

DISCUSSION ON THE RELATIONSHIP BETWEEN THE UTILIZATION RATE OF COLLEGE STUDENTS' AUDIO-VISUAL PLATFORM AND HEALTH AWARENESS AND HEALTH PRACTICE ABILITY

Chen Chiauting⁽¹⁾; Li Wanling⁽¹⁾; Zhang Fanjia⁽¹⁾
Chen Jingyu⁽¹⁾; Wu Changyang⁽²⁾



Yoga - one of the effective sports to improve health

Purpose: This study explores whether the frequency of using online audio-visual platforms has an impact on health awareness and practical ability, and to understand whether there is a correlation between health awareness and health practical ability.

Methods: The method of questionnaire survey was adopted, and 396 valid questionnaires were recovered by means of snowball sampling.

Results: It showed that the health awareness of the moderate use frequency group was higher than that of the high use frequency group. In terms of health practice ability, the medium use frequency group is higher than the low and high use frequency groups; and there is a moderate

correlation between health awareness and health practice ability. Conclusion: It is found that the students who use this kind of frequency have higher health awareness and health practice ability. This result is different from the traditional results that the higher the use frequency of audio-visual platforms is, the lower the health awareness and health practice ability are. It is worth continuing to correlate Research.

Keywords: Movies, viewing volume, health status, health concept.

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Main responsible: Wu Changyang
Email: wucy@mail.npust.edu.tw

⁽¹⁾Master Student, ⁽²⁾Prof.PhD, Department of Recreational Sport and Health Promotion
National Pingtung University of Science and Technology