

後疫情休閒體驗 心流研究之現在與未來

張樑治 / 國立空中大學生活科學系教授

疫情下的生活改變



羅婉庭 攝



今周刊

一些勇氣，讓生命不一樣

來源: Liv Park <epark@brocku.ca>

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副本: Pei-Chun Hsieh <phsieh@brocku.ca>, Camille Rutherford <crutherford@brocku.ca>

日期: Thu, 08 Jul 2021 04:09:55

標題: Offer of Employment for your Work Permit Application - Dr. Liang Chih Chang

附檔: Offer of Employment - Dr. Liang-Chih Chang.pdf (46k)

Dear Dr. Liang Chih Chang,

We have submitted an offer of employment through the Government of Canada Employer Portal for the extension of your work permit. The offer of employment number generated is **A0568277**. You will need to include this information in your work permit renewal form. You are being invited through **Labour Market Impact Assessment (LMIA) Exempted category, "International Mobility Program R205b Academic Exchange, Visiting Professors, exemption code C22"**. We have used the National Occupation Code 4011 University Professors and Lecturers for the offer of employment.

Attached is the receipt of the employer compliance fee. You may not need to submit the receipt for your work permit application.

If you have any questions, please feel free to let me know.

Best regards,

Canada

IMM 5666 (Rev. 01-2019)

Application Number: E4019 272 912
U512963097

Client Information / Information du client

Family Name / Nom de famille: CHANG
Given Name / Prénom: LIANG CHIH
Date of Birth / Date de naissance: 1975-11-25
Sex / Sexe: MALE
Country of Birth / Pays de naissance: TAIWAN
Country of Citizenship / Pays de nationalité: TAIWAN
Travel Doc No. / N° du document de voyage: 301084002

Work Permit / Permis de travail

Additional Information / Information supplémentaire

Date issued / Date de délivrance: 2021-06-30
Expiry Date / Date d'expiration: 2023-06-30
Case Type / Type de cas: LMIA Exempt / Exempté de l'LMIA
LMIA or Exempt No. / N° de l'LMIA ou de l'exemption: A0568277
Employer / Employeur: BROCK UNIVERSITY
Employment Location / Lieu d'emploi: ST CATHARINES
Occupation / Profession: VISITING PROFESSOR
In Force From / En vigueur à partir de: 2021-06-30

Conditions

1. MUST LEAVE CANADA BY 2023-06-30
2. UNLESS AUTHORIZED, PROHIBITED FROM ATTENDING ANY EDUCATIONAL INSTITUTION OR TAKING ANY ACADEMIC, PROFESSIONAL OR VOCATIONAL TRAINING COURSE
3. NOT AUTHORIZED TO WORK IN ANY OCCUPATION OTHER THAN STATED
4. NOT AUTHORIZED TO WORK FOR ANY EMPLOYER OTHER THAN STATED
5. NOT AUTHORIZED TO WORK IN ANY LOCATION OTHER THAN STATED


Remarks / Observations: VISITING PROFESSOR/RESEARCHER, EXEMPT


THIS DOES NOT AUTHORIZE RE-ENTRY / CE N'AUTORISE PAS LA RÉ-ENTRÉE

Canada



一些堅持，讓未來更美好


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Research in Gerontological Nursing

Editor: Heather M. Young, PhD, RN, FAAN, FGSA

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Anu Rose Antony, DNP, FNP-C, CMSRN; and
Jane Dimmitt Champion, PhD, DNP, FNP, AH-PMH-CNS, FAAN, FAANP
Vol. 15, No. 4, pp 172-178, June 17, 2022

Research in GERONTOLOGICAL NURSING®

June 9, 2022

Liang-Chih Chang
Professor
National Open University Taiwan
172, Zhongzheng Road
Luzhou
New Tapei City 247
Taiwan

Dear Prof. Chang:

I am writing to thank you for your service as a member of the Review Panel and congratulate you on your promotion to the Editorial Board for *Research in Gerontological Nursing*. Your reviews continue to be timely, relevant, and extremely helpful to authors in making revisions and to the Editor in making editorial decisions. Your promotion to the Editorial Board carries with it additional opportunities, particularly in the areas of manuscript acquisition and editorial policy development.

