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圖書資訊學數位學習碩士在職專班碩士學位論文

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書目療法融入國小閱讀教學之行動研究  
Action Research on Applying Bibliotherapy in  
Elementary Reading Instruction



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## 中文摘要

本研究旨在探討書目療法融入閱讀教學之行動研究，研究目的為：（一）探討書目療法融入國小二年級閱讀教學之實踐歷程。（二）分析書目療法融入國小二年級閱讀教學之學生學習狀況。（三）探究教師在行動歷程中所面臨的困境及解決方式。

本研究採用行動研究法，使用 CARE 模式閱讀教學教案，經由收集教學札記、課堂錄音、訪談紀錄與學生學習單，持續反思並修正行動方案，最後分析前述質性資料與「情緒量表」的前後測分數，評鑑研究結果，最終得出以下研究結論：（一）書目療法結合閱讀理解是可行的教學設計。（二）在書目療法方面，學生經歷認同、淨化與領悟的歷程，有助於提升情緒覺察與表達。（三）在閱讀理解方面，學生能進行閱讀理解的學習。（四）增進研究者與教學者的專業成長。

最後，研究者基於上述研究結果，提出五項建議，作為課程實施者及未來研究之參考：（一）運用書目療法融入閱讀教學，以促進學生的心理健康。

（二）書目療法與閱讀理解的相輔相成，可深化小學階段的閱讀教育。（三）以 CARE 模式為基底，適度調整教學內容。（四）充實教師的書目療法與閱讀理解的相關知能。（五）建立教師共同備課的夥伴關係，共同精進專業能力。

關鍵詞：書目療法、閱讀教學、閱讀理解、情緒療癒

## Abstract

This study aims to explore the process and the effects of integrating bibliotherapy into reading instruction of elementary school. There are three main purposes:

1. Discussion on the practical process of integrating bibliotherapy into reading instruction in the second grade of elementary school.
2. Analysis of the learning status of students who participated the courses.
3. Explore the difficulties and solutions faced by teachers in the course of action.

This research mainly adopts action research. According to the classroom observation forms, sound recordings of the classes, works of the students, the pre and post test data from the "Emotional Expression Scale ". The following conclusions were drawn:

1. Bibliotherapy combined with reading comprehension is a feasible instructional design.
2. In the course, the students undergo a process of identification, catharsis, and insight which helps to enhance their emotional awareness and expression abilities.
3. In the course, the students can grow and develop reading comprehension performance.
4. Effectively promote the professional growth of researchers and teachers.

Finally, the researchers put forward five suggestions based on the above research results:

1. Incorporating bibliotherapy into reading instruction to promote students' mental health.
2. Complementing bibliotherapy and reading comprehension to deepen reading education in primary school.
3. Adjusting teaching content based on the CARE model.
4. Enriching teachers' knowledge and skills related to bibliotherapy and reading comprehension.
5. Establishing a partnership for shared lesson preparation to improve professional skills together.

**KeyWords:** Bibliotherapy, Reading Instruction, Reading Comprehension, Emotional Healing