

青少年運動參與、社交技巧與同儕關係之研究

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摘要

本研究旨在探討青少年運動參與、社交技巧與同儕關係之關係。本研究採用問卷調查法，以中部地區600位(男生286人，女生314人)國中學生為研究對象。研究工具包括運動參與量表、社交技巧量表及同儕關係量表，以描述性統計分析、皮爾遜積差相關及多元迴歸進行考驗。研究結果顯示：一、青少年運動參與、社交技巧與同儕關係有顯著相關。二、青少年運動參與、社交技巧與同儕關係有預測力。

關鍵詞：運動參與、社交技巧、同儕關係

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