

台灣 (Taiwan, ROC)

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休閒導向理論之建構：構念發展與因果關係之實證

Study Documentation

May 31, 2016

Metadata Production

Metadata Producer(s)	學術調查研究資料庫(Survey Research Data Archive) (SRDA) , 中央研究院人社中心調查研究專題中心 , DDI文件製作
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休閒導向理論之建構：構念發展與因果關係之實證

The Construction of Leisure Orientation Theory – Construct Development and the Empirical Study of Its Antecedents and Consequences

Overview

Identification	E10322
Version	Production Date: 2016-05-31 v1.0 釋出第一版

Abstract

本計畫以登山遊憩者為研究對象，本計畫以登山遊憩者為研究對象，在陽明山國家公園陽明山國家公園總共收集367份有效問卷，試圖卷，試圖卷，試圖採用結構方程模式方法探索認真性休閒導向、隨兩者對探索認真性休閒導向、隨兩者對探索認真性休閒導向、隨兩者對利益與幸福感之影響。分析結果顯示，認真性休閒導向會正利益與幸福感之影響。分析結果顯示，認真性休閒導向會正利益與幸福感之影響。分析結果顯示，認真性休閒導向會正利益與幸福感之影響。分析結果顯示，認真性休閒導向會正利益與幸福感之影響。分析結果顯示，認真性休閒導向會正福感，福感，休閒利益會正向影響幸福感，休閒利益會正向影響幸福感，隨性休閒導向對利益與幸福感之假設不成立，最後，本研究亦提出若干管理意涵、限制與未來方向之建議。

Kind of Data	抽樣調查資料 (Sample survey data)
Unit of Analysis	個人

Scope & Coverage

Time Period(s)	2015
Countries	台灣 (Taiwan, ROC)
Geographic Coverage	台灣地區
Universe	陽明山國家公園參與爬山活動的修研參與者

Producers & Sponsors

Primary Investigator(s)	曹勝雄，國立嘉義大學觀光休閒管理研究所
Other Producer(s)	國立嘉義大學觀光休閒管理研究所
Funding Agency/ies	科技部

Sampling

Sampling Procedure

使用現地問卷調查法，利用假日時間，針對已體驗完步道登山活動之休閒者，在冷水坑遊客中心休息時採用next to pass的樣本選取技巧，以儘量使抽樣過程符合隨機原理。本研究於2015年1月11日至3月28日期間，發放問卷，總共收回367份有效問卷。

Data Collection

Data Collection Dates	start 2015-11-01 end 2015-03-31
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Time Period(s)	start 2014-08-01 end 2015-07-31
Data Collection Mode	面對面訪問 (Face-to-face Interviews)

Data Processing & Appraisal

Data Editing

中央研究院人文社會科學研究中心調查研究專題中心所進行的資料整理方式，為不合理值檢核。

Accessibility

Contact(s)	學術調查研究資料庫(Survey Research Data Archive) (中央研究院人社中心調查研究專題中心), https://srda.sinica.edu.tw , srda@gate.sinica.edu.tw
Distributor(s)	學術調查研究資料庫(Survey Research Data Archive)
Depositor(s)	國立嘉義大學觀光休閒管理研究所

Access Conditions

會員版(一般會員、院內會員)--直接下載

Files Description

Dataset contains 1 file(s)

data	
# Cases	367
# Variable(s)	65

Variables Group(s)

Dataset contains 5 group(s)

