

自我認識、生命意義與價值探索：

一個以哲學實踐為基礎的嘗試

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摘要

筆者在教學歷程中發現，在大學中學習各種知識與技能的學生們，對自己卻很陌生。未曾認識自己的他們，不知道自己要甚麼，感受不到生命的意義，因而對於價值無所追求，而只是盲目地跟隨他人的意見浮沉於社會潮流之中。筆者在教學現場的親身體驗，反映出銘刻在德爾斐神廟的「認識自己」的重要性，也使得筆者在以知識為追求的大學體系中，開設「生命教育」課程，提供學生一個以哲學實踐為基礎的生命體驗場域，引導學生走上認識自己道路。本文將從自我認識、生命意義與價值探索等向度，呈顯生命教育如何作為哲學實踐的可能性。

關鍵詞：意義治療、生命教育、自我認識、哲學實踐

Knowing One's Self, Life Meaning and Value Exploration: An Attempt Based on Philosophical Practice

Abstract

The problematic of this project comes from the problems confronted by the author in her teaching. Students, who learn a variety of skills in college, are foreign to themselves in their pursuits of knowledge. They don't know themselves; they don't know what they want; they don't even feel the meaning of life. Thus, they have no intention to pursue values, blindly following other's opinions of the social trend. From her teaching experience, the author discovers the importance of the motto "know thyself" inscribed on the temple at Delphi, thereby incorporating this project into the curriculum of life education. Thus, this compels the author to open a course in the curriculum of Life Education in order to provide students with a field of life experiences based on philosophical practice in their college pursuit of knowledge and then guides them on the way to know themselves. The paper will begin with the dimensions such as knowing of one's self, life meaning and value explorations, and then exhibit how life education can offer an opportunity for the philosophical practice.

Keywords : logotherapy, life education, knowing one's self, philosophical practice