Manuscript acquisition is vital to the Journal, and we would rely on you to develop your networks and contacts to seek new authors. The direction we take with policy relies heavily on what you tell us about the state of the art in gerontological nursing research.

As you know, *Research in Gerontological Nursing* continues to be dedicated to publishing cutting-edge, interdisciplinary gerontological nursing research, which involves and influences care of older adults. Because of the quality of your contributions to the Journal, we are recognizing you with this promotion.

We enjoy working with you and believe you will find this position challenging and interesting. If you have any questions, please contact me by phone at 800-257-8290, ext. 447, or by e-mail at awiegand@slackinc.com. Thank you again for your contributions to the Journal.

Sincerely,

SLACK Incorporated

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Affiliated Society:



Special Issue Editors

Prof. Dr. Liang-Chih Chang E-Mail Website

Guest Editor

Department of Living Sciences, National Open University, New Taipei City 247, Taiwan

Interests: flow; self-determination; social support; well-being in older adults



Prof. Dr. John Dattilo E-Mail Website SciProfiles

Guest Editor

Department of Recreation, Park and Tourism Management, Penn State University, State College, PA 16802, USA

Interests: inclusive leisure services; leisure education; disability; aging; therapeutic recreation



Special Issue Information

Dear Colleagues,

Given increased human longevity and the expanding population of older adults, understanding well-being as we age is important and an area in need of research. Various theoretical and practical debates about conceptualizing, measuring, and predicting well-being guide public policy, helping to improve the quality of life of older adults. A consistent conclusion is that leisure plays a crucial role in the well-being of older adults. In addition to the intrinsic enjoyment, meaningfulness, and opportunities for authenticity that leisure brings to us, as we age, leisure provides various positive outcomes such as increasing a sense of inclusion and belonging, expanding social networks, enabling the development of coping strategies and resources to deal with various life challenges, and improving positive emotions that contribute to well-being. Although leisure experiences are valuable for older adults, effects may vary depending on different types of recreation activities perceived to contribute to our leisure. Therefore, the purpose of this Special Issue is to encourage theoretical and practical reflections on the broad topic of leisure and well-being in later life.

Prof. Dr. Liang-Chih Chang


Prof. Dr. John Dattilo

Guest Editors

Manuscript Submission Information

Manuscripts should be submitted online at www.mdpi.com by **registering** and **logging in to this website**. Once you are





Chang, L., Dattilo, J., & Huang, F. (2022). Relationships of leisure social support and flow with loneliness in international students in Taiwan: Implications during the COVID-19 pandemic. *Leisure Sciences*.
<https://doi.org/10.1080/01490400.2022.2056550>

Chang, L., Dattilo, J., & Huang, F. (2022). Karaoke as a form of leisure in later life: Connections between singing and meaning in life. *Leisure Studies*, 41(4), 531-544.

Chang, L., Dattilo, J., Hsieh, P., & Huang, F. (2021). Relationships of leisure social support and flow with loneliness among nursing home residents during the COVID-19 pandemic: An age-based moderating model. *Geriatric Nursing*, 42(6), 1454-1460.

心流(Flow)是什麼？



[DerHexer](#)