Group 對於爬山活動的投入程度							
#	Name	Label	Type	Format	Valid	Invalid	Question
1	p1	1.1.即使很忙碌，我仍會持續地 抽空參與爬山活動	discrete	numeric-8.0	367	0	-
2	p2	1.2.即使感到疲累，我仍會持續 爬山活動的參與	discrete	numeric-8.0	367	0	-
3	p3	1.3.即使面臨低潮，我仍會持續 爬山活動的參與	discrete	numeric-8.0	367	0	-
4	p4	1.4.我會持續不懈地 在爬山活動過程中克服困難	discrete	numeric-8.0	367	0	-
5	h1	1.5.爬山對我而言，就是生活中重要的一部份	discrete	numeric-8.0	367	0	-
6	h2	1.6.生活中，若缺少爬山，我會感到無趣	discrete	numeric-8.0	367	0	-
7	h3	1.7.我願意長期地從事爬山活動	discrete	numeric-8.0	367	0	-
8	s1	1.8.為了從事爬山活動，我會投入相當多的時間與精力	discrete	numeric-8.0	367	0	-
9	s2	1.9.為了增進爬山的技能，我願投入時間與金錢參加相關訓練	discrete	numeric-8.0	367	0	-
10	s3	1.10.為了增進爬山的技能，我願花錢購買相關裝備或書籍	discrete	numeric-8.0	367	0	-
11	i1	1.11.長期與爬山同好相處下，我們擁有共同的信任感與價值觀	discrete	numeric-8.0	367	0	-
12	i2	1.12.私底下，我會與爬山同好一起參與活動或聚會	discrete	numeric-8.0	367	0	-
13	i3	1.13.私底下，與爬山同好一起聚會時，能讓我暢所欲言	discrete	numeric-8.0	367	0	-
14	u1	1.14.我認為沒有其它休閒活動可以取代爬山活動	discrete	numeric-8.0	367	0	-
15	u2	1.15.我喜歡觀看有關爬山活動相關的節目	discrete	numeric-8.0	367	0	-
16	u3	1.16.我喜歡與他人討論有關爬山的事情	discrete	numeric-8.0	367	0	-

Group 看待爬山活動的態度							
#	Name	Label	Type	Format	Valid	Invalid	Question
1	c1	2.1.爬山活動對我而言，可有可無	discrete	numeric-8.0	367	0	-
2	c2	2.2.通常，我並不會有計劃性地從事爬山活動	discrete	numeric-8.0	367	0	-

#	Name	Label	Type	Format	Valid	Invalid	Question
3	c3	2.3.爬山只是我平時常從事的眾多休閒活動之一	discrete	numeric-8.0	367	0	-
4	c4	2.4.我對爬山活動並不是真正有興趣	discrete	numeric-8.0	367	0	-
5	c5	2.5.我並不是很在乎爬山的知識與技巧(如呼吸節奏, 設備使用等)能否精進	discrete	numeric-8.0	367	0	-
6	hf1	2.6.我從事爬山活動, 主要是為了獲得樂趣	discrete	numeric-8.0	367	0	-
7	hf2	2.7.我參加爬山活動, 主要是為了消磨時間	discrete	numeric-8.0	367	0	-
8	hf3	2.8.我從事爬山活動, 主要是為了獲得娛樂	discrete	numeric-8.0	367	0	-
9	hf4	2.9.我從事爬山活動, 主要是為了放鬆	discrete	numeric-8.0	367	0	-
10	e1	2.10.爬山結束後, 我的心境可以很容易的從爬山活動中抽離出來	discrete	numeric-8.0	367	0	-
11	e2	2.11.即使沒有從事爬山活動, 我仍可以輕鬆自在的生活	discrete	numeric-8.0	367	0	-
12	e3	2.12.當無法從事爬山活動時, 我會經常想念這個活動	discrete	numeric-8.0	367	0	-

Group 爬山時的幸福感

#	Name	Label	Type	Format	Valid	Invalid	Question
1	eu1	4.1.爬山時, 讓我深刻感到生命的活力	discrete	numeric-8.0	367	0	-
2	eu2	4.2.爬山時, 帶給我自我肯定的強烈感受	discrete	numeric-8.0	367	0	-
3	eu3	4.3.當我投入爬山活動時, 比從事其他活動更能讓我全心全力的投入	discrete	numeric-8.0	367	0	-
4	eu4	4.4.當我投入爬山活動時, 感覺這正是我想要從事的活動	discrete	numeric-8.0	367	0	-
5	eu5	4.5.當我投入爬山活動時, 比從事做其他活動, 更能獲得成就感	discrete	numeric-8.0	367	0	-
6	eu6	4.6.當我從事爬山活動時, 有一種如魚得水的感受	discrete	numeric-8.0	367	0	-
7	he1	4.7.爬山活動讓我感到很有樂趣	discrete	numeric-8.0	367	0	-
8	he2	4.8.爬山活動帶給我極為愉快的感受	discrete	numeric-8.0	367	0	-
9	he3	4.9.爬山活動比其他的活動, 更能讓我感到滿足	discrete	numeric-8.0	367	0	-
10	he4	4.10.從事爬山活動, 我的感覺是好的	discrete	numeric-8.0	367	0	-
11	he5	4.11.從事爬山活動, 我感到生氣蓬勃	discrete	numeric-8.0	367	0	-

