

良好適應，美好人生

Good Adaptation, Nice Life

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適應的涵義

「適應」是譯自於英文的 **adjustment**，而 **adjustment** 的涵義則來自生物學中 **adaptation** 的概念，達爾文在其【物種原始】一書中提到，生物進化的原則是優勝劣敗及適者生存的自然選擇，因此，**adaptation** 是指物種為了生存而改變個體結構或功能的歷程適應，後人據此引申，將個體在環境中求生存的奮鬥歷程視之為 **adjustment**（健康心理學，賴保楨等編著1999）。

適應的涵義因此為：適應是人在與環境互動的日常生活中，遇到困擾問題或面對壓力時，為了解決問題或去除、克服壓力，而採取適宜的處事方法，俾以達到身心平衡狀態的歷程。由此定義我們可以嘗試學習如何改變適應我們的生活，讓生命更為健康、快樂。

Meaning of Adaptation

The Chinese word "Adaptation" comes from the English word "adjustment", while it comes from the concept of biological word "adaptation." The rule of biological evolution was stated as "survival of the fittest" by Darwin's book "On the Origin of Species by Means of Natural Selection." Consequently, the word adaptation means the changes of their individual structure or functions for species to survive. Then people illustrate "adjustment" as individual's survival struggle course in the environment. (Bao-zhen Lai and the other authors, Psychological Health, 1999)

Hereby, the meaning of "adaptation" is a suitable measure for people corresponding with the environment to solve problems or overcome the pressure in daily life so as to achieve physical and psychological balance. From this definition we can learn to try how to change and adapt our life, and enjoy a healthier and happier life.



培養個人的適應力或提高逆境商數

首先，適應是人與環境互動的過程，我們如果有一個美好、安適的環境，那麼我們就比較不會有適應不良的問題，但是快樂、幸福要往外求，畢竟不容易，環境裡總是充斥著壓力與挫折，環境的約束、工作的要求、人際的摩擦、921地震、八八水災…顯示著生活的無常，有時想想，較能掌控的反而是我們自己。那就是培養個人面對社會情境壓力的能力。

最近經常接到一些所謂「畏苦怕難」的個案：

- * 一個弟兄整天想掛病號來逃避公差勤務，進而影響人際關係而導致適應不良。
- * 二兵排斥當兵，不想配合軍中生活作息和事務，因而裝精神疾病想脫離這個環境。
- * 還有弟兄將壓力放大，剛入伍的二兵，聽見學長在罵學弟，他覺得學長好像在罵他，因此產生了退縮的心理，很害怕與學長相處……。

Develop Individuals' Adaptability or Raise Adversity Quotient

Firstly, adaptation is an interaction course between human and environment. In a nice and sound environment, we hardly ran across the problems of un-adaptation. However it wouldn't be easy to pursuit the external happiness and welfare, as the environment is full of pressures and setbacks such as environmental constraints, job requirements, interpersonal frictions, 921 earthquakes, flood made by Morakot typhoon, etc. which presents the changing in our life. Sometimes we find what we can control is only ourselves and each one should cultivate individual's compatibility to face the social pressure.

The cases I received recently show people's fear to difficulties:

- * One enlist man pretends to be a patient to avoid his job and service, resulting in bad interpersonal relationship and bad adaptability;
- * One private rejects to the military routines and relevant jobs, so he pretends to be a mental patient to avoid the environment;
- * Some enlisted men magnifies the pressure. When a new private heard the senior scolding the junior, in his eye, he misbelieve the scolding was coming to him, and then withdrew and feared to work with the senior.

面對難以逃離的情境或遇到困難的障礙時，其實逃避、不敢面對是沒有用的，問題和困境反而會向海嘯般排山倒海的向你襲來，唯有不怕挫折、困難並奮戰不懈，才能真的衝破逆境，因此在平時我們就應培養處理逆境的能力。美國職場培訓專家史托茲在1997年提出「逆境商數」（Adversity Quotient簡稱AQ）的概念，他認為可以從四項指標來評定一個人處理逆境能力的高低：

1. 控制能力

情況很不利，已超出控制範圍時，是否擁有足夠的自信心？低AQ者會立即信心崩盤；高AQ者則會相信一切都還沒有結束，仍有可為，會積極尋求突破的途徑。

2. 責任歸屬

一旦發生挫折時，到底歸咎於誰？低AQ者可能會將責任歸咎於環境、他人，而不會反省自己，高AQ者則會努力找出自己可以修正或改變的地方，努力因應。

3. 設停損點

是否能將挫折的不良影響，控制在某個特定範圍內？低AQ者較易自責、焦慮、傷身傷心，甚至將情緒波及無辜的他人；高AQ者不會怨天尤人，還是會將精神放在解決問題與壓力上。

