

愛 情 社 會 學

孫中興

授課大綱

國立台灣大學社會學系

授課老師：孫中興教授

授課時間：周二下午 2:20-5:10

授課地點：台灣大學校總區普通教室 401 教室

會談時間：周一下午 14:00-16:00 或另約〔請務必事先約定〕

會談地點：台灣大學校總區社會學系館 417 室

聯絡地址：台北市羅斯福路四段一號 台灣大學社會學系

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電子郵件信箱：catsun@ntu.edu.tw〔老師有 face 有 book 合起來就沒有(冷~)〕

個人網頁：如果有，就找得到



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一、課程說明

這門課的教學理念是：看似枯燥嚴肅的學術絕對可以用來分析研究日常生活的重大現象。我們這堂課要談的就是愛情。看似純屬非理性範疇的愛情，也可以是理性的學術分析的對象。這門課希望能從社會學的角度正視愛情。

因為這門課並不是一般人隨口說的「愛情心理學」或是「戀愛學」，而是「愛

情社會學」，所以這門課強調的是社會學的觀點、概念和理論。所以您如果具備社會學的基礎知識，修本課程才會有比較好的效果；如果沒有這些基礎背景，效果上當然會有差別。這是歷年來本課程並非「通識課」，而是「社會學系選修課」的主要原因。

上課的內容大體分成幾個部份：第一部份是檢討愛情社會學所面對的基本問題，希望同學對當今社會學對愛情的研究成果有個比較廣泛的了解；第二部份則要選取中西歷史上重要的愛情故事和思想來加以討論，希望同學的思想和視野都具有全球化的觀點；第三部份要討論愛情與社會生活，其中包括：性／別與愛情、身體與愛情、人際關係與愛情、家庭與愛情、教育與愛情、溝通與愛情意識型態與愛情、資本主義與愛情，以及偏差行為與愛情等等主題，希望同學能在愛情的歷史發展之外，了解到當今社會學家的具體研究現況。不過，根據每學期師生之間不同的狀況，這門課的進度和重點會有所不同。請注意第一堂課時的說明。

由於這門課程算是社會學中的新興領域，能參考的專業書籍和文章並不多，所以勢必要借重其他相關領域及通俗文化方面的文獻。我的講義純粹是為了配合我所要講授的內容，提供同學參考。這些都是我親自閱讀的心得以及親手打字的心血結晶，請尊重我的努力，不要做其他的用途。期末考時要檢查講義是否完整，並作為學期總成績的參考。

雖然沒有固定的指定教科書或是參考書，我還是鼓勵同學能先從我所列出的書單出發，自動自發找書來看，不應該只抱著上課聽講就了事的消極態度，更不應該選上了就不來上課。學問貴在自得，不要欺騙老師之餘，連帶欺騙了自己都不自覺。另外，本課程也期待同學能將課堂所學在自己的日常生活中加以思索反省，讓自己在修習本課程的同時，能立志並力行成為更好的人。

上課的內容往往會有細微的更動，請注意課堂上我最新的宣布。如有疑問，請不要問道於盲，歡迎和我聯絡。

最後，要特別強調一點：這門課雖然鼓勵同學發問，但是主要是教學上的目的而不是在替個人解決愛情生活的煩惱。如果同學有這方面的問題，問題輕的則應該找朋友談談，問題嚴重的則應該到校內的學生輔導中心或尋求校外專業諮商人員的協助。請不要對這門課及授課老師有錯誤的期待。

今年度本課程被選上本校開放課程之一，上課要錄影。因故請假的同學可在上課兩周後自行上台大網站首頁左下角點選開放課程補課。

二、作業規定

這門課雖然是門和愛情有關的課，但不要忘记這還是大學裡面的一門課，所以還是要有一些基本的學術訓練。因此，在設計這門課的作業時，我特別考

慮到幾方面的訓練：

- 1 讀書心得：請同學在下面參考書目中選取兩本來撰寫閱讀心得：
 - 1) Erich Fromm · 1969 · 《愛的藝術》 · 孟祥森譯 · 台北：志文 ·
Erich Fromm · 2000 · 《爱的艺术》 · 李健鸣译 · 北京：商务 ·
Erich Fromm · 2002 · 《爱的艺术》 · 刘福堂译 · 桂林：广西师范大学 · 2002 ·
原著：*The Art of Loving*. New York: Perennial. (1956)1989.
 - 2) Robert J. Sternberg · 2001 · 《邱比特的箭》 · 黃芳田譯 · 台北：遠流 ·
·
原著：*Cupid's Arrow: The Course of Love Through Time*.
Cambridge: Cambridge University Press. 1998.
 - 3) 伊東明 · 2004 · 《愛，上了癮》 · 廣梅芳譯 · 台北：心靈工坊 ·
 - 4) Diane Ackerman · 1996 · 《愛之旅》 · 莊安祺譯 · 台北：時報文化 ·
原著：*A Natural History of Love*. New York: Random House.
1995.

