

瑜珈運動者情緒智慧、壓力與倦怠之研究

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摘要

本研究旨在探討瑜珈運動者的情緒智慧、壓力及倦怠的影響關係。本研究以立意取樣共回收250份問卷，並以結構方程模型(Structural Equation Model, SEM)進行分析。結果顯示瑜珈運動者的情緒智慧越高，越能有效降低壓力感，並進而減少倦怠的情形。且壓力對情緒智慧影響倦怠之關係，扮演完全中介的效果。本研究結果將可做為推展瑜珈運動之有效參考。

關鍵詞：瑜珈、情緒智慧、壓力、倦怠

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