

不同音樂節奏對踏步機運動者影響成效之研究

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摘要

觀察其現今的運動行為，許多的運動者都喜歡搭配著音樂來運動，而至今也有許多健身房在踏步機課程的規劃上，配合利用不同音樂的節奏，延長運動者運動時間與協調性。然而播放的音樂類型與節奏則是以隨意播放音樂方式讓運動者聆聽音樂，意即運動者為被動聆聽者，並無針對音樂節奏，或使用者的健身器材不同而有所區分。因此，本研究以踏步機作為運動實驗器材，試圖探討在不同「音樂節奏」情境下，運動者參與踏步機運動時，在運動過程中是否影響運動者本身的運動自覺、運動感覺、心跳率、踏步頻率是否有所差異。本研究採用受測者實驗設計，選取18位(男生6位，女生12位)作為受測者。以音樂節奏作為實驗處理，共分為四種情境，而音樂節奏區分三種不同的音樂節奏，包括無音樂、慢音樂節奏、中速度節奏音樂及快速度節奏音樂，觀察受測者在不同的音樂節奏下運動者生心理的變化。而結果發現：(1)在中速度音樂節奏情境下，受測者有較好的運動生心理狀態。而多數受測者表示：音樂節奏會影響自身的運動行為，節奏越快踏步次數越多的情況。(2)受測者心跳率並不會因音樂節奏改變而產生變化，影響受測者心跳率最主要因素，是時間的變化並非音樂節奏。

關鍵詞：音樂節奏(Music rhythm)、運動自覺(ratings of perceived exertion)、運動感覺(feeling scale)、心跳率(heartbeat rate)、踏步頻率(stepping frequency)

目錄

| | | | |
|------|-----|----------------------|-----|
| 中文摘要 | iii | 英文摘要 | iv |
| 致謝辭 | vi | 內容目錄 | vii |
| 目錄 | ix | 圖目錄 | xi |
| 緒論 | 1 | 第一節研究背景與動機 | 1 |
| | 3 | 第二節研究目的 | |
| | 3 | 第三節研究範圍 | 3 |
| | 3 | 第四節名詞釋義 | |
| | 3 | 第二章文獻回顧 | 5 |
| | 5 | 第一節音樂對生理、心裡相關文獻之探討 | |
| | 5 | 第二節音樂節奏與運動相關文獻之探討 | 10 |
| | 5 | 第三節運動自覺與運動感覺相關文獻之探討 | 16 |
| 研究方法 | 23 | 第一節研究設計 | 23 |
| | 23 | 第二節研究流程 | |
| | 23 | 第三節研究對象 | 24 |
| | 24 | 第四節研究設計 | |
| | 24 | 第五節實驗前準備 | 28 |
| | 30 | 第六節資料處理與分析 | |
| | 30 | 第四章結果與討論 | 31 |
| | 31 | 第一節描述性統計 | 31 |
| | 31 | 第二節音樂節奏對運動自覺影響之分析 | 50 |
| | 50 | 第三節音樂節奏對運動感覺影響之分析 | 54 |
| | 54 | 第四節音樂節奏對心跳率影響之分析 | 58 |
| | 58 | 第五節音樂節奏對踏步頻率影響之分析 | 62 |
| | 62 | 第六節討論 | |
| | 65 | 第五章結論與建議 | 70 |
| | 70 | 第一節結論 | |
| | 70 | 第二節研究建議 | 75 |
| | 75 | 參考文獻 | |
| | 77 | 附錄A 受測者同意書 | 86 |
| | 86 | 附錄B Hit Fm 年度百首歌曲彙整表 | |
| | 87 | 附錄C 受測者健康調查表 | 90 |

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