請記住：是要用上課所學到的概念來分析所讀的書，不是隨便抄抄書或是上幾個網站拼湊相關資料就可以了事的，剽竊別人的作品是不道德而且犯法的行為，請不要在學生時代就養成這種不良的習慣。如果發現抄襲，一律以不及格論處，沒得商量；此外，內容摘要和自己的心得應該有差不多篇幅，切忌只有書摘而無心得，或是隨意幾筆的心得，不要去抄網路上出版社或書店製作的書籍簡介。不准以其他書籍的閱讀心得取代。如果您不願意買書，又借不到這些書來讀，表示您不願意配合本課程的教學，請不要選修本課，以免自誤誤人。

- 2 為了讓同學學習團隊合作，同學應該自行組成以四人〔多一點少一點也可以〕為單位的研究團隊，選擇台大學生愛情方面的困擾來進行簡易的學術研究，並在學期末撰寫研究報告。各位要先找好組員，然後討論出一個大家有興趣的現象。接著探索這些現象的現狀和成因，然後設計一個解決這種問題的方案，並找一群願意配合的同學付諸實踐。最後要將作業成果在截止日期之前放上網路供人參考。
- 5 視上課情況還會有些臨時規定的小作業或是隨堂測驗。
- 6 每周的課程結束前，學生要準備好和該周主題相關的一個書面問題。學會發問是很重要的訓練。每周都要交，從第一堂課開始。
- 7 最後是課堂期末考。考試的方式會在上課時說明。

以上各項作業，如果可能的話，請儘早規劃，千萬不要臨時抱佛腳。認真寫的作業，才能夠表現出學習的真正效果。

任何作業，如無故不作，就一定被當。請勿懷疑。如有特別原因，也請在學期前或盡快向我說明，不要在時效過後才要求補救，造成彼此不必要的困擾。

所有的作業在改完後，都會發還同學。凡是不拿回去的報告，本人於一學期後一律銷毀。

本學期的成績基本上就是根據這些作業而打分數的，每一項作業的百分比，我也會在學期末視情況再作調整。有志選修本課程的學生，只要積極參與課堂討論及準備指定作業，如此努力之下，絕對不用操心學期成績的問題。如果，志向未定，請以後再來。您我要共同下定決心，這樣我們師生才會共同期待每周的上課時間是一場豐富的心靈饗宴，而不只是「另外一門課」而已。

三、進度

本學期共十八周。預定進度如下：

周數	日期	課堂進度	作業進度
1	9月11日	課程簡介	
2	9月18日	愛情社會學的基本問題	
3	9月25日	愛情的社會學分析(1)	
4	10月2日	愛情的社會學分析(2)	
5	10月9日	愛情的社會學分析(3)	
6	10月16日	愛情的過程(1)：開始	
7	10月23日	愛情的過程(2)：維繫	
8	10月30日	愛情的過程(3)：結束	交讀書心得
9	11月6日	愛情的過程(4)：偏差行為	
10	11月13日	性／別與愛情	
11	11月20日	身體、自我與愛情	
12	11月27日	人際關係與愛情	交集體作業
13	12月4日	家庭與愛情	
14	12月11日	文化與愛情	
15	12月18日	溝通與愛情	
16	12月25日	通俗文化與愛情	
17	1月1日	開國紀念日 放假	
18	1月8日	期末考	

根據過去的教學經驗，這個預定進度會依每學期不同的狀況而有差距，如果有改變，會事前在上課中說明。

四、加簽事宜

最近幾年要求本課程加簽的人數激增，前幾年都沒這方面的困擾。因為考量到修課的同學都有座位，以及老師及助理批改同學作業的負擔，同學對本課程內容的初步了解，以及先選上同學的退選等等因素，加簽通常會在第二週以後才開始。

