

# 人格特質、情緒智力對大專男子排球選手 運動成績之預測

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## 摘要

本研究目的旨在探討人格特質與情緒智力對大專男子排球選手運動成績之預測效果。本研究以 NEO-FFI (NEO-Five Factor Inventory) 人格特質量表及自編之排球運動員情緒智力量表為研究工具，以 95 學年度 40 所大專校院之 543 位男子排球選手為研究對象，計得有效問卷 464 份，有效回收率為 85%。問卷資料經邏輯斯迴歸(Logistic Regression)預測分析後發現：人格特質構面中的「外傾支配性」構面及情緒智力構面中的「自我情緒的管理」、「自我激勵」及「人際關係的管理」等四個構面可用以預測大專男子排球選手之運動成績。

關鍵詞：邏輯斯迴歸、運動成績預測

# **Prediction on Collegiate Male Volleyball Players' Sports Performance by Personality Traits and Emotional Intelligence**

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## **Abstract**

The purpose of this research is to explore personality traits and emotional intelligence's as predictors for sports performance. The personality scales of NEO-FFI (NEO-Five Factor Inventory) and the self-edited volleyball player emotionally intelligence scales were taken to be the research tools and the research subjects were 543 male volleyball players from 40 colleges during 2006 academic year. Through preliminary screens, there were 464 copies of effective questionnaire, and the effective return rate was 85%. Through Logistic regression analysis, the major empirical findings are as follows: The four sub-dimensions: "extraversion" sub-dimension in the personality traits dimension, and "self-emotion management", "self-encouragement," and "management of interpersonal relationship" sub-dimensions in the emotional intelligence dimension can effectively predict collegiate male volleyball players' sports performance.

**Keywords:** logistic regression analysis, sports performance prediction