

# 高中橄欖球選手訓練滿意度之研究

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## 摘要

This study aims at an understanding of the degree of satisfaction felt by high school and vocational high school rugby players with their training. The subjects of study were 214 players who participated in the high school division of the National Chung Cheng Cup Rugby Championship 2008. The principal tool of study was the questionnaire “Scale of Rugby Players’ Satisfaction with Training: High School and Vocational High School Players”. Analyses of results showed that: 1) Overall degree of satisfaction felt by high school and vocational high school players with their training reached medium plus level, and the highest score was given to the factor “coach professionalism and competence”, and lowest given to “personal performance”. 2) Comparing players with different background variables, no significant variation was discovered ( $p < .05$ ). 3) Comparing players with different background variables, it was discovered that for the factor “personal performance”, the degrees of satisfaction by players from different academic years and at different playing positions were lower than those for other factors. For the factor “training scheme and facilities”, those players with one or under two years of playing history showed less satisfaction than other players. 3) For the factor “overall feeling about training” the satisfaction felt by players with under three years of playing history was lower than those with three to four years of history. For the factor “training feedback”, the satisfaction felt by players with under three years of playing history was lower than those with three to four years of history. For the factor “training scheme and facilities” the satisfaction felt by players who were trained 2-3 days a week was less than other players. For the factor “training feedback”, players who practiced 6 days or more a week were less satisfied than other players.

關鍵字：Rugby, High School Players, Levels of Training Satisfaction