

反思「怪異心理學」的社會文化現象
第五屆社會科學本土化學術研討會暨
第六屆本土諮商心理學學術研討會

**Reflection on the Socio-cultural Phenomena about WEIRD Psychology
The 5th International Indigenous Social Science Conference &
The 6th International Indigenous Counseling Psychology Conference
暨 And**

第三屆 思源學者頒獎典禮

2022 Indigenous Social Science Scholar Award Ceremony

壹、會議時間：2022年10月1日(星期六)至10月2日(星期日)

Dates: October 1-2, 2022

貳、會議地點：彰化師範大學王金平活動中心、輔導與諮商學系明德館

Venue: Wang Jin-Ping Activity Center/ Department of Guidance and Counseling, Changhua University of Education, Taiwan

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《我們還需要婚姻嗎？》馬來西亞年輕華裔女性婚姻面面觀

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摘要

本文探討馬來西亞（簡稱大馬）年輕華裔女性對於婚姻之觀點。有關比較 1970 年代和 2000 年代的數據顯示，介於 30 至 34 歲的未婚男女比例有明顯倍增跡象，未婚女性從 6% 上升至 12%，未婚男性則從 12% 上升至 25%，不婚主義似乎成爲這個時代普遍的現象。這項調研是爲闡明大馬年輕華裔女性對婚姻的看法和其相關挑戰。在這項調研中，研究者採用了選擇性和滾雪球的抽樣方式，以在綫問卷形式包括定性和定量元素，集合了四十名年齡介於 25 至 40 歲之間的大馬華裔女性對婚姻的看法，並將此數據進行了綜合整理和分析。研究結果顯示，61% 的參與者表示不一定要在特定年齡結婚，其中大部分參與者認爲婚姻只是生活中的一種選擇，並不是自我完整的象徵。普遍促使結婚意願的原因包括陪伴、傳宗接代、以及法律保護和經濟支持等實際利益。大多數西方研究也表示，愛情是促使女性決定步入婚姻的主要因素。然而，大馬華裔女性則認爲生活中要有人陪伴是決定走入婚姻殿堂的重要因素。與此同時，大多數女性對婚姻持猶豫不決的態度，主要是對婚姻的恐懼，害怕無法找到符合自己期待的伴侶（合適的人選）。其中的恐懼也包括了對婚姻的不確定性、婚姻可能失敗的結果（他們更傾向於一夫一妻制）、對於家庭的期待未能被滿足，以及害怕面對潛在的不健康家庭關係，特別是那些曾經面對來自原生家庭或已知其他家庭的創傷性經歷。大多數參與者表示寧可不結婚，也要避免陷入類似失敗婚姻的惡性循環。部分女性也表示有限的社交圈子以及認爲婚姻不是目前人生階段的首要任務，阻礙了她們積極地尋找婚姻伴侶。儘管如此，參與者們提出主動擴大社交圈是提高步入婚姻機會的其中一項有效的措施，並可以通過參加一些愛情配對活動或使用交友應用程式來實現。其它重要的步驟也包括了加強個人意願和準備好自己把握機會，以及更好地愛自己、照顧好自己的生活。當然，其中也有約 12% 的參與者表示對如何讓自己展開一段關係，感到毫無頭緒。總括而言，此調研顯示對於年齡介於 30 歲左右的大馬華裔女性而言，婚姻並不是人生唯一絕對必要的選擇，這也意味著對於當下的大馬年輕華裔女性對婚姻並沒有太多執著。經濟與精神獨立相對而言，對她們更爲重要。作者認爲大馬年輕華裔女性傾向於“麵包”多過愛情的看法，主要來自經濟和教育體系的提升，加上近年來的女權運動，讓女性們更願意在生活中獨當一面，但這同時顛覆了男尊女卑的傳統。目前的調研只是研究者對大馬華裔年輕女性婚姻觀點的一個初步概述，未來需要更多更深入的相關研究以瞭解本土女性遲婚或不婚現象。

關鍵詞：婚姻面面觀、華裔女性、馬來西亞

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Perspective on Marriage Among Young Chinese Women in Malaysia

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Abstract

Aims: This paper is based on the subjective views of young Chinese women in Malaysia. The percentage of 30 to 34-year-olds who had never been married doubled, rising from 6% to 12% for women and from 12% to 25% for men over three decades from the 1970s to the 2000s. The aim of this survey is to shed light on young Chinese Malaysian ladies' perspectives and challenges related to marriage. **Methods:** Forty participants between the age of 25 to 40 participated in this study using a selective sampling and snowball method. The data was collected using an online questionnaire consisting of both qualitative and quantitative elements. **Results:** The findings demonstrated that 61% of participants felt it is not necessary to get married at a specific age. Most of them believed that marriage is an option in life and it does not symbolize the completeness of self. Among the more common reasons for getting married are companionship, the formation of a family that symbolized the continuity of a family line, and practical benefits such as legal protection and financial support. Contrary to most western studies in which love is a major factor in facilitating their decision to get married, Malaysian Chinese ladies cited companionship being a crucial reason. Most women hesitated to commit to a marriage mainly because of fear and failed to find a partner that meets their expectations (the right person). The fears include fear of uncertainties, fear of bad outcomes (a preference for monogamy), fear of unmet family expectations, and fear of commitment to potential unhealthy family dynamics especially those with previous traumatic experiences from original or other known families. They preferred to avoid involving in such vicious cycles, e.g., the strained relationship between two families or extended families. Having limited social circles and perceiving that marriage is not the top priority in present life had hindered the ladies from actively seeking a life partner for marriage. Participants also suggested ways to improve their situation if they were to get engaged in marriage. One of the possible practicable steps is to expand their social circle. This could be done by attending some love matching activities or with the use of social apps. An increase in personal willingness and readiness to grab the opportunity, and practice more self-love and self-care are other important steps. Approximately 12% of them were clueless about how to involve themselves in a relationship in the future. **Discussion and Suggestions:** Marriage is perceived as a not-the-only option and is obligatory for young Malaysian Chinese ladies in the age range of 30s. The authors opined that young Malaysian Chinese ladies are more concerned about quality of living rather than marriage, and preferred to be self-dependent, mainly due to the exponential growth of the economic and educational system, in addition to the advocacy for the women rights in recent years. This is contrary to the traditional Chinese culture of male superiority. The current study only allows us to have an overview of the group's perspective and an in-depth interview shall be conducted for further understanding.

Keywords : Perspectives on Marriage, Chinese Women, Malaysia

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