肯定接納」、「身分優越」、「核心價值」和「環境掌控感」程度顯著較高，同時「拒絕身分(內化恐同)」、「保密隱匿」、「發展困難」和「認同未定」程度顯著較低。

(三) 教育程度較高者之「家人關係」和「家人支持」程度顯著較低，但其「生活目的」程度顯著較高。

(四) 「南部」地區者之「家人支持」顯著低於「其他地區」者。

(五) 參與同志社群活動的項目數，與自我認同、社會支持與幸福感有顯著相關。

二、自我認同、社會支持與幸福感之現況與關聯性

(一) 自我認同正向構面之「肯定接納」、「公開出櫃」和「核心價值」為中偏高，但「家人關係」和「身分優越」為中偏低。

(二) 自我認同負向構面之「保密隱匿」、「發展困難」和「擔心汙名」為中偏高，「內

化恐同（拒絕身分）」和「認同未定」得分為中偏低。

(三) 社會支持中，僅「家人支持」為中偏低，此外，幸福感各構面皆為中偏高。

(四) 「家人支持」與幸福感各構面皆達顯著相關。

(五) 台灣男同志之自我認同、社會支持與幸福感，有顯著關聯性。

根據以上結果，本研究提出具體建議，供助人實務工作、政策修改和未來研究參考。

關鍵字：男同志、自我認同、社會支持、幸福感

Sexual Identity, Social Support, and Wellbeing of Taiwanese Gay Men

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Abstract

The purposes of this study were exploring the current situation and the relationship between sexual identity, social support, and wellbeing of Taiwanese gay men. The participants of this study were 473 Taiwanese gay men over 18 years old. Internet questionnaire investigation was used as the method of this study, and the instruments used in this study included LGB Identity Investigation Questionnaire of Taiwan, Perceived Social Support Scale, and Psychological Wellbeing Scale. Additionally, the collected data was analyzed by descriptive statistics, independent samples t-test, one-way ANOVA, and Pearson's correlation.

First, the main findings of the sexual identity, social support, and wellbeing of Taiwanese gay men with different backgrounds are as follows:

1. The older ones' degrees of Coming Out, Difficult Process, and Identity Uncertainty are significantly lower, but their degree of Environmental Mastery is significantly higher.
2. The homosexual ones' degrees of Identity Affirmation, Identity Superiority, Identity Centrality, and Environmental Mastery are significantly higher, but their degrees of Internalized Homonegativity, Concealment Motivation, Difficult Process, and Identity Uncertainty are significantly lower.
3. The ones with higher educational level show significantly lower degrees of Family Relation and Family Support, but higher Purpose in Life.
4. The gay men in southern Taiwan shows significantly lower degree of Family Support than

others in eastern Taiwan and outlying islands.

5. The number of participating activities of LGB community significantly correlates with sexual identity, social support, and wellbeing.

Second, the main findings of the current situation and correlations between sexual identity, social support, and wellbeing are as follows:

1. In the positive facets of sexual identity, Identity Acceptance, Coming out, and Identity Centrality scored medium high, but Family Relationship and Identity Superiority scored medium low.

2. In the negative facets of sexual identity, Concealment Motivation, Difficult Process, and Acceptance Concerns scored medium high, but Internalized Homonegativity and Identity Uncertainty scored medium low.

3. In all the facets of social support, only Family Support scored medium low. Additionally, all the facets of wellbeing scored medium high.

4. Family Support significantly correlates with all the facets of wellbeing.

5. There are significant correlations between sexual identity, social support, and wellbeing.

According to the findings, this study provides some suggestions for practice in helping professions, policy modification, and further researches.

Keywords: gay, sexual identity, social support, wellbeing.