

大學生正向心理、運動自我效能與運動行為之研究

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摘要

The purposes of this study were: 1. to compare the difference of positive mentality, exercise self-efficacy and exercise behavior between the college students of various background variables, 2. to understand the relationship among positive mentality, exercise self-efficacy and exercise behavior, 3. to explore the prediction of college students' positive mentality, exercise self-efficacy and, prediction to exercise behavior. There were 1275 participants (male 610, female 665) drawn from eight colleges of Hsin-Chu area. All the subjects were administered optimistic inventory, exercise self-efficacy inventory and exercise behavior questionnaire. The collected data were analyzed by t-test, one-way anova, Pearson's product-moment correlation, and multiple stepwise regression analysis. The results were as follows:

1. Female students had higher optimistic beliefs and optimistic influence than those of male students. Senior students had higher optimistic beliefs than those of freshman students. Private college students had higher optimistic beliefs than those of public college students. Sport team athletes had higher optimistic inclination than that of general students.
2. Male students had higher exercise self-efficacy than that of female students. Sport team athletes had higher exercise self-efficacy than that of general students.
3. Male students had higher exercise behavior than that of female students. Sport team athletes had higher exercise behavior than that of general students. Public college students had higher exercise behavior than that of private college students.
4. Optimistic inclination had positive relationship with, exercise self-efficacy and exercise behavior. Exercise self-efficacy had positive relationship with exercise behavior.
5. Exercise self-efficacy, optimistic influence, could predict the variance

of exercise behavior 14%.

關鍵字： college students, positive mentality, exercise self-efficacy, exercise behavior