

台北都會區銀髮族休閒態度及休閒阻礙之研究  
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摘要

The life expectancy increases for the improvement in living conditions, medical and sanitary nowadays. The concern about the aging of population grows. This study aims to find the difference of the leisure attitude and the leisure constraints of the senior citizens with different socio-economic status that live in Taipei city. The pretest was carried out with 50 questionnaires in June 2009 in a university for the elderly, song-nian university, in Taipei city. Then 160 questionnaires were issued while 150 in valid that were carried out in 4 parks, the lan-zhou park, the youth park, the da-an forest park, and the pui-ying park, in August 2009 in Taipei city.

Results showed that (1) Cronbach  $\alpha$  value of 0.928 means the reliability of the questionnaire. (2) The cognitive, emotional and behavioral factors are not in the same order of leisure attitude. (3) Some items of the social-economic status showed significant difference in the leisure attitude and the leisure constraints. (4) Leisure attitudes is correlated with the three dimensions of leisure constraints.

關鍵字 : Leisure attitude, Leisure constraints