

科技部補助專題研究計畫報告

陰道生產婦女之身體意象、自我意象及性生活

報告類別：精簡報告
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執行單位：國立臺灣大學醫學院護理學系暨研究所

計畫主持人：張秀如

計畫參與人員：其他-兼任助理：王亦雯

本研究具有政策應用參考價值：否 是，建議提供機關
(勾選「是」者，請列舉建議可提供施政參考之業務主管機關)
本研究具影響公共利益之重大發現：否 是

中華民國 110 年 02 月 01 日

中文摘要：研究目的：透過產後婦女的表達，深入描述及解釋陰道產婦女產後的身體意象、性生活及其相關經驗。
研究方法：採質性研究法，以立意取樣於北部一所醫學中心產後病房納入24位陰道產婦女，於產後三個月左右，以低結構訪談大綱進行深入訪談。
研究結果：呈現兩個核心主題，核心主題一是「產後的身體不是我的身體」，包含六個次主題：1. 會陰撕裂的身體、2. 胎兒住過的身體、3. 失去控制的身體—憋尿困難、4. 哺餵孩子的的身體、5. 被角色規範或限制的身體、及6. 失去性的身體。此主題呈現產後身體改變以及新生兒的誕生，婦女感覺失去了身體及自我，也經歷性生活衝突及不協調。核心主題二是「重新認識及認同產後的身體」，包含三個次主題：1. 對乳房哺餵功能感到驕傲、2. 認同母親角色、3. 性生活的調適。此主題呈現婦女在身體及性生活轉變過程中，她們如何看待自己的身體，她們如何適應、接納、認識這樣的改變，並賦予新的意義，使自己處於舒適的狀態。
結論：研究結果揭露產後婦女對身體變化的知覺反應、性生活經驗的本質，以及婦女可能遭遇的困擾，有助於健康專業人員提供個別性適切的訊息及措施，建議多尊重傾聽產後婦女的感受，以增進健康專業人員對性健康相關議題諮詢的敏感度與關注，提升婦女產後的性健康及生活品質。同時鼓勵女性正視對身體及性的體驗感受，進而自在地表述，改變社會對女性身體與性隱晦不能討論的氛圍，以提升社會性別平等。

中文關鍵詞：性生活、身體意象、道生產

英文摘要：Objective: To provide detailed depictions and explanations for women's body image, sex life, and related experiences after vaginal delivery, based on narratives of postpartum women.
Method: Using the qualitative research method, low-structured and in-depth interviews were conducted of 24 women at approximately 3 months postpartum. The women were selected through purposive sampling from a medical center's postpartum ward in northern Taiwan.
Findings: Two main themes were identified. First, women reported that their postpartum body seemed foreign, as if they had lost their original body and were unable to retrieve it. There were six sub-themes: 1. a body with a torn perineum; 2. a body that used to carry the baby; 3. a body that had lost control, including bladder control; 4. a breastfeeding body; 5. a body restricted to a specific role; 6. a sexless body. These sub-themes elucidate how women feel that they have lost their original body and sense of self after experiencing postpartum bodily changes and childbirth as well as conflicts and disharmony in their sex lives. Second, women reported rediscovery and identification with the postpartum body, comprising three sub-themes: 1. pride in one's breastfeeding capabilities;

2. identification with the role of a mother; 3. adjustments to one's sex life. These sub-themes show how women view their body amid changes to their body and sex life as well as how they adapt, accept, and acquaint themselves with these changes. They also identify new meaning to these changes and gradually feel more comfortable.

Conclusion: This study highlighted the perceptive responses of postpartum women towards their physical changes, sexual experiences, and possible related challenges. These research findings could help healthcare professionals provide personalized and appropriate messages and measures to postpartum women. We suggest respecting and being attentive to the feelings and emotions of postpartum women. We aim to enhance healthcare professionals' sensitivity and attention toward issues and queries about sexual health. This could improve the sexual health and quality of life for postpartum women. Simultaneously, we encourage women to confront their experiences and emotions about their body and sex and also express themselves freely. This will change the social taboo against open discussions of female bodies and sexuality, thereby advancing gender equality in society.

英文關鍵詞： sex life, body image, vaginal delivery

Background

Sex life during postpartum is an important issue of concern for women and their partners. Sexual function may influence the relationships within couples and their quality of life. However, sexuality is rarely discussed in East Asian culture. More attention should be paid by health professionals to the sexual concerns of women in postpartum period. Childbirth, especially vaginal delivery, is an important event that impacts sex life and body image in women. However, few reports have addressed sex life and body image during postpartum period in women who have undergone vaginal delivery.

Objective

To provide detailed depictions and explanations for women's body image, sex life, and related experiences after vaginal delivery, based on narratives of postpartum women.

Method

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108年度專題研究計畫成果彙整表

計畫主持人：張秀如		計畫編號：108-2629-B-002-001-			
計畫名稱：陰道生產婦女之身體意象、自我意象及性生活					
成果項目		量化	單位	質化 (說明：各成果項目請附佐證資料或細項說明，如期刊名稱、年份、卷期、起訖頁數、證號...等)	
國內	學術性論文	期刊論文	0	篇	預訂於110年2月26日(五)「110年性別與科技研究計畫聯合成果討論會」口頭論文發表
		研討會論文	1		
		專書	0	本	
		專書論文	0	章	
		技術報告	0	篇	
		其他	0	篇	
國外	學術性論文	期刊論文	0	篇	
		研討會論文	0		
		專書	0	本	
		專書論文	0	章	
		技術報告	0	篇	
		其他	1	篇	研究結果已經完成論文文稿，準備投稿。
參與計畫人力	本國籍	大專生	0	人次	學習文獻查證、訪談、資料收集、初步資料分析與彙整。
		碩士生	1		
		博士生	0		
		博士級研究人員	0		
		專任人員	0		
	非本國籍	大專生	0		
		碩士生	0		
		博士生	0		
		博士級研究人員	0		
		專任人員	0		
其他成果 (無法以量化表達之成果如辦理學術活動、獲得獎項、重要國際合作、研究成果國際影響力及其他協助產業技術發展之具體效益事項等，請以文字敘述填列。)					