企鵝把拔真偉大-單親父親之適應與男性氣質研究

Great daddy penguin-Study on the adaption of single fathers and the masculinity

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在離婚率越來越高的當今社會，單親家長獨立撫養兒女已不再是新奇的現象，但相對於社會上普遍認知的單親媽媽，單親父親族群的狀況似乎更為隱晦不知。而社會上傳統價值觀念「霸權男性氣質」盛行，對於必須從事母職的男性似乎不能諒解，也使單親父親在社會的框架底下或是政府求助系統中，得到更嚴苛的檢視與對待。

　　本研究即透過與六位單親父親的深度訪談，除了試圖了解單親父親在走出雙親關係後的適應過程之外，也希望能呈現出單親父親在面對外界時，所謂「男性氣質」與傳統觀念的轉變情形，以及單親父親在從事母職的「實踐」後，對於男性氣質是否產生變化。

　　研究結果即證實了男性氣質理論中「男性氣質是透過實踐而產生的」之論述；而單親父親在面對壓力時所採取的適應歷程，也會影響男性氣質的轉變，其中尤以經濟壓力的部分最為明顯；關於「單親父親自殺率高漲」之原因探尋，並不單只有社會框架與男性自尊影響受困單親父親的決定，還有其他誠如家庭、疾病等因素左右著；研究也發現「家務處理」並不會造成單親父親的困擾，也尚未構成壓力，或許是社會的刻板印象使然的結果。

關鍵字：單親父親、男性氣質

In the modern society where the divorce rate is getting higher, it is not a fresh case that single parents raise their children themselves. Compared to single mothers, however, single fathers are the group which may be neglected. The "hegemonic masculinity" prevails throughout the society, and people can't identify with those men who do "women's chores". These cause harder examination and treatment on them in the frame of the society or in the governmental aiding system.

This study is based on the deep investigation with six single fathers. We manage to understand how they went through the transition of their marriage relation. Also, we

aim to present how "masculinity" and convention has changed when they faced others and to know whether the masculinity has changed after they do "women's chores".

In the study, it is proved that masculinity is constructed through practicing; what single fathers adopt when taking public pressures will also influence the transition of their masculinity. Financial pressure is the most prominent among those. Considering the cause of their rising rate of committing suicide, not only the frame of the society and men's self-esteem affect their decision-making, but also family, disease and other factors can make differences. The research shows that chore-making won't bother single fathers and has never been a pressure. Perhaps it is the societal stereotypes that cause it.

Key word：single father，masculinity