#	Name	Label	Type	Format	Valid	Invalid	Question
12	he6	4.12.參與爬山活動比其他活動，更能讓我感到快樂	discrete	numeric-8.0	367	0	-

Group 爬山時所獲得的休閒效益

#	Name	Label	Type	Format	Valid	Invalid	Question
1	rel1	5.1.爬山可以讓我休息、紓解壓力	discrete	numeric-8.0	367	0	-
2	rel2	5.2.爬山能夠讓我感到輕鬆愉快	discrete	numeric-8.0	367	0	-
3	edu1	5.3.爬山可以讓我獲得新知	discrete	numeric-8.0	367	0	-
4	edu2	5.4.爬山可以讓我瞭解學習新的東西	discrete	numeric-8.0	367	0	-
5	phy1	5.5.爬山可以讓我保持健康	discrete	numeric-8.0	367	0	-
6	phy2	5.6.爬山能夠讓我保持身材	discrete	numeric-8.0	367	0	-
7	di1	5.7.爬山可以讓我每天規律的生活有所改變	discrete	numeric-8.0	367	0	-
8	di2	5.8.爬山可以讓我逃避不想面對的事情	discrete	numeric-8.0	367	0	-
9	se1	5.9.爬山可以豐富我的生活	discrete	numeric-8.0	367	0	-
10	se2	5.10.爬山可以激發我的想像力	discrete	numeric-8.0	367	0	-
11	soc1	5.11.爬山可以讓我和他人一起共事	discrete	numeric-8.0	367	0	-
12	soc2	5.12.爬山可以讓我免於孤單	discrete	numeric-8.0	367	0	-
13	sem1	5.13.爬山可以讓我獲得成就感	discrete	numeric-8.0	367	0	-
14	sem2	5.14.爬山可以讓我獲得別人的肯定	discrete	numeric-8.0	367	0	-

Group 休閒特性與基本資料

#	Name	Label	Type	Format	Valid	Invalid	Question
1	gen	6.1.性別	discrete	numeric-8.0	367	0	-
2	mar	6.2.婚姻狀況	discrete	numeric-8.0	367	0	-
3	age	6.3.年齡	discrete	numeric-8.0	367	0	-
4	occ	6.4.職業別	discrete	numeric-8.0	367	0	-
5	edu	6.5.教育程度	discrete	numeric-8.0	367	0	-
6	who	6.6.您最常和誰一起來這裡爬山	discrete	numeric-8.0	367	0	-
7	long	6.7.您持續來這裡爬山有幾年了	continuous	numeric-8.0	367	0	-
8	trans	6.8.您來這裡爬山最常搭乘的交通工具是	discrete	numeric-8.0	367	0	-
9	inc	6.9.月收入	discrete	numeric-8.0	367	0	-
10	fran1	6.10.過去一年，我從事爬山活動的頻率	discrete	numeric-8.0	367	0	-

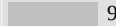
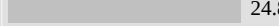
#	Name	Label	Type	Format	Valid	Invalid	Question
11	fran2	6.11.造訪此地登山的頻率 為	discrete	numeric-8.0	367	0	-

Variables Description

Dataset contains 65 variable(s)

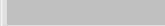
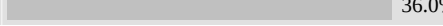
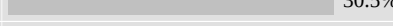
File : data

p1: 1.1.即使很忙碌，我仍會持續地 抽空參與爬山活動

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Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	8	 2.2%
2	不同意	35	 9.5%
3	普通	91	 24.8%
4	同意	150	 40.9%
5	非常同意	83	 22.6%

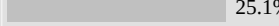
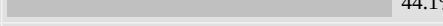
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

p2: 1.2.即使感到疲累，我仍會持續 爬山活動的參與

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	9	 2.5%
2	不同意	64	 17.4%
3	普通	132	 36.0%
4	同意	112	 30.5%
5	非常同意	50	 13.6%

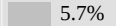
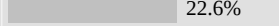
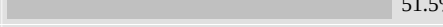
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

p3: 1.3.即使面臨低潮，我仍會持續 爬山活動的參與

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	7	 1.9%
2	不同意	28	 7.6%
3	普通	92	 25.1%
4	同意	162	 44.1%
5	非常同意	78	 21.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

