

大學生參與曲棍球運動涉入程度與流暢體驗之研究

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摘 要

本研究目的旨在探討大仁科大學生參與曲棍球運動涉入程度對流暢體驗之影響，運用結構方程模式分析方法對本研究之架構進行路徑係數及配適度之分析，。本研究應用問卷調查法，於 2017 年 3 月 8 日針對 105 學年度選修曲棍球運動課程之大學生為研究對象發放 250 份問卷，經回收整理並剔除無效問卷後，共得有效問卷 232 份，有效問卷回收率 92.8%。問卷所得資料運用 SPSS12.0 套裝統計軟體進行描述性統計，再以 AMOS20.0 套裝統計軟體進行結構方程模式之收斂效度、區別效度、路徑係數及模型適配度考驗。研究結果顯示：一、研究架構之整體模型配適度良好；二、曲棍球運動參與者之涉入程度對流暢體驗之路徑係數為 0.73 達顯著影響，研究假設成立。研究者依據研究結果提出提升涉入程度及後續相關研究建議如下：一、協助球員激發個人的風格特性，充分展現曲棍球運動能力；二、宣傳運動對身體健康之助益，吸引大學生參與曲棍球活動；三、後續曲棍球相關研究之建議後續研究者可在此關係模式中加入不同的潛在變項分析。希冀能夠提供大專學校及曲棍球運動推廣之相關單位，作為未來推廣曲棍球運動之政策擬訂與後續相關研究之參考。

關鍵詞：涉入程度、流暢體驗、曲棍球運動、結構方程模式

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The Study on Involvement Degree and Flow Experience of College Students' Participation in Hockey

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Abstract

The purpose of this study was to discuss the influence of involvement degree on flow experience of Ta-Jen university students' participation in Hockey, using SEM analysis method to analysis the path coefficient and fitness of the framework of this study. This study applied questionnaire investigation; it totally issued of 250 questionnaires, took college students who chose hockey sports as an optional course in 105 school year as the research object on March 8 2017, after recycling, clearing up and eliminating invalid questionnaire, a total of 232 valid questionnaires left, with effective questionnaire recovery rate 92.8%. The data from questionnaire will go through the descriptive statistics by using SPSS12.0 suit statistical software, then the convergent validity, discriminate validity, path coefficient and model adaptation degree test by using AMOS20.0 suit statistical software. The research results show: I. The Suitable degree for whole model of study framework was good; II. The involvement degree of Hockey participants versus the path coefficient of flow experience was 0.73, which achieves significant effect. The research hypothesis was established. According to the research results, the researchers put forward to promote involvement degree and the follow-up related researches are as follows: I. Help players stimulate personal style characteristics, fully demonstrate hockey ability; II. Advertise the help that bring to body, attract college students to participate in the activities of hockey; III. Suggestions for further hockey related studies suggest that follow up researchers can add different latent variables to this relationship model. Hoping to provide a reference for policy formulation and subsequent research of promote hockey in the future to junior college and related promoting hockey units

Keywords : Involvement Degree, Flow Experience, Hockey , Structural Equation Modeling(SEM)

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