

# 鐵人三項參賽者參與動機、涉入程度與休閒效益之研究

謝昇諺

臺北市立教育大學體育學系碩士班

## 摘要

本研究之目的在研究鐵人三項參賽者在參與動機、涉入程度與休閒效益之探討。本研究採用問卷調查法，於 2011 苗栗國際鐵人三項錦標賽之參賽者為研究對象，有效問卷 342 份，並以「鐵人三項參賽者參與動機、涉入程度與休閒效益量表」做為研究工具。以描述性統計、探索性因素分析、t-test、one-way ANOVA、雪費法(Scheffe method)事後比較、重複量數單因子變異數分析、LSD 事後比較、多元迴歸(Multiple Regression)後，獲得以下研究結果：一、鐵人三項參賽者現況男性居多，年齡以 30~39 歲為主，婚姻狀況未婚稍多，教育程度以大學（專）佔多數，月薪收入 50001 元以上較多，完賽次數一次居多，訓練時數以不定期訓練為主。二、鐵人三項參賽者在參與動機中以「健康程度」認同程度最高，其次是「成就需求」與「社會需求」，最後為「心理需求」。三、鐵人三項參賽者在涉入程度中以「愉悅性」，其次是「象徵性」與「自我表現」，最後為「重要性」。四、鐵人三項參賽者在休閒效益中，以「生理效益」認同程度最高，其次是「心理效益」，最後為「社交效益」。五、參與動機之「健康需求」、「成就需求」、「社會需求」、「心理需求」對涉入程度有顯著的聯合預測力，達 51%。六、涉入程度之「愉悅性」、「象徵性」、「自我表現」、「重要性」對休閒效益有顯著的聯合預測力，達 58%。七、參與動機之「健康需求」、「成就需求」、「社會需求」、「心理需求」對休閒效益有顯著的聯合預測力，達 59%。

**關鍵詞：**鐵人三項、參與動機、涉入程度、休閒效益

# **A Study on Motivation and Involvement Levels and Leisure Benefits of Triathlon Participants**

Shen-Yen Hsieh

Taipei Municipal University of Education

## **Abstract**

The purpose of this study is to discuss the motivations of participating events, levels of involvements, and benefits from the aspects of triathlon participants. The research applies questionnaire method with issuing 400 copies of questionnaire to the participants in 2011 Miaoli International Triathlon Championships. The questionnaire also supports by the “The motivations, involvements and benefits scale of triathlon participates” as a research tool. With descriptive statistics, exploratory factor analysis, t-test, one-way ANOVA, Scheffé method, Repeated measures ANOVA analysis, LSD, and Multiple Regression, the research has come out with the following conclusion. 1. There are four main visions of triathletes’ participation and motivation that are health, challenge, social requirements and mental needs. Health reason is the highest expectation within four elements as it contains the factors of pleasures, symbolism, self-expression, and attention; pleasures factors wins the highest expectation within four. Benefits aspect includes physical, mental and social expectations, and there is a high level of acceptance from the mental needs. 2. Factors between motivations and involvements have a positive relation. 3. Every factor in between involvements and benefits relay in a positive way. 4. Factors between motivations and benefits relay in a positive way. 5. The four expectations (health, challenge, social requirements and mental needs) in motivating participating have shown a correlation with involvements up to 51%. 6. The four factors (pleasures, symbolism, self-expression, and attention) in the level of involvements in triathlon have shown a correlation with benefits up to 58%. 7. The four factors (health, challenge, social requirements and mental needs) in the level of involvements in triathlon have shown a correlation with benefits up to 58%.

**Key words :** Triathlon, Motivation, Involvements, Benefits