- ➡ 所謂心流，即一個人心無旁騖，專心致力在事物上而產生渾然忘我的經驗。



心流的釐清



心流條件

- 個人技能
- 活動挑戰性

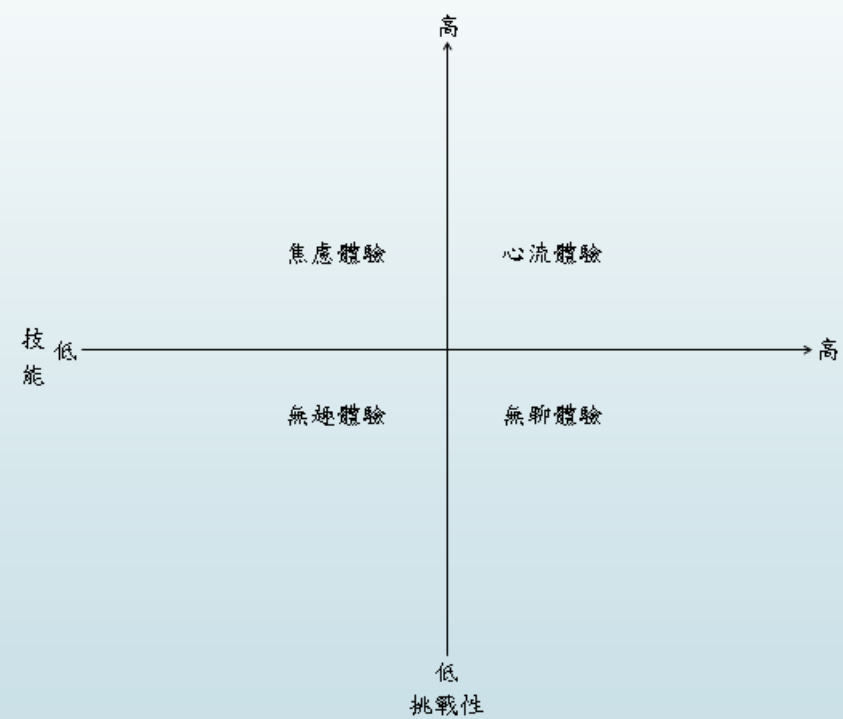
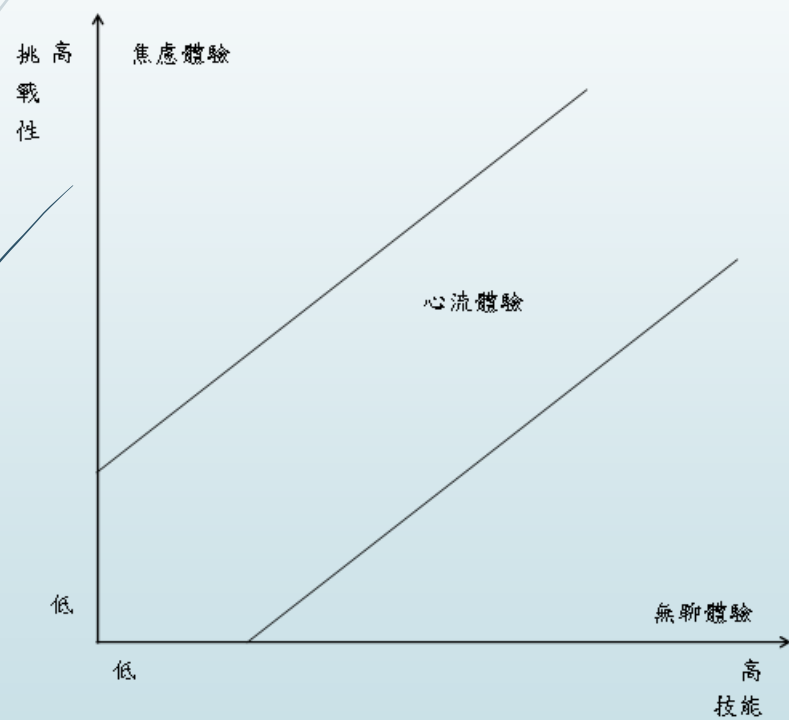
心流狀態

