



西安体育学院学报

2006年 第6期

体育人文社会学

文章编号: 10012747 X(2006) 0620027205

文献标识码: A

中图分类号: G81214

高校教师休闲活动参与特征及影响因素

马勇占, 郑素萍, 霍 芹, 吴 欣

浙江省台州学院 体育科学学院, 浙江 临海 317000

摘要: 通过问卷调查法对497名高校教师休闲活动参与状况进行统计分析, 结果表明高校教师参与程度最高的前 10个休闲活动项目依次为: 看书、看电视新闻、上网、看电视、阅读报刊杂志、探望长辈、听音乐、去图书馆或书店、散步和聊天。高校教师群体倾向于选择能带给自己良好体验和精神享受以及有助于实现自我价值的休闲活动项目。就休闲活动参与类型来看, 高校教师偏向身体活动涉入较少并以室内静态化为主要特征的休闲活动类型。性别、年龄、职称和年收入水平对高校教师休闲活动的参与类型均有不同程度影响。

关键词: 高校教师; 休闲参与; 特征; 影响因素

Influence Factors and Feature of Participating in Leisure Activities of University Teachers

MA Y Ong-Zha, ZHENG Su-Ping, HUO Qin, WU Xin

Department Of Physical Education, Taizhou College, Linhai 317000, China

Abstract: The Main Purpose Of This Study Is To Investigate The Status Of The Participation In Leisure Activities Of University Teachers. By Questionnaire And Convenience Sampling, 497 Useful Questionnaires Were Collected. Based On The Analysis Results, This Study Shows That Reading, Reading News In TV, Searching Websites, Watching TV, Reading Newspaper And Magazines, Visiting Elders, Enjoying Music, Going To Libraries And Bookstores, Walking And Chatting Are The Top 10 Activities Participated In By University Teachers. University Teachers Tend To Choose The Leisure Activities Which Can Bring Them Good Mental Experience And Spiritual Pleasure. The Border Between Leisure And Work Of University Teachers Are Becoming So Fuzzy That Leisure And Work Have Formed The Relation Of Extension. As For The Participation Types Of Leisure Activities, University Teachers Have A Preference For Those That Involve A Few Amount Of Physical Efforts And That Can Be Practiced Indoor. Sex, Age, The Title Of Post And Total Income Per Year Has Influence On Them To Certain Extent.

Key Words: University Teachers; Participation In Leisure Activities; Status; Influence Factors

[\(文章全文 PDF\)](#)

收稿日期: 2006-03-10 修回日期: 2006年

基金项目: 浙江省2005年度哲学社会科学规划课题(NX05JY 06)

作者简介: 马勇占(19692), 男, 山东菏泽人, 副教授, 硕士, 研究方向为体育休闲; 郑素萍(19822), 女, 浙江临海人, 讲师; 霍 芹(19782), 女, 江苏连云港人, 助教。

主管单位: 陕西省体育局 主办单位: 西安体育学院 通信地址: 西安市含光北路65号 邮政编码: 710068

电话号码: 029-88409449 传真号码: 029-88409515 电子信箱: xtxb0xaipe.edu.cn 投稿网址: www.xaty.cb.cnk.net 网络地址: xaty.chinajournal.net.cn