4. 忍耐多久

困難接踵而至，是否能長期保持希望與樂觀？低AQ者很快就沮喪，放棄；高AQ者則會超越當前的困難來看待問題，對未來充滿信心與希望。

所以，你是屬於高逆境商數還是低逆境商數者呢？當逆境來襲時，你會變得更堅強、軟弱或更加令人激賞呢？平日就學習提高「逆境商數」，相信你會更強大。

Escaping from or fearing to face inevitable difficulties is not only useless, but it also seriously damage you like high waves. Only no fear of setback and keeping fight with difficulties can overcome the problem, so we should cultivate the ability to overcome adversity in daily life. In 1997 Stuetz, American career training expert, initiated the concept of "Adversity Quotient, AQ" which illustrated the four indexes considered to value an individual's AQ.

1. Control Ability

In the unfavorable condition that is out of control, is one confident or not? The one with low AQ will lose his confidence immediately; the one with high AQ will keep fighting for the way to break and never give up.

2. Responsibility

Who is responsible for it, once a setback comes out? The one with low AQ will put the blame on the other persons and the environment, instead of himself. But the one with high AQ will check himself to change and promote himself, and make efforts to fight.

3. Controlling Negative Influence

Is the subject able to control the negative influence within a certain bound or not? People with low AQ would remorse, worry, lose physical and psychological balance, and even spread this emotion to the other innocent persons. People with high AQ will never complain and would put his attention and energy on how to overcome the problem and pressure.

4. How Long to Endure

With the difficulties coming across one by one, are people able to keep his hope and optimism over a long period of time? Person with low AQ would be depressed and give up; person with high AQ would go through the current difficulties and be filled with the hope for the future.

Are you a person with high or low AQ? When adversity comes to you, what role will you take? Are you weaker, stronger or more enjoyable? The self-training to raise your AQ will make you stronger.



選擇良好的因應與調適方式

上面所談的比較是個人面對困境與壓力時的心態、信念與認知層面，接下來是行動層面，當我們遇到困擾或壓力時，你的調適或因應方式為何呢？許多研究指出：無論是重要生活事件或日常生活小困擾，對壓力的影響，均不及因應過程重要。Burke在1994年指出：因應行為是非常重要的，因為它可改善或反增加心理的倦怠。

下面是幾種因應的方式，仔細想想，你經常用的是哪些呢？

1. 問題焦點的因應：

個體直接面對問題，為改變與環境不良關係所做的行為努力，如分析問題的成因，擬定行動計畫，並確實執行，思考一些變通的辦法去解決問題，分析不良的後果，做最壞的打算。

Choose a Good Coping Means and Method to Adjust

The above perspectives are the level of mentality, confidence and cognition. Let's go to the next level of behavior. When a difficulty or a pressure comes to you, how will you adjust or handle? Many researches point out: the influence of the fatal events or little troubles in daily life is less important than those from the course of coping with it. In 1994, Burke said, coping means is very important, because it can improve the languid psychology or worsen it.

Some coping means are listed below. Which one do you use frequently?

1. Cope with the Focus of Problems:

Directly facing the problems, an individual hardly tries to change the negative relationship between behavior and environment. They might include analyzing causes, making action plan, implementing plan strictly, finding out ideas to solve the problems, analyzing negative results and preparing for the worst.

2. 情緒焦點的因應：

控制個人在壓力下的情緒，如：

- (1) 妄想：假想壓力事件已消失或解決。
- (2) 遠離：試著忘記壓力事件。
- (3) 強調正向功能：盡量著眼於事情的有利層面。
- (4) 自責：責怪自己。
- (5) 降低緊張：藉著吃、喝、抽菸、服藥使自己快活。
- (6) 自我隔離：不與人接觸、不讓人知道事情有多糟。

3. 折衷方式：

尋求社會支持，與別人商談以獲得更多的訊息或從親友處得到同情與了解。

如果你經常使用的是上面所列的妄想、遠離或者自責、自我隔離、甚至是藉著吃、喝、抽菸、服藥等方式，來降低焦慮感受，這些都是屬於較為消極、逃避的因應方式，常常使用這些方法，通常較易有焦慮、憂鬱的狀況，身體也會承受著較大的生理壓力。因此，提醒自己，當壓力來臨時，選擇正向的因應技巧，並積極行動，才是化解壓力的最好方法。

