

新北市板橋區國小教師休閒運動阻礙因素之研究

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摘要

To explore for the New Taipei City Banciao Dist elementary school teachers, they were suffered from the press. The teachers and residents were lived with restrictions everywhere and also included all the activities spaces. Nowadays, through the modern technology society which can provide investigation to understand the factors that hinder teachers' leisure in order to improve life quality. 1. Understand the New Taipei City Banciao Dist elementary school teachers and the status of sport in different demographic speciality (including gender, age, educational level, occupation, length of service, marital status) which impact on the recreational sport. 2. To explore teachers' leisure physical activities and the quality of recreational sports that might influence the factors. The study conducted a comprehensive survey questionnaire to 301 elementary school teachers in the New Taipei City Banciao Dist as the research object, by the full recovery of valid questionnaires is 99%. Data analysis including descriptive statistics, t-test, one-way anova, multiple regression analysis, and Sobel test. In different gender of teachers, the recreational sports impede is significant different for female teachers than male teachers and in recreational sports impede for different age of the elementary

school teachers; however, Scheffe post hoc comparison between each group were not significantly different; there is significant difference in recreational sports impede for different length of service of teachers and by the Scheffe post hoc comparison found that 11-20 years of length of service is significantly higher than above 21 years. For understanding in satisfaction of the quality of exercise and effect of length of service to exercise impede, again to analysis by Sobel Test and find length of service less than 10 years of teachers can improve the satisfaction of quality and results are vary from contrast to length of service more than 11 years of teachers. And length of service less than 20 years of teachers can improve the satisfaction of quality of exercise and contrast to length of service more than 21 years of teachers. Sobel Test also shows that the quality of exercise can intermediate the relationship between different length of service of teachers and recreational sports impede and also have direct influence.

關鍵字：Elementary school teachers, recreational sports, obstacle factors