

國中橄欖球選手訓練滿意度之研究

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摘要

This study aims at an understanding of the degree of satisfaction felt by junior high school rugby players with their training. The subjects of study are 226 players who participated in the junior high school division of the National Rugby Championship 2009. The principal tool of study is the questionnaire “Scale of Rugby Players’ Satisfaction with Training: junior High School Players”. Analyses of results show that: 1) Overall degree of satisfaction felt by high school and vocational high school players with their training reaches medium plus level, and the highest score is given to the factor “coach professionalism and competence”, and lowest given to “personal performance”. 2) Comparing players with different background variables, no significant variation is discovered ($p < .05$). 3) Comparing players with different background variables against different factors, it is concluded that none of the following reaches significant variation: different academic years, different playing years, different positions, different number of days of practice per week ($p < .05$).

關鍵字：Rugby, Junior high school players, Training satisfaction