

臺灣北區中等學校田徑選手參與休閒活動 阻礙因素之研究

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摘 要

本研究主要目的，在瞭解臺灣北區中等學校田徑選手參與休閒阻礙因素與人口統計變項之間的差異。研究對象以臺灣北區參加九十二年全國中等學校運動會學校之在學田徑選手為範疇，採問卷調查方式，以叢集分層隨機抽樣 18 所國中、23 所高中。資料統計以 SPSS for Windows 10.0 統計軟體建檔，並進行各項統計方法分析。本研究結果發現：一、臺灣北區中等學校田徑選手參與休閒活動阻礙因素以「沒有多餘時間」(M=2.95) 排名第一；排名第二與第三則是「學校課業壓力」(M=2.84) 與「休閒的環境噪音太高」(M=2.74)。而缺乏此項休閒活動的技能(M=2.27) 列為最後。二、人口變項的不同(如性別、學校、比賽層級及訓練年資) 對於田徑選手參與休閒活動阻礙因素均呈現顯著差異。

關鍵詞：中等學校、休閒活動、休閒阻礙

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The Obstruction Factors Research of Participating Leisure Activities Among Junior/Senior High School Track and Field Athletes in Taiwan Northern Area

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Abstract

The purpose of this research is to understand the obstruction factors of participating leisure activities and the difference of variables for population statistics among junior/senior high school athletes in the Taiwan northern area. The subjects were confined to be the track and field athletes who studied in the school and joined 2003 Taiwan Senior High School Athletic Sports game. The investigation adapted questionnaire to collect data. All data used Windows10.0 Statistic software to analyze. All subjects were choose from eighteen junior high schools and twenty three senior high schools for the random sampling of grouped layer. The results of research were as follows : At first, rank 1 of obstruction factor was that had no free time for participating leisure activities for the junior/senior high school athletes (M=2.95) in Taiwan northern area. Rank 2 and 3 of obstruction factor were that the pressure of schoolwork (M=2.84) and loudly noise around leisure environment (M=2.74). The last factor is that the lack of skill of leisure activities (M=2.27). Second, the variables(for example : gender/school/level of games/training seniority) of population showed significant difference for the obstruction factors of the track and field athletes who participated leisure activities.

Key words : junior/senior high school、 track and field athletes、 leisure activity

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