

# 靈性與韌性：基督徒女性乳癌倖 存者生命經驗之質性研究

Spirituality and Resilience:  
A Qualitative Study on Life Experiences of  
Christian Female Breast Cancer Survivors

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## 摘要

台灣女性乳癌的罹癌率十年來一直排名第一，且數據還在攀升之中。這對女性而言，是一種無形的壓力與威脅。然而，基督教信仰相信人的生命中有靈性，學術文獻亦發現靈性可提升人因應困難的韌性。因此，本研究的目的為要探究信仰中的靈性與韌性對女性乳癌患者疾病適應與生活品質的影響。研究方法採質性深度訪談，透過立意取樣，邀請五位不同時期罹患乳癌，並來自不同教會之基督徒女性參與研究，敘說她們罹癌與抗癌的心路歷程。研究發現參與者呈現六種彼此相似的性格傾向，並從訪談蒐集資料中歸納出六個生命主題，並引出一個在困境維持生命品質的因應模式。研究結論顯示基督信仰生活可發揮靈性助力、提升疾病適應的韌性、並增加康復的動力與盼望。受訪者沒有孤獨面對病痛，反而因病體悟「人生受苦乃與我有益」，更能珍惜生命，更願貢獻自己。本研究顯示基督徒女性雖罹患乳癌，生命品質仍然可以多采多姿，充滿活力。她們成功的抗病經驗，可成為身受疾病煎熬者學習的典範與邁向康復的盼望。

**關鍵字：**乳癌倖存者、靈性、韌性、生命品質

## Abstract

Breast cancer is on the top of cancer incidence in Taiwan, and the number is increasing yearly. The reality causes an invisible threaten toward women. However, Christians believe that human is a spiritual being. Besides, researchers found that spirituality can enhance resilience in the hardship. Thus, the study aimed to investigate how spirituality and resilience impact the life of breast cancer survivors on coping and sustaining the quality of life. This is a qualitative study that employed the in-depth interview methodology. Five Christian female breast cancer survivors from different churches were purposively invited to join the study by telling their life experiences. Based on the observation and interview notes, there were six similar personality tendency among participants. Besides, six life themes were inducted from the collected data. Furthermore, a model of coping and sustaining a good quality of life was evolved in this study. In conclusion, Christian lifestyle of breast cancer survivors could inspire spiritual strength, enhance resilience on coping with illness, and increase motivation to recovery with hope. Survivors felt not alone to face serious illness, on the contrary, they learned “life hardship was a benefit for me” from Christian teachings. Thus, they became more treasure their own life and was willing to dedicate themselves to the world. Evidently, the study showed that life of Christian female breast cancer patients could be colorful and energetic. Their successful coping experiences can be a learning model and a healing hope for those who are suffering from a serious illness.

**Keywords:** Breast Cancer Survivors, Spirituality, Resilience, Quality of Life