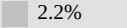
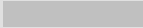
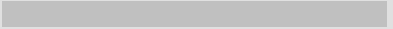
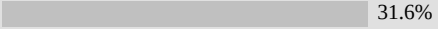
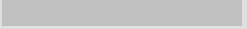
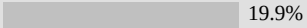
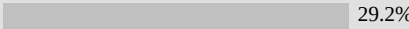
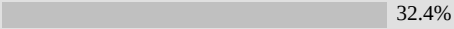
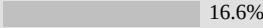
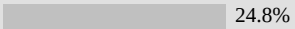
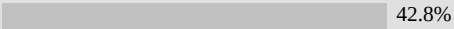
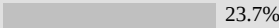
p4: 1.4.我會持續不懈地 在爬山活動過程中克服困難

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	3	 0.8%
2	不同意	21	 5.7%
3	普通	83	 22.6%
4	同意	189	 51.5%
5	非常同意	71	 19.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

h1: 1.5.爬山對我而言，就是生活中重要的一部份

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
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File : data			
# h1: 1.5.爬山對我而言，就是生活中重要的一部份			
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	8	 2.2%
2	不同意	45	 12.3%
3	普通	122	 33.2%
4	同意	116	 31.6%
5	非常同意	76	 20.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# h2: 1.6.生活中，若缺少爬山，我會感到無趣			
Information		[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	7	 1.9%
2	不同意	73	 19.9%
3	普通	107	 29.2%
4	同意	119	 32.4%
5	非常同意	61	 16.6%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# h3: 1.7.我願意長期地從事爬山活動			
Information		[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	6	 1.6%
2	不同意	26	 7.1%
3	普通	91	 24.8%
4	同意	157	 42.8%
5	非常同意	87	 23.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# s1: 1.8.為了從事爬山活動，我會投入相當多的時間與精力			
Information		[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	非常不同意	8	 2.2%
2	不同意	67	 18.3%
3	普通	184	 50.1%
4	同意	77	 21.0%
5	非常同意	31	 8.4%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# s2: 1.9.為了增進爬山的技能，我願投入時間與金錢參加相關訓練			
Information		[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	

File : data

s2: 1.9.為了增進爬山的技能，我願投入時間與金錢參加相關訓練

Value	Label	Cases	Percentage
1	非常不同意	18	4.9%
2	不同意	105	28.6%
3	普通	168	45.8%
4	同意	50	13.6%
5	非常同意	26	7.1%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

s3: 1.10.為了增進爬山的技能，我願花錢購買相關裝備或書籍

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	16	4.4%
2	不同意	73	19.9%
3	普通	171	46.6%
4	同意	82	22.3%
5	非常同意	25	6.8%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

i1: 1.11.長期與爬山同好相處下，我們擁有共同的信任感與價值觀

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	28	7.6%
3	普通	92	25.1%
4	同意	180	49.0%
5	非常同意	66	18.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

i2: 1.12.私底下，我會與爬山同好一起參與活動或聚會

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	11	3.0%
2	不同意	54	14.7%
3	普通	119	32.4%
4	同意	131	35.7%
5	非常同意	52	14.2%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

i3: 1.13.私底下，與爬山同好一起聚會時，能讓我暢所欲言

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data

i3: 1.13.私底下，與爬山同好一起聚會時，能讓我暢所欲言

Value	Label	Cases	Percentage
1	非常不同意	8	2.2%
2	不同意	36	9.8%
3	普通	134	36.5%
4	同意	135	36.8%
5	非常同意	54	14.7%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

u1: 1.14.我認為沒有其它休閒活動可以取代爬山活動

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	34	9.3%
2	不同意	116	31.6%
3	普通	129	35.1%
4	同意	64	17.4%
5	非常同意	24	6.5%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

u2: 1.15.我喜歡觀看有關爬山活動相關的節目

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	11	3.0%
2	不同意	36	9.8%
3	普通	140	38.1%
4	同意	135	36.8%
5	非常同意	45	12.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

u3: 1.16.我喜歡與他人討論有關爬山的事情

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	9	2.5%
2	不同意	30	8.2%
3	普通	147	40.1%
4	同意	143	39.0%
5	非常同意	38	10.4%

