

大學生不同運動族群之運動態度、運動參與和 健康生活品質之探討

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摘 要

目的：本研究旨在探討大學生不同運動族群之運動態度、運動參與和健康生活品質之狀況。**方法：**以某科大公開組校隊、一般組校隊和運動性社團三種運動族群施測問卷，總計發出問卷數 180 份，有效回收問卷 152 份，有效回收率達 84%。後續以描述性統計、因素分析、卡方考驗、單因子變異數分析進行數據研究。**結果：**1.不同運動族群對運動態度多持積極正向的看法，主要為運動成就的取向，其次為運動投入、運動情意與運動利益；一般組學生在運動投入部分顯著優於運動性社團。2.不同性別與不同運動族群在每週運動量和每天上網時間都未達顯著差異。3.大學生之健康生活品質整體健康總分為 69.39，得分最高為生理功能，最低為心理健康狀態；運動性社團在整體健康總分、身體疼痛程度、心理健康狀況及心理健康總分顯著優於一般組；每週運動量較多者顯著有較佳的生理功能表現；對自己身材滿意度較高者也有較佳的一般健康知覺。**結論：**規律運動帶來健康快樂與自我挑戰，並可提升個人自信心，因此鼓勵大學生盡量參與運動族群，藉由系統性訓練、結構化運動時間規範與伙伴關係而能持之以恆。另結合智慧運動資訊科技提供正確的網路使用概念，為個人精進運動健身，進而獲致良好的健康生活品質。

關鍵詞：運動族群、運動態度、智慧運動

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A Study to investigate Exercise Attitudes and Participation, and Health-related Quality of Life (SF-36) Among University Students in Different Sports Groups

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Abstract

This study investigated the current conditions of exercise attitudes, participation and health-related of life among university students in different sports groups. Data were collected from 152 effective sample respondents who were administered questionnaires. The questionnaire data were analyzed using the SPSS 21.0 software, which included descriptive statistics, factor analysis, chi-square test, and one-way ANOVA. Results: 1. Different sports groups have positive on sports attitudes, mainly for sports achievement, followed by sports input, sports affection and sports interests; the general group students are significantly better than sports society in sports investment. 2. There was no significant difference in the amount of exercise per week and the time spent on the Internet every day for different genders and different sports groups. 3. The total score for health-related quality of life was 69.39, the highest score was physiological function, and the lowest is mental health state; the sports society was significantly better than the total health score, body pain level, mental health status and mental health score. Those who exercise more per week have significantly better physiological function; those who have higher satisfaction with their body also have better general health perception. Conclusion: Regular exercise brings health and happiness and self-challenge, and can enhance personal self-confidence. Therefore, the university students are encouraged to participate in sports groups as much as possible, and they can persevere through systematic training, exercise time norms and partnerships. In addition, it combines the smart movement of sports information technology to provide the correct concept of network use, and to improve the quality of life for individuals to exercise and fitness.

Keywords: sports group, exercise attitude, smart movement

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