- 活動與意識的融合
- 注意力的集中
- 自我暫時性的消失
- 駕輕就熟的掌控
- 清晰的活動回饋
- 自發性的參與

心流結果

- 心滿意得
- 怡然自得

心流模式之演變



心流條件是心流的充分條件或必要條件

充分條件

- A造成B
- B不一定來自A

必要條件

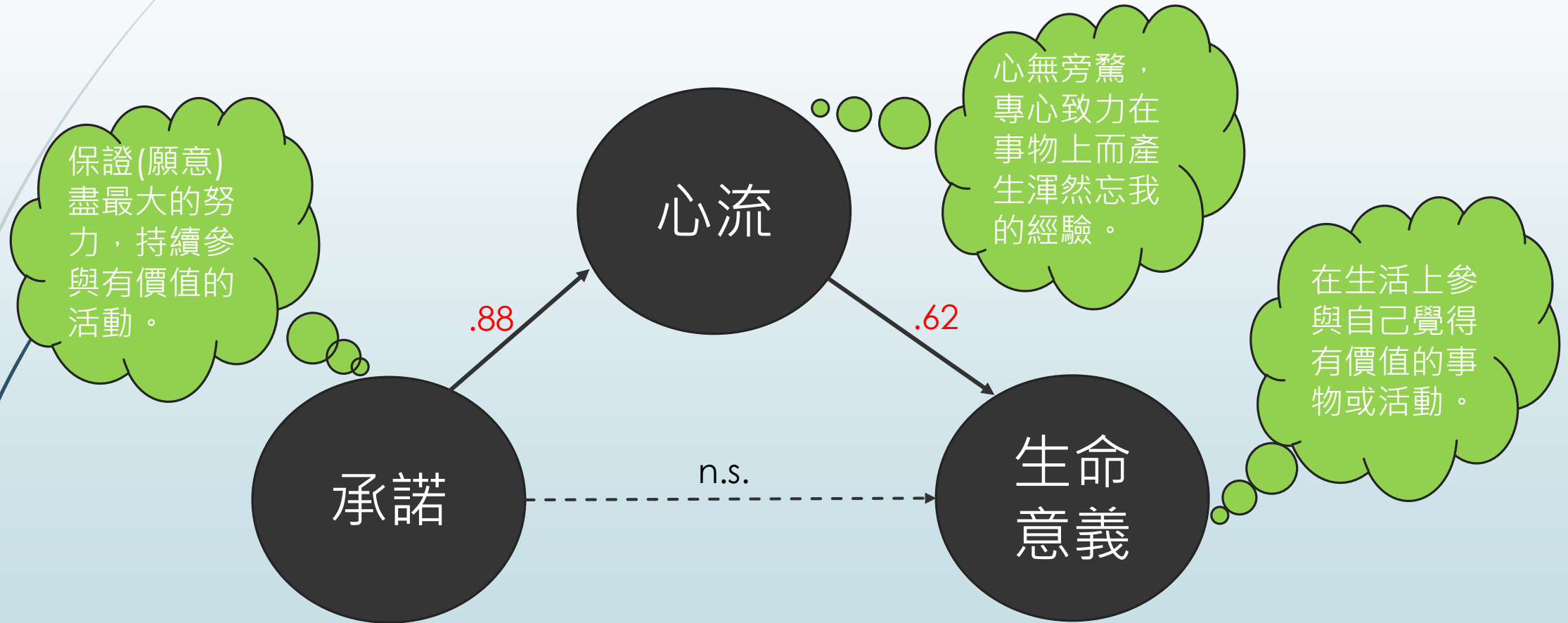
- A不一定造成B
- B來自A



未來之研究 I

Karaoke as a form of leisure in later life:

Connections between singing and meaning in life





心流狀態都是美好的嗎



搜索枯腸，挑燈夜戰



自摸不成，反被放槍



未來之研究 II



黑暗心流研究

- Dixon, M. J., Stange, M., Larche, C. J., Graydon, C., Fugelsang, J. A., & Harrigan, K. A. (2018). Dark flow, depression and multiline slot machine play. *Journal of gambling studies*, 34(1), 73-84.
- Dixon, M. J., Gutierrez, J., Stange, M., Larche, C. J., Graydon, C., Vintan, S., & Kruger, T. B. (2019). Mindfulness problems and depression symptoms in everyday life predict dark flow during slots play: Implications for gambling as a form of escape. *Psychology of Addictive Behaviors*, 33(1), 81-90.

血拼



林貞平



心流結果只有心滿意得嗎

- Chang, L., Dattilo, J., & Huang, F. (2022). Relationships of leisure social support and flow with loneliness in international students in Taiwan: Implications during the COVID-19 pandemic. *Leisure Sciences*. <https://doi.org/10.1080/01490400.2022.2056550>
- Chang, L., Dattilo, J., Hsieh, P., & Huang, F. (2021). Relationships of leisure social support and flow with loneliness among nursing home residents during the COVID-19 pandemic: An age-based moderating model. *Geriatric Nursing*, 42(6), 1454-1460.



未來之研究 III



腦霧研究

腦霧是什麼



腦霧與心流的關聯是什麼



從能趨疲到反能趨疲



感謝聆聽