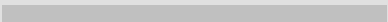
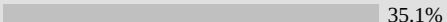
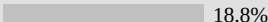
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

c1: 2.1.爬山活動對我而言，可有可無

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data

c1: 2.1.爬山活動對我而言，可有可無

Value	Label	Cases	Percentage
1	非常不同意	26	 7.1%
2	不同意	132	 36.0%
3	普通	129	 35.1%
4	同意	69	 18.8%
5	非常同意	11	 3.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

c2: 2.2.通常，我並不會有計劃性地從事爬山活動

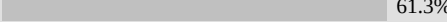
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	12	 3.3%
2	不同意	107	 29.2%
3	普通	121	 33.0%
4	同意	112	 30.5%
5	非常同意	15	 4.1%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

c3: 2.3.爬山只是我平時常從事的眾多休閒活動之一

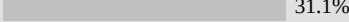
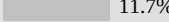
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	4	 1.1%
2	不同意	32	 8.7%
3	普通	80	 21.8%
4	同意	225	 61.3%
5	非常同意	26	 7.1%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

c4: 2.4.我對爬山活動並不是真正有興趣

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	48	 13.1%
2	不同意	155	 42.2%
3	普通	114	 31.1%
4	同意	43	 11.7%
5	非常同意	7	 1.9%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

c5: 2.5.我並不是很在乎爬山的知識與技巧(如呼吸節奏,設備使用等)能否精進

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data

c5: 2.5.我並不是很在乎爬山的知識與技巧(如呼吸節奏,設備使用等)能否精進

Value	Label	Cases	Percentage
1	非常不同意	30	8.2%
2	不同意	122	33.2%
3	普通	109	29.7%
4	同意	96	26.2%
5	非常同意	10	2.7%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

hf1: 2.6.我從事爬山活動，主要是為了獲得樂趣

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	4	1.1%
2	不同意	23	6.3%
3	普通	87	23.7%
4	同意	208	56.7%
5	非常同意	45	12.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

hf2: 2.7.我參加爬山活動，主要是為了消磨時間

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	19	5.2%
2	不同意	121	33.0%
3	普通	115	31.3%
4	同意	101	27.5%
5	非常同意	11	3.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

hf3: 2.8.我從事爬山活動，主要是為了獲得娛樂

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	5	1.4%
2	不同意	28	7.6%
3	普通	107	29.2%
4	同意	193	52.6%
5	非常同意	34	9.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

hf4: 2.9.我從事爬山活動，主要是為了放鬆

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data

hf4: 2.9.我從事爬山活動，主要是為了放鬆

Value	Label	Cases	Percentage
1	非常不同意	2	0.5%
2	不同意	12	3.3%
3	普通	47	12.8%
4	同意	238	64.9%
5	非常同意	68	18.5%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

e1: 2.10.爬山結束後，我的心境可以很容易的從爬山活動中抽離出來

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	8	2.2%
2	不同意	36	9.8%
3	普通	148	40.3%
4	同意	156	42.5%
5	非常同意	19	5.2%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

e2: 2.11.即使沒有從事爬山活動，我仍可以輕鬆自在的生活

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	7	1.9%
2	不同意	28	7.6%
3	普通	116	31.6%
4	同意	184	50.1%
5	非常同意	32	8.7%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

e3: 2.12當無法從事爬山活動時，我會經常想念這個活動

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	41	11.2%
2	不同意	167	45.5%
3	普通	122	33.2%
4	同意	31	8.4%
5	非常同意	6	1.6%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

eu1: 4.1.爬山時，讓我深刻感到生命的活力

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data

eu1: 4.1.爬山時，讓我深刻感到生命的活力

Value	Label	Cases	Percentage
1	非常不同意	0	
2	不同意	4	1.1%
3	普通	43	11.7%
4	同意	227	61.9%
5	非常同意	93	25.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

eu2: 4.2.爬山時，帶給我自我肯定的強烈感受

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	9	2.5%
3	普通	88	24.0%
4	同意	192	52.3%
5	非常同意	77	21.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

eu3: 4.3.當我投入爬山活動時，比從事其他活動更能讓我全心全力的投入

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	2	0.5%
2	不同意	19	5.2%
3	普通	132	36.0%
4	同意	165	45.0%
5	非常同意	49	13.4%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

eu4: 4.4.當我投入爬山活動時，感覺這正是我想要從事的活動

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	5	1.4%
2	不同意	15	4.1%
3	普通	136	37.1%
4	同意	164	44.7%
5	非常同意	47	12.8%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

eu5: 4.5.當我投入爬山活動時，比從事做其他活動，更能獲得成就感

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data

eu5: 4.5.當我投入爬山活動時，比從事做其他活動，更能獲得成就感

Value	Label	Cases	Percentage
1	非常不同意	5	1.4%
2	不同意	25	6.8%
3	普通	150	40.9%
4	同意	142	38.7%
5	非常同意	45	12.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

