

# 108 自在語之幸福觀內容分析

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## 摘要

108 自在語收集聖嚴法師的思想文錄，自 2005 年發行至今已發行二十種文字，目前共有四集，總計 432 句。本研究採用內容分析法，以幸福理論的 PERMA 作為分析架構來瞭解 108 自在語中所蘊含的幸福意涵。研究結果，正向情緒(P)：自在語中有許多常見的正向情緒詞句，如感恩、喜悅、安定、平靜、快樂、釋懷、自信、滿足、寬容、慈悲、慈愛…等，並傳達促成正向情緒的理念或方法。全然投入(E)：自在語除了常以活在當下、投入此刻、踏實體驗、隨順情境…等詞句表達對於生命經驗、自我經驗的全然投入外，也提及如何實踐全然投入的方法。正向關係(R)：自在語強調對家庭、朋友、學校、職場等不同領域正向關係的經營；部分語句更揭示個人應與整體社會、自然環境關係的和諧共處。意義(M)：自在語以培養美德、心靈超越、創造自我價值、利他、奉獻…等詞句傳達生命意義，同時肯定意義感的追求與實踐。成就(A)：自在語文本肯定現世的事業與成就、奮鬥與持續精進的歷程，鼓勵在成功實踐歷程中的自主與成長。分析結果顯示 108 自在語以淺顯易懂的詞句傳達出幸福的意涵與實踐的方法，可作為個人幸福生命的實踐指南。

**關鍵詞：**108 自在語、幸福理論、PERMA 模型、內容分析

## **Abstract**

The 108 adages of wisdom collect the thought records of Master Sheng-Yen. Since its release in 2005, 20 languages have been published. There are currently four episodes with a total of 432 sentences. This study adopts the content analysis method and uses the PERMA model as the analytical framework to understand the meaning of well-being contained in the 108 adages of wisdom. For each component of the PERMA model, the results are as follows: " Positive emotion (P)" : There are many common positive emotion words in the 108 adages of wisdom, such as gratitude, joy, stability, calm, happiness, relief, self-confidence, satisfaction, tolerance, compassion, loving-kindness...etc., and convey the idea or method of promoting positive emotions. " Engagement (E)" : In addition to expressing commitment to life experience and self-experience with words such as living in the moment, engaging in the moment, down-to-earth experience, following the situation, etc., The 108 adages of wisdom also mentions how to practice Engagement. " Positive relationships (R)" : The 108 adages of wisdom emphasize the management of positive relationships in different fields such as family, friends, school, and workplace; some sentences also reveal that individuals should live in harmony with the overall society and the natural environment. " Meaning (M)" : The 108 adages of wisdom convey the meaning of life with words such as cultivating virtue, spiritual transcendence, creating self-worth, altruism, dedication, etc., and affirming the pursuit and practice of meaning. " Achievement (A)" : The 108 adages of wisdom affirm the career and achievements of the present world, the process of struggle and continuous improvement, and encourage autonomy and growth in the process of achievement. The analysis results show that the 108 adages of wisdom convey the meaning and practice of well-being in easy-to-understand words, and can be used as a practical guide for a well-being life for individuals.

**Keywords : 108 adages of wisdom, well-being, PERMA model, Content analysis**