根據過去的經驗，加簽的先後順位大致如下：

- 1 資源教室和交換生最優先
- 2 科系順序：社會學系〔含雙學位和輔系〕、社會工作學系、婦女學程、社會科學院…
- 3 年級順序：四年級優先〔「延畢」的人除非能證明是為此課延畢，否則…〕
- 4 戀愛經驗有無順序：無〔聽說：沒談過戀愛的人不能修此課；或是：老師只收失戀的學生。以上都是錯ⁿ！〕
- 5 性別或性傾向順序：無〔雖然歷年來許多人認為應該「理工男」優先，但是基於性別平等之原則，礙難照辦；同志學生或是直學生一率平等〕
- 6 星座順序：無〔但和老師同一星座者可以考慮優先〕
- 7 生日順序：無〔但往例有首次上課當天生日者優先的前例〕
- 8 姓氏順序：無〔和老師同姓的人太多了，所以沒有優先權〕
- 9 親朋好友之子順序：嗯…請偷偷講，小聲講，我留講台的位子給您，並問候您的父母親友好，感謝捧場。〔**這一項是開玩笑的，希望您別太在意**〕

最後我要強調：因為今年課程式開放課程的一部分，上完課兩周後有錄影可以複習，所以本學期並不考慮加簽。

各周進度及參考文獻簡介

有關愛情的書很多，這裏只根據我所知道的，以及和本課程相關的加以介紹，其中又以學術書籍為主，一般通俗讀物並不在此書單中。請注意：這並不是一份完整的愛情社會學書目。如果您知道有哪些相關的中英文參考書，請告訴我，以便收入，成為授課的參考。

下面所列的書籍，同學應該自己找來或買來看〔找文獻是一種不可或缺的學術訓練，所以我就不費心將這些書找齊放在圖書館中或印成一本給大家〕。同學應該廣泛利用學校內外相關的學術圖書館，不要以找不到書或借不到書為藉口。學問貴求自得！切記！切記！如果有疑問，請找我。

第一周 9月11日 課程簡介

這個星期會做的事就是您現在上課經歷到的事。〔沒來的只好用想像！〕
如果有不懂得要趕快提出來問。
或許您該趁著剛開學搶先看一下下周的進度。〔自己多努力，自己多收穫。〕
別忘了教問題。

第二周 9月18日 愛情社會學的基本問題

這一周要介紹什麼是愛情、什麼又是愛情社會學。我會介紹到別人的看法以及我自己提出的分析架構，我所謂的愛情社會學就是建立在這個架構之下的。這堂課上所學到的東西是讓您用來在日後的各項作業中加以運用的，請不要等閒視之。

上課前您可以先查一查中英文的字典、辭典或是百科全書，除了一般用途之外的，也可以查一查哲學、心理學、社會學或是思想史的百科全書，看看查不查得到「愛或愛情」這一條目。也請同時注意，其他學門在分析愛情時，和我上堂課所說的愛情社會學的分析方式有何不同。如果您有心得，可以在課堂上發表一下您的查書結果以及您的看法。

有幾篇文章是社會學家或是社會心理學家談論愛的重要性的，出版年代雖早，但是還是有參考的價值，您如果找得到可以看看：

- 西諦·1938·《中國俗文學史》·上海：商務·
許慎·1974·《說文解字》·段玉裁注·臺北：藝文·
馮瑞龍·1992·《元代愛情悲劇研究》·香港：華漢文化·
陳東原·(1926)1990·《中國婦女生活史》·臺北：臺灣商務·
劉士聖·1991·《中國古代婦女史》·青島：青島出版社·
戴偉·1992·《中國婚姻性愛史稿》·北京：東方出版社·
柏拉圖·1964·《饗宴》·吳錦裳譯·臺北：協志·
但丁·1973·《新生》·譯者不詳·臺北：正文·
阿伯拉和哀綠綺思·1987·《阿伯拉和哀綠綺思的情書》·梁實秋譯·臺北：九歌·
赫西俄德·1991·《工作与时日·神谱》·张竹明和蒋平·合译·北京：商务·
Pierre Abelard and Heloise. 1974. *The Letters of Abelard and Heloise*. Tr. by Betty Radice. Harmondsworth: Penguin Books.
J. R. Averill. 1985. "The Social Construction of Emotion, with Special

