

行政院國家科學委員會專題研究計畫 成果報告

運動期望價值信念的效度及對運動行為的效應

計畫類別：個別型計畫

計畫編號：NSC94-2413-H-028-002-

執行期間：94年08月01日至95年07月31日

執行單位：國立臺灣體育學院競技運動系

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報告類型：精簡報告

報告附件：出席國際會議研究心得報告及發表論文

處理方式：本計畫可公開查詢

中 華 民 國 95 年 10 月 30 日

The validity of expectancy and value beliefs and their effects on physical activities- In the case of the psychological determinants of risk recreation involvement

Introduction

There have been an increasing number of individuals participating in high-risk physical activities at their leisure time. The purpose of this study was to examine psychological variables account for both psychological and behavioral involvement in this type of physical activities.

According to the model of high-risk leisure consumption (Celsi, Rose, & Leigh, 1993), the enduring risk recreation involvement model (Robinson, 1992), and the conceptual model of outdoor adventure recreation (Ewert, 1987; Ewert & Hollenhorst, 1989), individuals' levels of communitas, flow experiences, and identity construction are important psychological factors affecting involvements in risk recreation.

Communitas refer to group members' levels of positive feelings and perceived responsibilities to the group they belong to (e.g., a parachutist's club). Flow experiences refer to individuals' positive psychological experiences while participating risk recreations. Identity construction refers to individuals' level of self-identity as a risk recreation participant (e.g. a parachutist).

It was hypothesized that individuals who perceived a higher levels of communitas with the risk recreation group which they belonged to, had more flow experiences in risk recreation, and had a higher level of risk recreation participant identity, will had higher levels of involvement in risk recreation.

Method

Participants

Risk recreation participants from paragliding, SCUBA diving, and rock-climbing. N=106 (Male=67, female=39). Mean age = 31.17; mean year of risk recreation experience = 3.94.

Procedure and Design

Questionnaires were administered to test psychological determinants (i.e. levels of perceived communitas, flow experiences, and identity construction) and a set of involvement variables (i.e. perceived value, centrality to life style, frequency of participation, and monetary expense of the activity involved).

Canonical correlation between the set of psychological determinants and the set of involvement variables was examined.

The set of involvement variables

There were four involvement variables, including the following:

- a. Perceived value- perceived importance of participating in the activity
- b. Centrality to life style- the extent of the psychological experiences, gaining from participating the activity, generalizing to one's daily life
- c. Frequency of participation- the average times of participating in the activity per month during the past year
- d. Monetary expense- the standardized score of the amount of money spent for the activity for the past year

Results

Canonical analysis found two pairs of significant canonical variates. The first pair of canonical variates, $R = .89$, overlapping variance = 79%, $\chi^2(12) = 204.82$, $p < .001$, $\eta^2 = .88$ (see Figure 1). The second pair of canonical variates, $R = .62$, overlapping variance = 38%, $\chi^2(6) = 55.49$, $p < .001$, $\eta^2 = .44$ (see Figure 2).

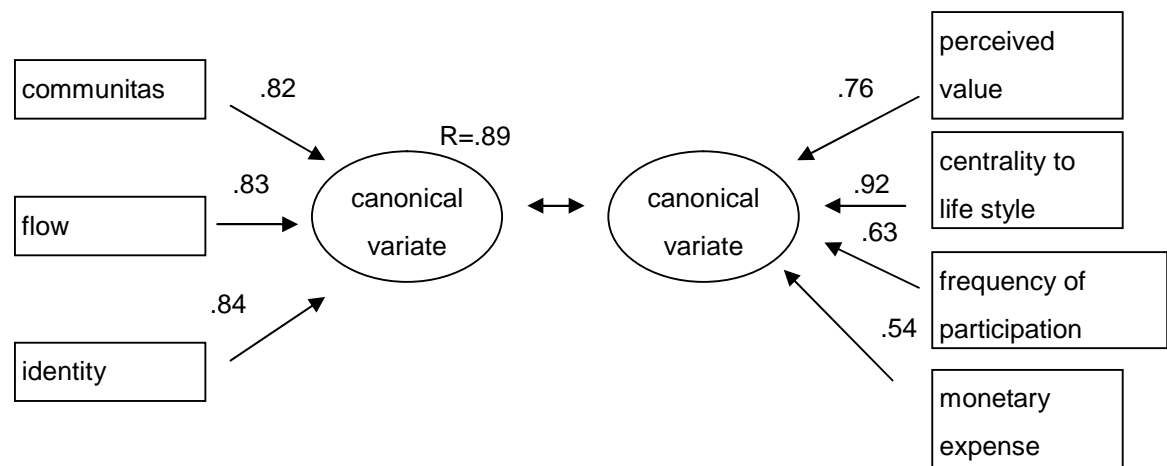


Figure 1. First pair of canonical variates

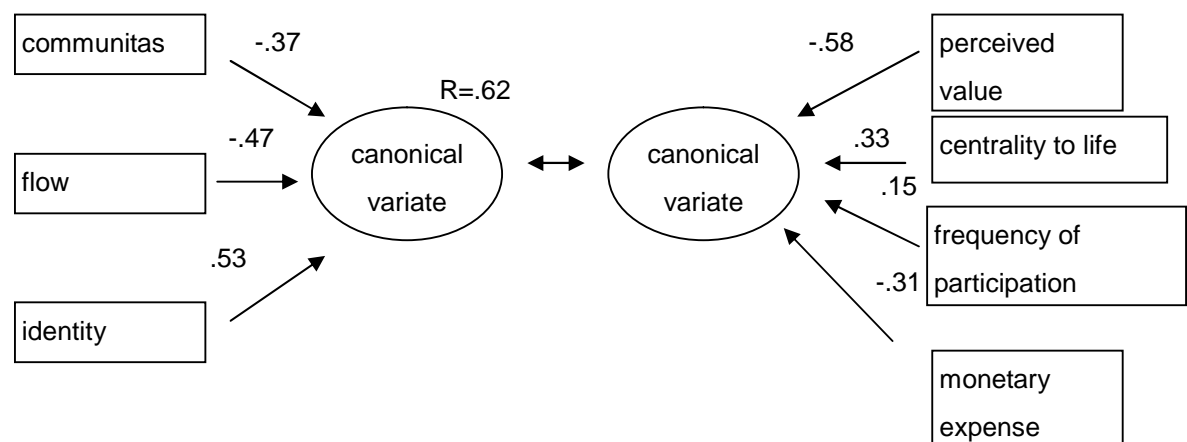


Figure 2. Second pair of canonical variates

Discussion

It appeared that participants who had formed a higher level of risk recreation participant's identity(.84), experienced flow more frequently(.83), and had a higher level of communitas(.82), would consider the activity more as centrality to lifestyle(.92), perceive the activity as more valuable(.76), participate more frequently(.63), and spend more money on the activity(.54).

Participants who had formed a higher level of risk recreation participant's identity (.53), but simultaneously experienced flow less frequently(-.47) and perceived a lower level of communitas(-.37), would perceive the activity as less valuable(-.58) and spend less money on it(-.31), but still took it as a central part of his/her lifestyle(.33).

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