

外遇婚姻的危機—從八位配偶外遇者的角度

摘要

本研究從配偶外遇者的角度瞭解外遇尚未發生前婚姻所經歷的危機，為探究研究問題，本研究採質性研究的方法，進行研究文本的資料蒐集、分析與詮釋，透過深度抽樣的策略，本研究深度訪談了八位配偶外遇者，研究結果發現婚姻的危機可歸納為四類：一、自我中心的危機；二、時間流逝的危機，可細分為「差異擴大」「眼光轉變」「重心轉移」；三、關係維繫的危機，可細分為「溝通不良」「信心太過」；四、外在誘惑的危機，可細分為「方便成事」「異地失控」「友人共謀」及「觀念助長」等四種。透過研究結果，本研究也提出對婚姻的提醒及對婚姻實務工作的相關建議。

關鍵字：外遇、危機、婚姻、婚姻實務工作

The Crisis of Marriage before Extramarital Affairs: The View of Eight Participants Who Spouses Had Extramarital Affairs

Abstract

The main purpose of this study is to explore the crisis of marriage before extramarital affairs. The study adopts qualitative research method to proceed to collect, analyze and explain research data. By strategy of intensity sampling, eight participants whose spouses had extramarital affairs were invited in this research by in-depth interview. The study generalizes a conclusion that there are four kinds of crises in marriage before extramarital affairs: (1) the egocentric crisis (2) crisis of time passed (3) crisis of getting along (4) crisis of external temptation. Some suggestions are proposed to marriage and marital practice work.

Keywords: crisis, extramarital affairs, marriage, marital practice work