- Reference to Love,” in Kenneth J. Gergen and Keith E. Davis. Eds. *The Social Construction of the Person*. New York: Springer-Verlag. Pp. 89-109.
- George Boas. 1967. “Love,” in Paul Edwards. Ed. *The Encyclopedia of Philosophy*. Vol. 5. New York: The Free Press. Pp. 89-95.
- Denis de Rougemont. 1973. “Love,” in Philip P. Wiener. Ed. *Dictionary of the History of Ideas: Studies of Selected Pivotal Ideas*. Vol. II. New York: Charles Scribner’s Sons. Pp. 94-108.
- William J. Goode. 1959. “Theoretical Importance of Love,” *American Sociological Review*, 24 (February): 38-47. Reprinted in his *Explorations in Social Theory*. New York: Oxford University Press. 1973. Pp. 245-260.
- Michael Grant and John Hazel. 1979. *Gods and Mortals in Classical Mythology: A Dictionary*. New York: Dorset.
- Simon May. 2010. *Love: A History*. New Haven, CT.: Yale University Press.
- Ovid. 1966. *Ovid on Love*. Tr. by Beram Saklatvala. London: Charles Skilton.
- Ovid. 1990. *The Love Poems*. Tr. by A. D. Melville. Oxford: Oxford University Press.
- Plato. 1991. *The Dialogues of Plato*. Vol. II. *The Symposium*. Tr. by R. E. Allen. New Haven, CT.: Yale University Press.
- Irving Singer. 1984. *The Nature of Love*. Vol. I. *Plato to Luther*. 2nd Edition. Chicago: The University of Chicago Press.
- Irving Singer. 1984. *The Nature of Love*. Vol. II. *Courtly and Romantic*. Chicago: The University of Chicago Press.
- Irving Singer. 1987. *The Nature of Love*. Vol. III. *The Modern World*. Chicago: The University of Chicago Press.
- A. Sobel. 1990. *The Structure of Love*. New Haven: Yale University Press.
- Robert J. Sternberg and Michael L. Burns. Eds. 1988. ***The Psychology of Love***. New Haven, CT.: Yale University Press.
- Robert J. Sternberg and Karin Weis. Eds. 2006. ***The New Psychology of Love***. New Haven, CT.: Yale University Press.
- D. Tennov. 1979. *Love and Limerance: The Experience of Being in Love*. Briar-cliff Manor, N.Y.: Stein and Day.

如果您有興趣的話，我下面列了一些從哲學和心理學角度來談愛的書，我都看過了，和我上課要教的有不少相關之處，值得參考：

- 蘇昌美 · 1989 · 《愛的哲學》 · 台北：東大 ·
- 瓦希列夫 · 1984 · 《情愛論》 · 趙永穆、范國恩、陳行慧合譯 · 北京：三聯 ·
- 瓦希列夫 · 1988 · 《情愛論》 · 趙永穆、范國恩、陳行慧合譯 · 台北：人間 ·
- 原著：
- C. S. Lewis · 1998 · 《四種愛》 · 梁永安譯 · 台北：立緒 ·
- 原著： *The Four Loves*. 1960.
- Ortega y Gasset · 1990 · 《愛》 · 元朴中譯 · 台北：久大 ·
- Ortega y Gasset · 2001 · 《愛》 · 王貴梅譯 · 台北：究竟 ·
- 原著： *On Love*. Tr. by Toby Talbot. 1957.
- Sigmund Freud · 1971 · 《性學三論 · 愛情心理學》 · 林克明譯 · 台北：志文 ·
- 原著： *Drei Abhandlungen zur Sexualtheorie*. 1905.
- 英譯： *Three Essays on the Theory of Sexuality*. Tr. by James Strachey. 1962.
- Erich Fromm · 1969 · 《愛的藝術》 · 孟祥森譯 · 台北：志文 ·
- Erich Fromm · 2000 · 《愛的藝術》 · 李健鳴譯 · 北京：商務 ·
- Erich Fromm · 2002 · 《愛的藝術》 · 劉福堂譯 · 桂林：廣西師範大學 ·
- 2002 ·
- 原著： *The Art of Loving*. 1956.
- Theodor Reik · 1997 · 《一個心理學家眼中的愛》 · 孟祥森譯 · 台北：圓神 ·
- 原著： *A Psychologist Looks at Love*. 1944.
- Rollo May · 1976 · 《愛與意志》 · 蔡仲章譯 · 台北：志文 ·
- Rollo May · 2001 · 《愛與意志》 · 彭仁郁譯 · 台北：立緒 ·
- 原著： *Love and Will*. 1969.
- Diane Ackerman (戴安 · 艾克曼) · 1996 · 《愛之旅》 · 莊安祺譯 · 台北：時報文化 ·
- 原著： *A Natural History of Love*. New York: Random House. 1995.

