

大專學生運動自我效能對學習成效影響之研究

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摘要

The purpose of this study was to understand the participation status of Hsinchu County University student movement, to explore the background variables, exercise self-efficacy and student learning behavior, learning effectiveness between the individual and the overall relationship. The purpose of this study are as follows: First, to understand the current situation of tertiary students sports participation; explore the differences of different background variables of exercise self-efficacy levels; explore college students exercise self-efficacy and their learning behavior and learning outcomes related situation.

Research tools through exploratory factor analysis have construct validity. Student questionnaire to the 101 school year the school educational system as the object to a stratified random sample of 255 valid samples were obtained from 322 questionnaires, a return rate of 79.12%. The questionnaire consists mainly of college students' basic background information, sports participation behavior, movement of the four parts of self-efficacy and effectiveness of learning scales.

The resulting data using descriptive statistics, independent sample t test, single factor multivariate analysis, canonical correlation methods for statistical analysis. The major findings are: a different background variables (gender, school system, colleges, exercise frequency, exercise time) with significant differences in exercise self-efficacy. Second, the movement of a significant relationship between self-efficacy and student learning behavior and learning outcomes. Third, exercise self-efficacy and learning outcomes significantly.

關鍵字：Self-efficacy, exercise self-efficacy, learning behavior, learning effectiveness.