

# 變調的青少年休閒參與？ 以廟會之八家將表演活動為例

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## 摘要

青少年是人生成長的一個重要階段，是逐漸從他律邁向自律的轉折期，同樣亦是蛻變為成人所需經歷的重要關鍵期，易陷入挫折、無助之情境，亦是一段內在衝突、心靈失衡且行為不穩定的時期。青少年一向是自我為中心的，他們在盲從與叛逆之間搖擺不定，易導致「自我混淆」，使生活缺乏目標，迷失在現實生活的各角色中，由於其自我價值觀的混淆，如無適當的抒發管道，將使青少年無法適應快速變遷的社會環境；其次在心理上感受衝突、徬徨與困惑，因此心靈的失衡、情緒上的不穩定，產生偏差行為上的不良適應行為，甚至出現身體不適反應，引起一些脫序的偏差行為現象，如同青少年參與廟會八家將活動行為，社會觀念解讀上將青少年參與八家將休閒活動所衍生之諸多社會問題與現象劃上等號；倘若青少年有較多機會參與具正面社會化機能的社會活動，便能相對減少青少年參與不當休閒活動、接觸偏差行為的機會，進而降低其從事偏差行為的可能性發生，因此未來更需要成人給予鼓勵關注與積極引導青少年的休閒參與。本文研究之目的就青少年參與八家將是變調行為或是英雄式之性格的呈現，而研究方法是採取用質性研究及訪談、觀察與文獻分

析方法。研究結果發現青少年透過參與八家將之廟會、劇場、遶境等，以創作性「將舞」表演的休閒運動方式來呈現其內心的想像與情境。結論青少年個人參與八家將是一種興趣，及追求或累積人生美好的經驗，產生自信心及成就感，整體社會應予尊重與肯定；然而這些將舞者畢竟年少狂傲輕飄，在家庭、學校、社會等應避免有權威性或壓迫性的嘲諷（parody）輿論負面打壓，反而應協助其塑造休閒運動及文化制度面的角色與功能，如此可避免偏差行為發生，深信是具有決定性的影響。

**關鍵詞：**八家將、民俗、社會約束力、同儕關係、青少年偏差行為

# Transgressive of the adolescent leisure participation? In order to perform the activities of the temple as an example of the Ba Jia-Jiang

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## **Abstract**

Adolescent are an important stage in the growth of life is to gradually move towards self-discipline from his law of turning point, which is also transformed into adults, the key to the required period of experience, easy to fall into frustration, helplessness of the situation, but also is a piece of inner conflict the mind and behavior of unstable period of imbalance. Adolescent have always self-centered, they oscillate between blind obedience and rebellion, easily lead to "self-confusion", to make life a lack of goals, all lost in the real-life role, because of its values of self-confusion, if not properly the expression pipeline, will adolescent can not adapt to rapidly changing social environment; followed by the psychological feelings of conflict, indecision and confusion, so the soul of balance, emotional instability, resulting in deviant behavior on the maladaptive behavior, even the body does not respond, causing disorder of the deviant behavior of some phenomenon, as Ba Jia-Jiang of activities adolescent participate in their festivals behavioral, social involvement of adolescent will interpret the concept of leisure activities will be derived from Ba Jia-Jiang of the many social problems and phenomena to equate; if young people have more opportunities to participate in a positive social function of social activities,

can be reduced leisure activities adolescent involved in improper contact with the opportunity to deviant behavior, thus lower the likelihood of their engaging in deviant behavior, thus making the future need adult attention and positive guidance to encourage adolescent 's leisure participation. The purpose of this study on the involvement of adolescent will be eight heroic acts or modulation of the character presented, and research method is to use qualitative research and interviews, observation and documentation analysis.

Key words: Ba Jia-Jiang, Folkways, social sanction, peer relationship, adolescent deviant behavior