

中部地區大專院校學生參與慢速壘球動機、休閒運動阻礙與滿意度之研究

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摘要

本研究目的在瞭解中部地區、中興、逢甲、亞洲、等3所大專校院學生慢速壘球參與動機、休閒運動阻礙、滿意度等各變項之內涵，並探討各內涵上的差異情形。本研究以自編問卷「中部地區大專院校學生慢速壘球休閒運動參與動機、休閒運動阻礙及休閒運動滿意度問卷」為研究工具，採立意抽樣方式，共計發出300份問卷，扣掉未回收及作答無效之問卷117份後，實得有效問卷183份，有效問卷回收率為61%，問卷結果以SPSS 12.0 統計套裝軟體進行資料分析，獲得以下結論：一、中部地區大專院校學生慢速壘球休閒運動參與動機之內涵為智力性、社交性、勝任-熟練性、刺激-逃避性；休閒運動阻礙之內涵為內在阻礙、人際間的阻礙、結構性阻礙；休閒運動滿意度內涵為心理、教育、社會、放鬆、生理、美感。二、中部地區大專院校學生慢速壘球對休閒運動參與動機最重視的因素是刺激-逃避性；結構性阻礙因素為阻礙中部地區大專院校學生慢速壘球參與休閒運動最重要之因素；在休閒運動滿意度中，最重視的因素為放鬆因素。

關鍵詞：大專院校、參與動機、休閒運動阻礙、滿意度

The Central Student University and College in Participates Slow Pitch Softball Recreation exercise to Participate Motive, Baffling, the Analysis Research of Satisfaction

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ABSTRACT

The study from Chung-Hsing , Feng-Chia , Asia and etc.3 central hospital students of school from university, Slow Pitch Softball participation motive, recreation exercise baffling, recreational content of exercise satisfaction each variable of etc., and inquire into each the difference situation on the content. This research with from plait the questionnaire" central university and college student in region Slow Pitch Softball recreation exercised to participate in motive, recreation exercised baffling and recreation exercise satisfaction questionnaire" for studied tool, adopted the method of the purpose sampling, added up to send out 300 questionnaires, after buttonning up and doing not recall and making to answer an invalid questionnaire 117, solid get valid questionnaire 183, valid rate of the questionnaire recall is 61%, questionnaire result with SPSS 12.0 statistics the software package carry on data analysis and acquire to draw a conclusion:1, central university and college student in region Slow Pitch Softball the recreation exercise to participate in the content of the motive for the intelligence, social intercourse, competence- well-trained, stimulate-elusion; Recreation exercise the content of bar is inside bar, the bar, structure of the human relations bar; Recreational exercise satisfaction content for mental state, education, society, relax, physiology, pleasant impression.2, central university and college student in region Slow Pitch Softball exercising to participate in the factor that the motive values most to the recreation is an incitement-elusion; Structure bar factor for baffling central university and college student in region Slow Pitch Softball participate in a recreation to exercise the most important factor; In the recreation exercise the satisfaction, the factor valued most for relax a factor.

Key words: University and College, motivation, Impediment and Satisfaction