此外，有一本很奇特的百科全書，是大陸出版的，找得到的話，也很值得一看：

李潔非和楊劼 · 主編 · 1993 · 《愛情大典》 · 北京：北京師範大學 ·

第三周 9月25日 愛情的社會學分析(1)

第四周 10月2日 愛情的社會學分析(2)

第五周 10月9日 愛情的社會學分析(3)

這周起要開始另外一個單元，先談談歷來學者都是怎樣來看待愛情的。說法當然很多，我們要提的事下面幾位重要學者的看法，有的人是心理學專業，或是社會心理學專業，有些是哲學專業，是社會學專業的反面而很少。

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第六周 10月16日 愛情的過程(1)：開始

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第九周 11月6日 愛情的過程(4)：偏差行為

愛情往往是光鮮亮麗的，不過人類也會以愛之名，做出一些傷人害己之事，特別是當愛情不再時，往往偏差行為就發生了。我們在媒體上看到的社會新聞中，往往都是這樣的事件。我們當然希望能找出這些偏差行為的原因，如果幸運的話，我們可以學習如何去避免這種黑暗面的發生。

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第十周 11月13日 性／別與愛情

有關愛情和性／別的討論不少，有的從人類的演化入手，有的從個人性別認同和自我成長的關係來看，也有的從不同的文化立場來看待兩者的關係。在這個主題下，我們要討論的方向比較多，會談到生理上的性別，性傾向和性

別認同等等，還會談到性行為的多面向意義及其與愛情的關係，特別是婚前性行為，外遇，一夜情等話題。

下面所列舉的書多半是以異性戀為討論主旨，對於同性戀的性與愛，我所知道的文獻不多，需要同學的回饋和指教。

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第十一周 11月20日 身體、自我與愛情

身體和自我是兩個和愛情息息相關的領域。我們的身體常常不自覺地在和愛情對話，而且我們也在愛情中認識到自我的另外多重面向，特別是透過愛情而獲得了新的認同身分。這方面的文獻還不多，下面列出是我剛好知道的。通俗書《情婦》是談從戀愛而獲得的一種新身分認同。我們可以暫時撇開道德評價，進入西方歷史看看情婦這種身份的不同歷史面貌。

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第十二周 11月29日 人際關係與愛情

愛情關係只是我們人生中會碰到的各種人際關係中的一種。這個部分就是希望討論我們的人際關係和我們的愛情會有怎樣的關係。我們主要要討論的是社會學中所謂的「初級關係」，例如：家庭中的人際關係〔夫妻，親子，手足〕以及朋友關係，以及這些關係會怎樣影響到我們的愛情關係。反過來，我們一旦進入了愛情關係，又會怎樣影響我們的其他人際關係。因為要把家庭中的人際關係留再下一周討論，所以這一章討論的以友情為主。

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第十三周 12月4日 家庭與愛情

這周討論的主題是婚姻、家庭與愛情。最先會討論的部分是擇偶，其次會談到婚姻與愛情的關係，然後討論家庭中的三組人際關係：夫妻、親子和手足。也會順便討論因為外遇和離婚。這周的主題是一般家庭社會學所探討的內容。為了有所區別，我們會特別注意這幾種關係和愛情的關聯。

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第十四周 12月11日 文化與愛情

本周要研究不同的文化如何看待愛情，其中之一是看原始部落的情況，其中之一就是當代其他文化對於愛情的看法，特別是注意愛情是否有超越文化界限〔算是「全球化吧」〕的情況發生。

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第十五周 12月20日 溝通與愛情

「談」戀愛離不開「講話」或是「溝通」。這方面的研究也不少，也都蠻有趣的，可以讓人反省。下面列的兩本書，前者是語言學家所寫的通俗著作，後者是心理治療師所寫的通俗著作。雖然談的是美國人的情況，但是台灣讀者讀了還是可以感到共鳴的。

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第十六周 12月25日 通俗文化與愛情

在愛情觀和文化脈絡的關係方面，第一個關心的主題就是羅曼史小說和愛

情電影的影響。最近，指導戀愛的「自救書籍」或是「關係書籍」也是外國研究的潮流之一。

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第十七周 1月日 開國紀念日 放假

第十八周 1月10日 期末考

請注意聽上課的說明。
別忘了帶所有上課講義來
保證有趣，敬請期待。。