eu6: 4.6.當我從事爬山活動時，有一種如魚得水的感受

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	7	1.9%
2	不同意	36	9.8%
3	普通	160	43.6%
4	同意	123	33.5%
5	非常同意	41	11.2%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

he1: 4.7.爬山活動讓我感到很有樂趣

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	4	1.1%
3	普通	83	22.6%
4	同意	208	56.7%
5	非常同意	71	19.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

he2: 4.8.爬山活動帶給我極為愉快的感受

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	8	2.2%
3	普通	82	22.3%
4	同意	201	54.8%
5	非常同意	75	20.4%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

he3: 4.9.爬山活動比其他的活動，更能讓我感到滿足

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data

he3: 4.9.爬山活動比其他的活動，更能讓我感到滿足

Value	Label	Cases	Percentage
1	非常不同意	4	1.1%
2	不同意	29	7.9%
3	普通	131	35.7%
4	同意	148	40.3%
5	非常同意	55	15.0%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

he4: 4.10.從事爬山活動，我的感覺是好的

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	2	0.5%
3	普通	49	13.4%
4	同意	220	59.9%
5	非常同意	95	25.9%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

he5: 4.11.從事爬山活動，我感到生氣蓬勃

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	2	0.5%
2	不同意	7	1.9%
3	普通	56	15.3%
4	同意	219	59.7%
5	非常同意	83	22.6%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

he6: 4.12.參與爬山活動比其他活動，更能讓我感到快樂

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	3	0.8%
2	不同意	21	5.7%
3	普通	124	33.8%
4	同意	152	41.4%
5	非常同意	67	18.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

rel1: 5.1.爬山可以讓我休息、紓解壓力

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data

rel1: 5.1.爬山可以讓我休息、紓解壓力

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	8	2.2%
3	普通	44	12.0%
4	同意	220	59.9%
5	非常同意	94	25.6%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

rel2: 5.2.爬山能夠讓我感到輕鬆愉快

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	5	1.4%
3	普通	42	11.4%
4	同意	227	61.9%
5	非常同意	92	25.1%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

edu1: 5.3.爬山可以讓我獲得新知

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	11	3.0%
3	普通	116	31.6%
4	同意	187	51.0%
5	非常同意	52	14.2%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

edu2: 5.4.爬山可以讓我瞭解學習新的東西

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	11	3.0%
3	普通	109	29.7%
4	同意	192	52.3%
5	非常同意	54	14.7%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

phy1: 5.5.爬山可以讓我保持健康

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

File : data			
# phy1: 5.5. 爬山可以讓我保持健康			
Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	2	0.5%
3	普通	27	7.4%
4	同意	213	58.0%
5	非常同意	124	33.8%
<i>Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.</i>			
# phy2: 5.6. 爬山能夠讓我保持身材			
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	11	3.0%
3	普通	65	17.7%
4	同意	188	51.2%
5	非常同意	102	27.8%
<i>Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.</i>			
# di1: 5.7. 爬山可以讓我每天規律的生活有所改變			
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	19	5.2%
3	普通	94	25.6%
4	同意	191	52.0%
5	非常同意	62	16.9%
<i>Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.</i>			
# di2: 5.8. 爬山可以讓我逃避不想面對的事情			
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	19	5.2%
2	不同意	85	23.2%
3	普通	136	37.1%
4	同意	94	25.6%
5	非常同意	33	9.0%
<i>Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.</i>			
# se1: 5.9. 爬山可以豐富我的生活			
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		

File : data

se1: 5.9.爬山可以豐富我的生活

Value	Label	Cases	Percentage
1	非常不同意	1	0.3%
2	不同意	10	2.7%
3	普通	57	15.5%
4	同意	232	63.2%
5	非常同意	67	18.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

se2: 5.10.爬山可以激發我的想像力

Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
1	非常不同意	2	0.5%
2	不同意	16	4.4%
3	普通	117	31.9%
4	同意	176	48.0%
5	非常同意	56	15.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

