

# 三代之間：代間關係與中年生活福祉

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本研究以「處於中年階段之『中間世代』」的觀點切入，立基於代間連帶 (solidarity) 概念，探討其與老年父母、成年子女之代間關係，並探討代間關係與中年生活福祉之關聯。運用「台灣社會變遷基本調查計畫」資料分析，結果顯示：代間關係確實顯著影響中年生活福祉。三代之代間支持交換為「主要獲得成年子女支持之『由下奉養型』」則生活福祉最佳，而「支持上下型」的中間世代生活福祉最低。由多世代家庭之代間關係與中年生活福祉的關聯可見，華人社會文化規範的價值觀形塑了代間支持的意義和期望。再者，三代之情感連帶亦攸關中年生活之福祉。

關鍵字：代間關係、中年、生活福祉、多世代家庭、台灣社會變遷  
基本調查

# **Between Adult Children and Aging Parents: Intergenerational Relationship and Well-being in Midlife**

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## **ABSTRACT**

This study examined the intergenerational relationships among individuals in mid-life, their aging parents and adult children. The connections between multigenerational relationships and a mid-life individual's life satisfaction were explored. According to intergenerational solidarity theory, intergenerational relationships are dictated by various components: living arrangements, intergenerational support exchange, intergenerational affection, and intergenerational norms. Data were obtained from the 2011 Taiwan Social Change Survey. In this study, only subjects aged between 40 and 64, with at least one aging parent (aged 65 and above) still alive and one adult child (aged 18 and above) were analyzed. Middle-aged adults, who gave support to their aging parents and adult children, the "support up and down" type, were most unsatisfied with life. Cultural values reinforce the meaning and expectations of intergenerational support and shape the outcomes. This study also underscores the importance of the emotional component in intergenerational relationships to the well-being of middle-aged adults.

Key Words: intergenerational relationship, mid-life, well-being, multi-generational family, Taiwan Social Change Survey