

THE EFFECTS OF SPORTS ENTHUSIASM AND POSITIVE EMOTIONS ON SPIRITUAL HEALTH TAIWAN NATIONAL PINGTUNG UNIVERSITY OF SCIENCE AND TECHNOLOGY

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ABSTRACT

This study aims to explore the effects of sports enthusiasm and positive emotions on spiritual health. The research is conducted by sampling and sampling. The research object is military training instructors who have experience in running roads and have jogging habits. A total of 200 questionnaires are distributed, 200 questionnaires are collected, and 18 invalid questionnaires are eliminated. 182 questionnaires are obtained. The questionnaire recovery rate was 91%. After the descriptive statistics, independent sample t-test, exploratory factor analysis and structural equation pattern analysis, the results obtained are as follows: First, The results found that

different road running years and monthly road runs on sports enthusiasm and spiritual health were significant differences; Second, the sports enthusiasm, positive emotions and spiritual health were positively correlated. Third, the sports enthusiasm and spiritual health can predict positive emotions.

KEYWORDS: Sports Enthusiasm, Positive Emotions, Spiritual Health.

(Received 15/10/2019, Reviewed 23/10/2019

Accepted 25/11/2019

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