

表達藝術對醫學生情緒管理之影響

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摘要

國內醫學生普遍課業壓力沉重，外加父母、社會的期待，影響其身心健康的發展，在醫學教育中強化醫學生的情緒管理有其必要。表達藝術藉著創造的過程，有助於調解情緒與增進個體成長。本研究以 53 名選修「表達藝術與情緒管理」的大一醫學生為例，探討表達藝術對醫學生情緒管理的影響。根據醫學生填寫之「修課動機單」及「畫說藝術回饋單」進行的資料分析。研究結果顯示，大多數修課的醫學生希望學習各種方法來表達心情及情緒，希望學會自我的情緒管理。在經歷畫說藝術的活動後，87%的醫學生同意畫畫是一種敘說表達的過程、78%的醫學生同意畫畫可以抒發並減低自己內在的壓力、72%的醫學生同意畫畫過程就是一種療癒的歷程。大多數醫學生的回饋心得相當正向，認為表達藝術的實作體驗，能讓人表達情緒、抒發壓力。本研究肯定了表達藝術是一個媒介，能協助醫學生用藝術表達自己與了解他人，對於情緒壓力及人際間的相處有所幫助。

關鍵字：表達藝術、畫畫、情緒管理、壓力紓解、醫學生

Effect of Expressive Art on Medical Students' Emotion Management

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Abstract

Emotion management is of extreme importance in medical school education in Taiwan as medical students confront formidable academic, parental, and social pressure, which are reported to be detrimental to health. On the other hand, the creation process of expressive art is widely recognized as helpful in fine-tuning emotion and health. To investigate the effect of expressive art on emotion management of medical students, this study involves 53 freshman in the course of Expressive Art and Emotion Management. Questionnaires were designed to gain their insights into the course taking motivation and feedback to the drawing activities. The results show that, for the first place, most students embraced the expectation to learn how to use expressive art to manage their emotions more effectively. As for the classroom drawing activity, 87% of the participants agreed that drawing was a type of narratives; 78% of them were in the view that drawing did lower their anxiety; and 72% believed drawing was able to heal. Based on the positive feedback, it is concluded that expressive art helps medical students to “voice” themselves and communicate with others and therefore carries the potential in facilitating their emotion management and human relations.

Keywords: expressive art 、 drawing 、 emotion management 、 stress reduce 、 medical students.