

生態認同—人與環境關係的新視野

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摘要

鑒於過往心理學與社會學的認同研究多忽略環境因素，學者們提出生態認同概念，嘗試連結生態、心理與社會學領域，並提供重要的洞見：人對環境的認知、情感與行動，會影響人對「我是誰」、「我要成為什麼」這生命核心問題的想像與理解。生態認同最初是在後現代處境中被提出，跟隨深層生態學的呼籲，提醒人們需重新意識個人、社會以及整體生態系統是一互依互存的共同體，並以此翻轉對於政治經濟權力控制的觀點。隨著個案研究的發展，生態認同的定義多元而分歧，反映此概念豐富的內涵。整體而言，生態認同關注於人如何在與環境的互動中自我定位，同時探討認同發展歷程中的環境與社會性因素。在環境教育領域，生態認同強調透過反思的歷程，整合個人與環境之間在知識、情感與行動上的經驗，並藉由不同的敘說與表達實踐，將這些經驗融合為個人認同建構的一部分。

關鍵字： 認同、自然連結、環境認同、環境社會學

量化角度的不足，從更為複雜的社會關係以及心理歷程來理解生態認同的發展與轉移，但當前質性取向的文獻仍嫌單薄。此外，其與自然連結等相近概念間的關係，也值得進一步的探討。並且，生態認同受到社會文化等結構性因素的影響，但迄今為止研究多圍繞在北美地區進行，抽樣或個案對象以中產階級白人為主，在理論架構的建立上忽略了不同文化地緣的多樣性。整體而言，學界對生態認同的討論仍在一個新興開展的階段，縱有一定程度的描述和框架，在內涵的詮釋以及與認同理論的連結上仍有極大的發展空間。在未來研究的發展上，臺灣的多元族群以及豐富的山海文化背景，可以提供生態認同研究更細緻地探討社會文化脈絡的可能性。

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Ecological Identity—a New Perspective on the Relationship between Human and the Environment

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Abstract

Previous studies on identity in psychology and sociology mostly ignored environmental factors. Scholars have proposed the concept of ecological identity that attempts to connect the research fields of ecology, psychology and sociology and provides important insights: people's perception, emotions and actions towards the environment will affect their imagination and understanding of core questions of life such as "who am I" and "what am I going to be". Ecological identity was first proposed in a postmodern era, following the call of deep ecology, which reminds us of interdependence among individuals, society, and ecosystem. With the development of case studies, the definition of ecological identity is diverse and divergent, reflecting the richness of this concept. In general, ecological identity focuses on how people position themselves in the interactions with the environment, and at the same time, pays attention to environmental and social factors in the development of identity. In the field of environmental education, ecological identity emphasizes the integration of knowledge, emotion, and action experiences between individuals and the environment through the process of reflection and integrates these experiences into the construction of personal identity through different narratives and expressive practices.

Keywords: identity, connectedness with nature, environmental identity,
environmental sociology