

香港樂團 Supper Moment 勵志流行曲融入國中融合班希望感教育之研究

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摘要

自香港全面實施融合教育以來，不少主流學校都錄取了不少具有特殊教育需要的學生（下稱特教學生），並於校內就讀融合班。相對一般學生而言，他們的學習能力較薄弱，故此他們難免在學業成績方面遭受打擊，部分特教學生更因而長期處於低學業成就的困境，最終造成他們自我形象低下、欠缺自信心，並對未來失去應有的希望感。在這樣的背景下，筆者在教育現場也面對著融合班學生失去希望感之情況。為此，筆者便嘗試設計香港樂團 Supper Moment 勵志流行曲融入國中融合班希望感教育之課程，當中包含多樣化的教學活動，以提升融合班學生的希望感，並建立他們積極的人生態度。另外，為了解是次課程之教學成效，筆者採用了以下的研究方法，包括：學生反思日誌、學習歷程檔案、教師反思日誌及希望感量表。研究結果顯示香港樂團 Supper Moment 勵志流行曲融入希望感教育的做法，不但能夠提升國中融合班學生的希望感，而且亦能夠培養出他們積極樂觀的人生態度，可見本次研究具有一定的成效。

關鍵字：正向心理學、希望感、華語流行曲、融合教育、Supper Moment

A Study on Fostering the Sense of Hope among Middle School Students in the Inclusive Classroom through Inspirational Pop Songs of the Hong Kong Music Band Supper Moment

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Abstract

Since the implementation of inclusive education in Hong Kong, many mainstream schools have admitted a lot of students with special educational needs (hereinafter referred to as SEN students) and these students study in the inclusive classroom in the school. Compared with students without SEN, SEN students have relatively weaker learning ability, so they inevitably have poorer performance in the academic area. Because of this, some SEN students have low self-esteem, insufficient self-confidence and a lack of sense of hope for their future. To deal with this, the author designed a curriculum of hope education that incorporates the teaching of Cantonese pop songs of the Hong Kong music band "Supper Moment". This curriculum contained a variety of teaching activities, which establish students' positive attitude, and a sense of hope. In order to understand the effectiveness of the teaching, the author used the following research artefacts, including students' reflection writing, learning portfolios, teacher's reflection journals and the questionnaire of hope. The results showed that hope education based on the teaching of pop songs of the Hong Kong music band "Supper Moment" is not only able to build up the sense of hope of middle school students, but also to develop their positive attitude towards life. Finally, this study had a positive impact on students in the inclusive classroom.

Key words: positive psychology, hope, Chinese pop songs, integrated education, Supper Moment

