

## 大專公開組游泳選手運動表現策略之探討

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### 摘 要

本研究探討大專公開組游泳選手競技心理現況，以質、量化混合設計，採「中文版運動表現策略量表」(Test of Performance Strategies, TOPS-R)問卷調查，共發出 297 份，回收 210 份，回收率 70.71%，有效問卷 192 份。描述性統計量化研究結果顯示：(一)公開組游泳選手在運動表現策略依序為目標設定、意象技巧、身心振奮、放鬆技巧、自我談話技巧、自動表現、干擾控制、負面思想控制、與情緒控制。(二)目標設定、身心振奮、自我談話技巧、及自動表現，男選手顯著優於女選手。(三)大專運動會前三名的選手，在身心振奮、與自動表現策略上的應用，顯著優於第七至第八名選手。質性資料顯示：(一)影響選手參與訓練的原因包括訓練環境改變的衝擊、團隊的影響、外在因素、選手個人態度四大類。(二)比賽對於選手的壓力來自競賽成績，外在目標消失時，壓力源同時消失；多數選手選擇聽音樂降低壓力源，同時轉換情境讓自己朝正向思考。(三)選手自我認同感有助於信心的提升，認為虛心學習，才有成長的空間，不因自負高估自己，致生高傲後失去目標。研究結果可提供大專公開組游泳選手與教練之參考，對於公開組的選手建議首重目標設定，強化其心理技能，並在訓練期中輔以相關心理技能訓練，以利選手突破比賽中之心理障礙，提高運動表現。

**關鍵字：**大專、公開組游泳選手、運動表現策略

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# A Study of Performance Strategies of Professional Swimmers in Taiwanese University

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## Abstract

The purpose of this study was to investigate the performance strategies of professional swimmers in Taiwanese university. This study used a mixed methodology to examine the performance strategies of professional swimmers. The population sample included 297 professional swimmers in Taiwanese university and yielded 210 subjects. The response rate of this study was 70.71%. The study instrument utilized the Test of Performance Strategies (TOPS-R) questionnaire in Chinese version. The descriptive quantitative research results showed that (A) the professional swimmers of university in the performance strategy were in order as following: goal setting, imagery, activation, relaxation, self-talk, automaticity, distractability, negative thinking, and emotional control. (B) Male swimmers were significantly better than female swimmers in goal setting, activation, self-talk, and automaticity strategies. (C) The top three university swimmers were significantly better than the seventh to eighth swimmers in activation and automaticity strategies. Qualitative data showed that (A) These training environment, team impact, external factors, and personal attitudes would influence the swimmers to participate in training. (B) The competition results made the pressure on the swimmers; however, the pressure source disappeared when the external goal disappeared at the same time. Most of swimmers selected listening to music in order to decrease pressure and gained positive thought. (C) The swimmers' self-identity would help enhance their confidence. Most of them stay the modest learning in order to keep their goals. The study results recommend the professional swimmers and coaches should emphasize the goal setting strategy and strengthen their psychological skills to overcome the psychological barrier in the competition.

**Keywords :** university, professional swimmers, athletic performance strategy

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