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海巡單位適應問題原因分析及輔導



A postscript following the tour lecture-an analysis of reasons for ill adjustment at Coast Guard Units and counsel methods

與一些單位幹部及資深弟兄聊天時，常聽到一句話說：「現在的兵和以前的不同囉！要是換成以前，他們哪敢……」。的確，現今的環境與以往確實有很大的差距，絕大多數役男從小即在舒適的環境下成長，備受家長的呵護，缺乏主動拓展生活經驗的意願與自信，面對單位嚴格規律的訓練，難免會出現無法適應的情形。

雖然大多數的役男經過一段時間後都能逐漸適應單位生活，卻仍有部分役男無法適應，因而造成管教、執勤訓練的困擾，假使幹部求好心切，未能考慮役男身心狀況，循序漸進的輔導渠等，仍施予嚴格訓練與要求，則可能因而造成危安事件。

針對單位適應不良問題，經專家、學者及輔導人員所做的研究及調查，定義為：係指役男入營3個月內有明顯的心理社會壓力出

When chatting with certain unit officers and senior servicemen, I often hear most of the officers treasure the good old days. Indeed, today's environment differs drastically than before, and a majority of the conscripted men had lived in a comfortable environment since their childhood. Pampered by their parents and family, they are lack of the willpower and confidence to expand their living experience. So, when facing with the harsh, regimented military training, they have difficult time in adjusting themselves.

Though a majority of the conscripted men are able to adjust to the military life after a certain training period, a number of them are still unable to fit to new life style even after an extended time. Under the high expectation from the superintends, they are driven to good performance without considering their physiological and psychological conditions. That causes high risks for the recruits on adjusting difficulties.

In addressing the reasons for ill adjustment in military, studies and investigations by many experts, scholars and counselors showed whoever had physiological and psychological stress in the first three months were prone to suffering. They often accompany the following conditions:

現，並伴隨著下列狀況：

- (一) 神經質、憂慮及情緒不穩定。
- (二) 心中常感害怕及感覺無望。
- (三) 侵犯他人權益而不自覺，或違反一般社會同年齡層正常或正當的行為規範。
- (四) 身體症狀：如疲勞、食慾明顯下降、身體各部位疼痛，但是卻檢查不出身體疾病；或是身體虛弱，經常生病。
- (五) 社會退縮、社會恐懼。
- (六) 工作或訓練功能發生抑制情況，表現不如從前，而且無明顯原因。

綜合以上各點，針對單位適應不良問題，可藉由以下幾點協助評估：

- (一) 在新環境生活超過3個月，仍無法配合單位的作息與工作，及學會尋求支援。
- (二) 在適應期間有嚴重的情緒低落，常易緊張、生氣、神經質等情緒困擾，並且已經影響到其工作、人際等正常作息。
- (三) 因適應不良而帶來的易疲倦，小病不斷、或慮病等身體不適現象；若壓力不斷的累積又無法排除，則可能會產生重大生理疾病，如高血壓、胃潰瘍、偏頭痛等。

單位常見「適應問題」原因分析：

(一) 環境因素：

1. 生活環境、社會價值觀改變：不少役男入伍前生活在物質優渥環境中，認為「當兵」是浪費時間，因而排斥軍中事物，而無法適應單位生活。
2. 單位對新進弟兄的調適教育不良：新進人員分配至各單位後，部分單位未能注意調適教育與適應期的重要性，因而使其無法適應單位生活。
3. 兵員短缺各項任務繁重：部分單位兵員不足，且更替頻繁，遇臨時任務來臨，常因工作未能完成而感到壓力沉重。

(二) 個人因素：

1. 各項能力及經驗不足，而自尊心過高：由於家庭與社會環境改變，使得大多數的士官兵挫折忍受力低，在遇挫折或責難後，其自尊心受創導致情

- (I) Neurosis, anxiety, unstable moods.
- (II) Often feeling fearful or helplessness in heart
- (III) Being unaware when infringing the rights of others, or exceeding the normal or appropriate behavioral guideline of people in the normal social groups
- (IV) Physical symptoms: such as fatigue, ominous appetite drop, aches and pains across the body, but no physical disease can be diagnosed; or frequently falling ill, and of weak condition.
- (V) Socially withdrawn, social fear.
- (VI) Suppressive in working or training functions, and performing less than before, and without ominous reasons.

Recapping the above, the issue of ill adjustment in military can still be assessed by using the following criteria

- (I) Those who still fail to adapt to the military's routines and tasks and learn to look for support in the new environment over a three-month period.
- (II) Those who exhibit severe emotional depression during the adjustment period, are prone to exhibit emotional disturbances of tension, anger, neurosis and have begun to hinder their ability to work, normal routines, and interpersonal interactions.
- (III) An individual's poor adjustment that leads to physical discomfort and major physiological or psychological disease, i.e. hypertension, ulcer, migraine.

