

A study on tennis players' leisure motivation, leisure involvement, and subjective well-being / 吳珍妮 撰 .- 彰化縣大村

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ABSTRACT

This research mainly probes the relationship among players' leisure motivation, leisure involvement and subjective well-being. The questionnaire study aims at people in Taoyuen area who play tennis in their daily life. It collects totally 345 effective copies of questionnaire. Data analysis included descriptive statistics, reliability analysis, t-test, one-way ANOVA, Pearson correlation, and multiple regression analysis. According to the research result, for the personal background characteristics: 1. Gender: mostly male 2. Average age: 44 3. Education: mostly college graduates. And the abstract of the supposition confirmation result is as follows: When the tennis players' have different personal background characteristics, there is also remarkable difference in (1) leisure motivation (2) leisure involvement and (3) subjective well-being. Also, there is an obvious relation (4) between leisure motivation and leisure involvement. (5) and between leisure involvement and sense of well-being. (6) Leisure motivation and leisure involvement have remarkable predictive power over the sense of well-being. Finally, this research has a synthesis discussion on the study result. It also provides suggestions to related government departments on designing tennis courts, rewarding local tennis clubs and future research.

Keywords: leisure motivation、leisure involvement、subjective well-being

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