

中華大學學生身體質量指數體育態度與運動行為之研究

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摘要

Abstract

Zhang ChunXing (1996) assume the attitude has three compositions: (1) Cognitive compositions, mean the understanding of attitude target (2) Emotion composition, mean the taste to the attitude target. (3) Behavioral composition, mean the action of the attitude target. Hr also believe attitude is a kind of behavioral inclination with permanence, and consistency .This research analyze the attitude aspect with three aspects of attitude which most social psychologist approved at present. The participant was chung-hua students, boys are 659, female are 538, use Lin Ben Yuan(2002).Physical Education attitude questionnaire as study tool Data analysis use T-test (one-way ANOVA) and saffet method $P < .05$

The result is as follows:

First, The physical education attitude of different gender college student attitude cognition, attitude emotion, attitude orientation, compare attitude and sport behavior are different. Boy's attitude cognition, attitude emotion, attitude orientation, corporate attitude and the sport behavior, are higher than the female.

Second, participate in extra curriculums activity student's attitude cognition and movement behavior of the corporation in the sports attitude showing difference in extra curriculums activities student in sports attitude cognition and exercise behavior are higher than not participating.

Third, the students of different grades show different in attitude, cognition attitude orientation and corporate attitude, by scheffee method there is no different in different grade.

Fourth, BMI attitude emotion, exercise behavior to present positive correlation; Attitude emotion, attitude purpose and corporate attitude

present positive correlation; Attitude orientation and corporate attitude and exercise behavior to present positive correlation; Attitude orientation and exercise behavior show positive correlation competently; corporate attitude and exercise behavior present positive correlation.

Keyword: University student, BMI, physical education attitude, exercise behavior

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