

A STUDY OF RECREATION SPECIALIZATION, FLOW EXPERIENCE, AND SPIRITUAL HEALTH IN ROAD RUNNING PARTICIPANTS OF DIFFERENT BACKGROUND VARIABLES

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Abstract:

The purpose of this study was to investigate the differences in recreation specialization, flow experience, and spiritual health in road running participants of different background variables. The purposive sampling method was used in the study, the participants were the participants in the road running. And a total of 350 questionnaires were issued, 300 were recovered, 6 invalid questionnaires were eliminated, and 294 valid questionnaires were received. The effective rate of the questionnaire was 98%.

The data were analyzed by descriptive statistics, independent samples T test, and one-way ANOVA. The result of the study was that there was a significant difference in recreation specialization, flow experience, and spiritual health in different gender. And there was also in flow experience, and spiritual health in different occupations. Finally, different ages from participants showed significant differences in flow experience, too. So at the end of this study, it is issued the discussion to the result of the study, and made the suggestions for the research in the future.

Key words: Recreation Specialization, Flow Experience, Spiritual Health, Test of the Significance of Difference.

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