Analysis on cause of adjustment issue commonly seen at the field unit:

(I) Environmental factor:

1. Changes in living environment, social value perspectives: many conscripted men are used to a comfortable material living and regard serving the military as a waste of time. That makes them resent the military service and prevents them from adjusting to the military life.
2. The unit's poor guidance for helping the recruits to adjust: once the recruits are placed to the military, some of the units may ignore the importance of helping the recruits adjust.
3. A shortage of servicemen has led to overwhelming duties: with some of the units understaffed and in a frequent turnover, an individual may feel huge stress with tremendous mission.

(II) Individual factor:

1. Incapable, inexperienced and over proud: In modern society, a majority of young people tend to have a low tolerance for setback. When scolded or facing to the setback, they tend to suffer depression, with the possibility of committing a suicide.
2. Bad life habits and physical conditions: a small number of officers and servicemen might be suffering from drugs or venereal diseases for befriending delinquents and carrying

緒低落，甚至有輕生之意念。

2. 入營前生活習性，及身體狀況較差：少數官兵入營前誤交損友、生活作息日夜顛倒、甚至染上毒品，或者患有痼疾，因此對於單位規律、嚴謹的訓練及執勤生活感到不適應。

就單位常見的「適應問題」分析，提供輔導作為如下：

(一) 落實新進人員輔導，協助自行適應：

心輔人員應重視「黃金 3 個月」的適應關鍵期，於新進人員到部後主動晤談或做團體諮商，使個案對環境、生活及工作型態先做了解，並自行建立適應的心理。

(二) 確認個案問題所在：

在實施晤談輔導後，發現有問題的個案，應即輔導並協助個案對其問題能自我察覺。

(三) 一般輔導原則：

1. 討論並找出個案認為最有效且可執行的方式。
2. 鼓勵個案嘗試。
3. 定期持續追蹤輔導。
4. 轉介輔導。

(四) 掌握家人、朋友聯繫管道：

在新進人員報到後，應即與家屬保持聯繫並建立親友聯繫網絡，遇有適應不良情形發生時，可藉由家屬及朋友對個案的支持與協助，使個案早日適應單位生活。

由於社會價值變遷，改變了我們與環境間的取予關係，傳統社會的關係是基於自我否定，生活規範在約束個人、抑制個人慾望，唯有遷就社會方可適應，因此人們受制於該行為規範。

而成功的適應應指我們與環境間的取予授受，能維持恆常滿足的關係，也就是當一個人能有效追求並達到目的，而不違反社會規範與侵犯人際現實，才是良好的適應；因此當面對新環境時，我們應鼓勵學習新的方式以求適應，並應特別強調在學習與心態的改變。

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on the reversed hours, who tend to exhibit ill adjustment to regimented military routine, stringent training and duty performance routine.

Counseling act toward the adjustment issue:

(I) Enforcing new recruits counseled to help them adjust voluntary adjustment:

The psychological counselor needs to emphasize the crucial adjustment within the first three months of the golden period for the new recruits to adapt themselves to military life.

(II) Ascertaining where the problem lies:

Following the interview counseling, when problematic cases are found, it is prudent to grasp and step up the interview and assistance in order to discern where the problem lies, and help the subject with a subjective self awareness of the problems.

(III) General counseling principle:

1. To discuss and identify what the case reckons as the most effective and doable means
2. To encourage the subject to attempt to try
3. To conduct routine follow-up counseling
4. Counseling referral

(IV) Strengthen family and friends contact:

Upon new recruits checking in, it is prudent to setup the contacting network with their family and friends. In the wake of ill adjustment, this not only allows family and friends be enlisted for case support and assistance allow the case subject to quickly assimilate to the regiment routine, but family members can also participate in the counseling process to help shoulder the ultimate success or failure of the counseling efforts.

With the Darwinian theory, those who fit to the changes survive. As evolving social values have altered the existential relationship that we have with the environment, and with the conventional society's relationship built upon self denial, the living guidance had been to confine the individual, to suppress individual desires, and the only means to fit in had been to confirm to the social norm, entrapping people to be ruled by such behavioral guideline.

With today's limited social resources, fierce competition and future uncertainty, individuals need to focus of their self development on adapting to the changing environment by expressing one's own value perspectives, and searching for one's self growth and fulfillment. Hence when faced with a new environment, we need to encourage learning new method in adapting, and emphasize particularly on learning and changing the mindset.

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