

佛教心理學發展的省思 ——建議設立符合人間佛教藍圖的 「應用佛教心理學」

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摘要

在近現代的人間佛教發展中，「佛教心理學」一門學問日漸發展。佛教與心理學之結合其實已有一段不淺的歷史。就華語學界而言，早於清末民初的年代，太虛大師已曾就〈佛教心理學之研究〉一題作出演講；梁啟超亦為心理學會作演講，題目為〈佛教心理學淺測〉。時至今日，佛教心理學的發展未曾止步。就專業的層面而言，在學術界的發展中，佛教心理學已儼如一專門性的學問範疇。就大眾的層面而言，針對都市的高壓力、情緒病日益嚴重、都市人不懂放鬆等問題，坊間上已有不少佛教心理學的普及性讀物。可見，佛教心理學的影響力日漸提升。不論是對學術界乃至大眾社會而言，它都有著不可忽視之價值。佛教心理學的影響力和學科成就雖然與日俱增，可是展望其未來發展並非全無隱憂。佛教心理學至今仍未見系統性回顧學科發展之論述，學科發展的現況、成就與有待改善之處亟待研究和反思。有鑒於此，本文盼能為學界填補此一空白處。本

文旨在反思佛教心理學的學科發展，並重新省察佛教心理學如何能與社會科學之精神作有機結合，令這門學問於未來得以充份發揮所長。經過檢視學科的現況後，本文建議設立符合人間佛教藍圖的「應用佛教心理學」，令社會大眾更能受益於這門學問的好處。

關鍵詞：佛教心理學、社會科學、科學精神、人間佛教、應用佛教心理學

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A Reflection on the Development of Buddhist Psychology: A Proposal for the Establishment of “Practical Buddhist Psychology”

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Abstract

In the recent development of Humanistic Buddhism, “Buddhist Psychology” has been developing gradually. In fact, the interdisciplinary conversation between “Buddhism” and “Psychology” has started long ago. During the Late Qing and Early Republic era, Master Taixu and Liang Qichao had already been giving lectures about Buddhist Psychology. Since then, the development of Buddhist Psychology has never stopped. On the professional level, Buddhist psychology has been developed as a specialized academic subject, with students in graduate school working on their thesis in this area. On the societal level, quite a number of books are written for the mass society which focused on self-development and stress management. It is noticeable that Buddhist psychology is increasingly important on both academic and societal levels. Although Buddhist psychology has such a strong influence nowadays, there is still no systematic review about its development at this moment. Despite its fast pace development, there are some underlying worries in this academic field. In the present researches and publications, it is common to see that quite a number of the researchers

are strong in Buddhist philosophy but relatively weak in psychology, the methodology of social science is not yet fully utilized. This article intended to review the present situation of Buddhist psychology, and discuss how a true interdisciplinary integration between Buddhism and psychology can be achieved. The conclusion of this article proposed the establishment of a new stream “Practical Buddhist Psychology” which meets the spirit of Humanistic Buddhism.

Keywords: Humanistic Buddhism, Buddhist Psychology, Social Science, Scientific methods, Practical Buddhist Psychology

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