遠東科技大學學生幸福感調查研究

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摘 要

本研究旨在瞭解遠東科技大學 101 學年度學生幸福感之現況，並探討不同背景變項學生在幸福感之差異情形。以修編之《幸福感量表》為研究工具，採立意抽樣法，隨機統計發出 459 份，回收問卷 450 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. 遠東科技大學學生在幸福感量表中得分最高的為『人際關係』，其次依序為『自我肯定』、『生活滿意』及『身心健康』。

2. 男生在幸福感量表中『身心健康』構面得分高於女生。

3. 有參與運動社團的大學生，在幸福感各構面及整體幸福感得分高於沒有參與運動社團的大學生；有運動習慣的大學生，在幸福感各構面及整體幸福感得分也高於沒有運動習慣的大學生。

關鍵詞：幸福感、運動習慣

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The Study of Happiness Scale
Among Far East University Students

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Abstract

The purposes of this study were: (1) to explore the current status of happiness Far East University students; (2) to compare the differences of happiness among different background students. A self-structured 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 highest ranking domain in happiness scale is interpersonal relationship; the rest from high to low by order are self affirmation, life satisfaction and physical & mental health.

2. Male students’ physical & mental health is greater than female students’.

3. The happiness degree of students with sports club participation is greater than that of students without sports club participation. The happiness degree of students with sports habit is greater than that of students without sports habit.

Keywords: Happiness