

A Study of Time Distortion for Individuals Experiencing Flow State When Participating Rock Climbing

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ABSTRACT

This study applied the Flow State Scale(FSS) proposed by Jackson and March as a tool to discuss the range of time distortion when leisure participants fell into flow state. The FSS reflected the mind state of flow of an individual after attending particular activity simultaneously, and the feeling and actual time passing in physics aspect were collected as well to test the relationship among the state of flow and the amount of time distortion. A well-designed and processed experiment was performed on rock climbers at three famous sport center in the northern Taiwan. There were 89 climbers attending this experiment and 159 questionnaires and data were valid for statistics analysis and testing. This study found that the climbers had reached the state of flow and felt the distortion of time whenever attending rock climbing with any level of difficulty. The participating frequency and the balance among challenge and skill were correlative with the mind state of flow. The higher the climber reached the mind state of flow, the more perception of time transformation the climber felt. This study also identified that measuring the distortion of time in physics aspect is equivalent with applied the FSS to survey the state of flow. This study only facilitated the rock climbing activity as the main subject to discuss. The influent factors of flow channel including the challenge of the activity itself and the ability of attendant himself/herself. Other leisure activities with different level of challenge could be studied in the future.

Keywords : Rock Climbing ; Skills ; Challenge ; Experience ; Flow State ; Time Distortion

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