

# 2006亞運女子籃球代表隊選手生活品質滿意度之探討

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## 摘要

本研究主要目的為運用質性研究，探討第15屆亞運女子籃球選手，其個體對工作內、外之生活品質的滿意度及其與社會之關係，藉以提供政府相關單位及籃協與各女籃球團企業體參考。其研究結果在8位受訪者中，皆對環境感受受尊重感到滿意；僅有2位對於薪水及額外的福利感到滿意，其訓練中的滿意壓力分別來自於自我的表現、教練及球隊戰績的表現。

在對於訓練外之生活品質的研究中，受訪者在休閒生活上大多感覺滿意，對物資需求及學習機會感到不滿，訓練外之生活品質，僅有3位對於與教練互動感覺不滿，2位對交友狀況感覺不滿。本研究建議，球團可明確規範球員之權利義務並在薪資分配上更透明化，以及確切規範球員應有的權利及義務，並且多與球員溝通及加強教育訓練；球員除加強自我要求及訓練外，更重要的是自我內涵，並加強與社會的互動及人際關係。

關鍵詞：女籃選手、工作生活品質、生活滿意度

# The Discussion of Life Quality of Women Basketball Athletes

in

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## **Abstract**

The purpose of this study for the use of qualitative research was to probe for the satisfaction of life quality and the relationship with the sociality during the content of training on the 15th Asian Games women's basketball players, to provide relevant government units and Basketball association and the female basketball enterprises reference. The result of the 8 participates, they all satisfied with the environment and the respect from others. There were only two participants satisfied with the salary and the fringe benefit and satisfied with their training in the pressure from the self-performance, coaches and team record performance.

For training, in quality of life research, respondents in the most casual sense of life satisfaction and demand for goods and learning opportunities feelings of discontent. The quality of life without training, only 3 participants have the feeling of dissatisfaction with coach interactive, and 2 participants didn't pleased with the relationship of friends. This study suggests that the basketball enterprises will clearly regulate the rights and obligations of players in salary and the distribution of more transparent, and communicate more with the players and strengthen the education. Apart from strengthening the self-training and requirements, the more important things are self-content and strengthen social interaction and interpersonal skills.

Key words : Female basketball players, quality of life and work, life satisfaction

