遠東科技大學學生休閒滿意度與幸福感之研究

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摘 要
本研究旨在瞭解遠東科技大學 101 學年度學生休閒滿意度與幸福感之現況，並探討不同背景變項學生在休閒滿意度及幸福感之差異情形。以修編之「休閒滿意度量表、幸福感量表」為研究工具，採立意抽樣法，問卷統計發出 459 份，回收問卷 459 份，資料回收後研究者逐題檢視，經剔除無效問卷後，統計有效問卷 401 份(有效回收率 87%)。
研究結果顯示：
1. 遠東科技大學學生整體休閒滿意度之總平均得分為 5.48 屬於中高程度，大學生在休閒滿意度量表中生理層面得分最高(平均數=5.89)。學生整體幸福感之總平均得分為 5.23 屬於中高程度，大學生在幸福感量表中人際關係得分最高(平均數=5.73)。
2. 男生在休閒滿意度的得分高於女生。男生在幸福感量表中身心健康的得分高於女生。有運動習慣的學生在休閒滿意度及幸福感的得分高於沒有運動習慣的學生。
3. 休閒滿意度能正向影響幸福感，其中又以美感層面之預測力最高。

關鍵詞：關鍵詞：休閒滿意度、幸福感

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The Study of Leisure Satisfaction and Happiness Among Far East University Students

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Abstract

The purposes of this study were: (1) to explore the current status of leisure satisfaction and happiness among Far East University students; (2) to compare the differences of leisure satisfaction and happiness among different background students. A self-structured leisure satisfaction and happiness questionnaire was designed to collect empirical data. The subjects were students enrolled at Far East University in 2012. A total number of 401 usable samples were collected by purposive sampling. The rate of valid returns was 87%. The Findings were as follows:

1. The average of leisure satisfaction scale is 5.48 (moderately high). The highest ranking domain in leisure satisfaction scale is physical health; the average of happiness scale is 5.23 (moderately high). The highest ranking domain in happiness scale is interpersonal relationship.

2. Male students’ leisure satisfaction is greater than female students’. Male students’ physical & mental health is greater female students’. The leisure satisfaction and happiness average of students with sports habits is greater than that of students without sports habits.

3. The leisure satisfaction shows a positive effect on happiness, the aesthetic shows the greatest predictability.

Key Words: Leisure Satisfaction, Happiness