

臺灣地區柔道選手訓練能力與運動自信心來源之相關研究

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摘 要

目的：在探討台灣地區柔道選手運動員訓練能力與運動自信心來源之相關關係。方法：本研究對象係以台灣地區柔道選手為主要對象，以「運動員訓練能力與運動自信心來源量表」為問卷調查，本研究以典型相關及多元迴歸進行資料分析。結果：運動員訓練能力與運動自信心來源均有顯著的相關，且柔道選手運動員訓練能力可以有效預測運動自信心來源。結論：柔道選手有較高的「對教練重視與尊重」、「精熟的訓練」、「對教練的回饋」及「技巧獲得」之運動員訓練能力時，則對「技巧精熟」、「教練領導」、「展示能力」、「替代經驗」及「社會支持」等在運動自信心來源的建構上愈高；「對教練重視與尊重」可以有效預測「技巧精熟」、「教練領導」、「展示能力」、「替代經驗」、「情境有利」；另「精熟的訓練」可以有效預測「技巧精熟」、「展示能力」、「替代經驗」、「社會支持」；在「技巧獲得」可以有效預測「身體的自我呈現」、「情境有利」，建議我國柔道選手教練可參酌本研究之發現予以心理指導。

關鍵詞：柔道運動員訓練能力運動自信心來源

The Empirical Relationships between Athletic Coachability and Sources of Sporting-Confidence of Judo Players in Taiwan

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Abstract

The present study investigate the possible correlations between athletic coachability and sources of sporting confidence among Judo players in Taiwan. Through the research instrument "Athletics Coachability Scale and Sources of Sport Confidence Questionnaire Scale", relevant information about judo players in Taiwan is collected. Applying independent *t*-test, canonical correlation, and stepwise regression to the collected information, the present study obtains the following major findings: There is a positive correlation between athletic coachability and sources of sporting confidence. When the Judo players reveal a higher degree of "respecting coachship", "skillful training", "positive feedback to the coachship", and "skill acquisition", they register a higher score on "skill mastery", "coaches' leadership", "demonstration of skills", "vicarious experience", and "social support". The athletic coachability can also be used as predictors for sporting confidence for the judo players. From the stepwise regression, the following patterns emerge: "respecting coachship" can effectively predict "skill mastery", "coaches' leadership", "demonstration of skills", "vicarious experience", and "situational favorableness"; "skillful training" can effectively predict "skill mastery", "demonstration of skill", "vicarious experience", and, social support"; finally, "skill acquisition" can effectively predict "physical self-presentation" and "situational favorableness".

Key Words: Judo Athletic Coachability Sources of Sporting Confidence"