# soc1: 5.11.爬山可以讓我和他人一起共事			
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	2	0.5%
2	不同意	16	4.4%
3	普通	110	30.0%
4	同意	192	52.3%
5	非常同意	47	12.8%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# soc2: 5.12.爬山可以讓我免於孤單			
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	6	1.6%
2	不同意	26	7.1%
3	普通	140	38.1%
4	同意	153	41.7%
5	非常同意	42	11.4%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# sem1: 5.13.爬山可以讓我獲得成就感			
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	2	0.5%
2	不同意	14	3.8%
3	普通	92	25.1%
4	同意	203	55.3%
5	非常同意	56	15.3%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# sem2: 5.14.爬山可以讓我獲得別人的肯定			
Information	[Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	非常不同意	5	1.4%
2	不同意	28	7.6%
3	普通	156	42.5%
4	同意	131	35.7%
5	非常同意	47	12.8%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# gen: 6.1.性別			
Information	[Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		

# gen: 6.1.性別			
Value	Label	Cases	Percentage
1	男性	190	51.8%
2	女性	177	48.2%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# mar: 6.2.婚姻狀況			
Information	[Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	未婚	150	40.9%
2	已婚	217	59.1%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# age: 6.3.年齡			
Information	[Type= discrete] [Format=numeric] [Range= 1-6] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	16-20歲	24	6.5%
2	21-30歲	70	19.1%
3	31-40歲	78	21.3%
4	41-50歲	66	18.0%
5	51-60歲	86	23.4%
6	60歲以上	43	11.7%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# occ: 6.4.職業別			
Information	[Type= discrete] [Format=numeric] [Range= 1-8] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	軍公教	46	12.5%
2	農林漁牧	0	
3	工商	115	31.3%
4	服務業	84	22.9%
5	家管	26	7.1%
6	學生	40	10.9%
7	退休人員	21	5.7%
8	其它	35	9.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# edu: 6.5.教育程度			
Information	[Type= discrete] [Format=numeric] [Range= 1-4] [Missing=*]		
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]		
Value	Label	Cases	Percentage
1	國中、小	15	4.1%
2	高中(職)	66	18.0%
3	大學(專)	212	57.8%
4	研究所以上(碩、博士)	74	20.2%

# edu: 6.5.教育程度			
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# who: 6.6.您最常和誰一起來這裡爬山			
Information		[Type= discrete] [Format=numeric] [Range= 0-5] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
0		55	15.0%
1	自己	15	4.1%
2	家人	116	31.6%
3	朋友	163	44.4%
4	社團	15	4.1%
5	其它	3	0.8%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# long: 6.7.您持續來這裡爬山有幾年了			
Information		[Type= continuous] [Format=numeric] [Range= 0-40] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-] [Mean=5.538 /-] [StdDev=7.305 /-]	
# trans: 6.8.您來這裡爬山最常搭乘的交通工具是			
Information		[Type= discrete] [Format=numeric] [Range= 0-6] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
0		31	8.4%
1	公車	142	38.7%
2	小汽車	132	36.0%
3	機車	43	11.7%
4	步行	3	0.8%
5	遊覽車	14	3.8%
6	其它	2	0.5%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# inc: 6.9.月收入			
Information		[Type= discrete] [Format=numeric] [Range= 1-6] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	20,000元以下	69	18.8%
2	20,001~40,000元	105	28.6%
3	40,001~60,000元	92	25.1%
4	60,001~80,000元	53	14.4%
5	80,001~100,000元	21	5.7%
6	100,001元以上	27	7.4%
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.			
# fran1: 6.10.過去一年， 我從事爬山活動的頻率			
Information		[Type= discrete] [Format=numeric] [Range= 1-6] [Missing=*]	
Statistics [NW/ W]		[Valid=367 /-] [Invalid=0 /-]	
Value	Label	Cases	Percentage
1	1次#1年	40	10.9%

fran1: 6.10.過去一年，我從事爬山活動的頻率

Value	Label	Cases	Percentage
2	1次#半年	54	14.7%
3	1次#3月	72	19.6%
4	1次#1月	97	26.4%
5	1次#1週	103	28.1%
6		1	0.3%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

fran2: 6.11.造訪此地登山的頻率為

Information	[Type= discrete] [Format=numeric] [Range= 0-7] [Missing=*]
Statistics [NW/ W]	[Valid=367 /-] [Invalid=0 /-]

Value	Label	Cases	Percentage
0		1	0.3%
1	1次#1年	122	33.2%
2	1次#半年	64	17.4%
3	1次#3月	55	15.0%
4	1次#1月	53	14.4%
5	1次#1週	61	16.6%
6	1次#3天	8	2.2%
7	1次#1天	3	0.8%

Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.