

藝啟遊戲：

學生中心取向的戲劇教育課程對國中生社會情緒學習之 行動研究

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摘要

本研究旨在建構學生中心取向的戲劇教育課程，探討此課程對國中生社會情緒學習的效果，以及在社會情緒學習各面向的學習內涵。參與者為新北市某一所公立中學八年級某班級學生共 34 位。採行動研究，在正規表演藝術課程中實施八週之學生中心取向的戲劇教育課程，每週一次，每次 45 分鐘。資料蒐集兼顧量化與質性，量化採準實驗之單組前後測設計，以「社會情緒學習量表」為前後測；質性資料為學生課後焦點團體訪談，佐以教學觀察省思日誌、觀察者觀察表、學生學習心得單等。結果發現，學生中心取向的戲劇教育課程在促進國中生社會情緒學習之「自我覺察」、「自我管理」、「社會覺察」及「人際互動」等四個面向均有顯著提升，但在「負責任的決定」面向無顯著效果。質性分析參與者之社會情緒學習各面向，「自我覺察」面向，能透過情緒表達與辨識肯認自身感受；「自我管理」面向，能在堅毅與專注中強化情緒管理與任務執行的能力；「人際技巧」面向，能在合作創造中發展同理心與團隊協作能力；「社會覺察」面向，能在共事實踐中尊重團體常規並發展觀點取替，「負責任的決定」面向，在個人與團體權衡下提升公共問題與責任意識。最後依研究結果提出建議。

關鍵詞：社會情緒學習、國中生、學生中心取向戲劇教育課程

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Play Together: An Action Research on the Effects of a Student-Centered Drama Education Program on Junior High School Students' Social and Emotional Learning

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Abstract

This study aimed to develop a student-centered drama education curriculum and explore its effects on junior high school students' social and emotional learning (SEL). Thirty-four eighth graders from a public school in New Taipei City participated in an eight-week program integrated into the formal performing arts curriculum, with one 45-minute session per week. Using an action research design, both quantitative and qualitative data were collected. A one-group pretest–posttest design with the Social and Emotional Learning Scale assessed changes in SEL, while focus group interviews, reflection journals, and observation records provided qualitative insights. Results showed significant improvements in self-awareness, self-management, social awareness, and interpersonal skills, though no significant gains in responsible decision-making. Qualitative findings indicated enhanced emotional expression, perseverance, empathy, and perspective-taking through collaborative creation. The study concludes that student-centered drama education effectively fosters students' SEL development and provides practical implications for integrating arts-based approaches in educational psychology and school curricula.

Keywords: Junior high school students, Social and emotional learning (SEL), Student-centered drama education program

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