學習快樂的方法

適應的最後一個法寶是快樂，快樂的人可以增加工作效率、有較高的幸福感受、身體較健康…，每個人都願意成為快樂的人，追尋快樂也有方法喔！

一、學會活在當下

扮演好演前的角色，如果你正在吃晚餐，就好好的享受，如果你正在看畫，就認真的觀賞，如果你正在做這個你選擇的工作，就好好的感受它的意義…快樂其實很簡單——只要你用心去體會，任何時刻都能夠領略到箇中的奧妙。

2. Cope with your emotional focus:

Control your emotions under a pressure, for example:

- (1) Mirage: Suppose that pressure event disappears
- (2) Departure: Try to forget the pressure event
- (3) Stress the positive function: Pay more attention to the positive aspect of the event
- (4) Remorse: Blame yourself
- (5) Tension Relief: Relieve yourself by eating, drinking, smoking and taking medicine
- (6) Self-Quarantine: Do not contact others and do not make known how bad the situation is

3. Compromising-Approach:

Seek social support, discuss with others for more information, or make it known to your relatives and friends for sympathy and understanding.

If you frequently adopt the above approaches-mirage, departure, remorse, Self-Quarantine and even eating, drinking, smoking and taking medicine to reduce anxiety, you will become worried and blue, and this will cause greater physiological pressure to your body. Therefore people should always remind themselves when pressure comes they should choose positive coping means and take active action to relieve the pressure.

Learn How to Be Happy

The last treasured approach to adapt is happy. Happy person can raise working efficiency, has strong experience of happiness and owns healthy body. Everyone wants to be happy, and there are ways for us to achieve it.

I. Learn to Enjoy life at Present Time

Well play your current role. If you are taking your dinner, enjoy it. If you are looking a painting, watch it carefully. If you are busy with the job you chose, feel its significance. As a matter of fact, happiness is easy to get—just experience with your heart at anytime, and you can appreciate the secrets of it.

二、懂得知足

生活上我們所遭遇到事情，五味雜成各有不同的感受，但酸有酸的美好，甜有甜的歡笑……，當遭逢逆境時不會抱怨，在一帆風順時則懂得感謝，無論何時何地都感到心滿意足才是個真正幸福快樂的人。

三、從生活中累積成就感

不一定要長官的稱讚或做了大事才會快樂，當你自己動手完成一幅畫、煮一道菜、完成一個書架、寫一封信、看完一本書…，你會發現，生活中的許多快樂，就來自這些小小的成就感。

四、助人

做義工、樂捐都可以，別人有需要時，盡量幫助他人，當別人因你的舉手之勞而活得更好時，相信你也一定感到很快樂。

改變與實踐

最後，最重要的部分是改變與實踐，只有願意去改變（willing to change），新事物才可能出現，只有你自己才能決定讓你自己充滿活力、快樂還是沮喪、頹廢。如果你感到對目前的環境難以適應，或者是遇到了難以處理的壓力與挫折，請別灰心喪氣，沉澱一下，思考可能的解決方法，嘗試可能的任何改變，即使當下沒有，沒有立即的改變發生，也請相信，最壞的一終將過去。

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II. Learn to Be Content

We encounter all kinds of daily events which bring us various experiences: the sour is precious for its taste, and sweet always brings laughing. A genuine happiness person wouldn't complain when meet adversity, would send thanks when things go well, and keep satisfaction at anywhere and anytime.

III. Accumulate Senses of Daily Achievements

Praise from supervisors and great achievement are not really necessary for you to be happy. You will find happiness from little sense of daily achievement, such as finishing a drawing, cooking a dish, making a book shelf, writing a letter, and reading a book, etc.

IV. Help Others

Be a volunteer to public affairs, donate, and help anyone who needs. When other's better life is because of your little help, it is certain that you will also be happy.

Change and Practice

Finally, change and practice are the most important part. Only willing to change can new things come out. To be happy, depressed, decadent or vigorous, all of these are determined just by you. If you encounter adversity hard to adapt, or pressure and setback difficult to cope with, please do not get discouraged. You should calm down to think out an idea to solve problem, and try any possible change. Even if there is no possibility to change now, please believe the worst would certainly pass eventually.

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