

高雄農十六壘球場壘球運動參與者 涉入程度對流暢體驗之探討

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摘 要

目的：本研究之目的為針對高雄農十六壘球場之壘球運動參與者對於壘球運動的涉入程度與其感受之流暢體驗，探討兩者之影響情形。方法：本研究利用自陳式問卷作為研究工具，並參考其他學者之研究工具及壘球運動之特性後編製而成本研究之問卷工具。研究者以立意抽樣之方式，針對於高雄農十六壘球場參與壘球運動之參與者進行紙本問卷施測，共計發放 300 份紙本問卷，回收後經刪除填答不完整或明顯亂答之無效問卷後，得到有效問卷 272 份，有效問卷回收率為 90.67%。問卷回收後，研究者以結構方程模式進行後續之數據分析。結果：研究結果顯示高雄農十六壘球場之壘球運動參與者，其對於壘球運動之涉入程度可顯著影響其流暢體驗，其路徑係數為.63。結論：根據數據分析結果，研究者提出建議利用同儕增加參與者之認同感、將壘球運動融入參與者之生活、建立參與者個人正面運動形象藉由提升參與者對於壘球運動之涉入程度，進而影響其流暢體驗。

關鍵字：慢速壘球、運動參與、心流感受、涉入理論、結構方程模式

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Discussion on the Smooth Experience of the Participants' Involvement in Softball Sports at the Sixteen Softball Filed of Kaohsiung Farm

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Abstract

Purpose: The purpose of this study was to explore the influence of softball players' involvement on the softball game and their experience of fluency on The sixteen softball field of Kaohsiung farm. **Method:** This study used self-report questionnaire as research tools, a questionnaire tool for this study was compiled after the reference of other scholars' research tools and the properties of softball. The researchers tested the paper based questionnaire for the participants in softball movement at the sixteen softball filed in Kaohsiung with the purposive sampling method. A total of 300 paper questionnaires were issued, and 272 valid questionnaires were obtained after the incomplete or obviously ineffective questionnaires were deleted. The recovery rate of the effective questionnaire was 90.67%. After the recovery of the questionnaire, the researchers used the structural equation modeling to carry out the follow-up data analysis. **Results:** The results show that the participation of softball players in The sixteen softball field of Kaohsiung farm can significantly affect their fluency experience, with a path coefficient of 63. **Conclusion:** According to the results of data analysis, the researcher put forward concrete proposals use peers to increase the sense of identity of participants, integrate softball into the lives of participants, establish a positive personal image of the participants to enhance participants' involvement in softball and further affect their fluency experience.

Keywords: Softball, Sports participation, Heart flow experience, Involve theory, Structural equation modeling

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