

台灣 (Taiwan, ROC)

曹勝雄, 國立嘉義大學觀光休閒管理研究所

工作休閒衝突的後果：工作、休閒與健康觀點之實證

**Study Documentation**

March 23, 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<br>專題中心 , DDI文件製作 |
| Production Date      | March 23, 2016                                                                   |
| Version              | 2.0版, 參考IHSN Nesstar Template修改                                                  |
| Identification       | E10246                                                                           |

# Table of Contents

|                                                      |                    |
|------------------------------------------------------|--------------------|
| <a href="#">Overview.....</a>                        | <a href="#">4</a>  |
| <a href="#">Scope &amp; Coverage.....</a>            | <a href="#">4</a>  |
| <a href="#">Producers &amp; Sponsors.....</a>        | <a href="#">4</a>  |
| <a href="#">Data Collection.....</a>                 | <a href="#">4</a>  |
| <a href="#">Data Processing &amp; Appraisal.....</a> | <a href="#">4</a>  |
| <a href="#">Accessibility.....</a>                   | <a href="#">5</a>  |
| <a href="#">Files Description.....</a>               | <a href="#">6</a>  |
| <a href="#">data.....</a>                            | <a href="#">6</a>  |
| <a href="#">Variables Group(s).....</a>              | <a href="#">7</a>  |
| <a href="#">【第一部份】.....</a>                          | <a href="#">7</a>  |
| <a href="#">【第二部份】.....</a>                          | <a href="#">7</a>  |
| <a href="#">【第三部份】.....</a>                          | <a href="#">8</a>  |
| <a href="#">【第六部份】.....</a>                          | <a href="#">8</a>  |
| <a href="#">Variables Description.....</a>           | <a href="#">9</a>  |
| <a href="#">data.....</a>                            | <a href="#">10</a> |

## 工作休閒衝突的後果：工作、休閒與健康觀點之實證

### *The Effects of Work-Leisure Conflict --- an Empirical Study from the Perspectives of Work, Leisure and Health*

#### Overview

|                       |                             |
|-----------------------|-----------------------------|
| <b>Identification</b> | E10246                      |
| <b>Version</b>        | Production Date: 2016-03-23 |

#### Abstract

本研究旨在探討工作休閒衝突對工作滿意、休閒滿意與心理幸福感之影響，並驗證世代差異如何調節工作休閒衝突與三個後果變數之關係。本研究回顧並結合工作休閒衝突與世代理論之文獻，探討世代差異及工作休閒衝突之交互效果對工作滿意、休閒滿意與幸福感之影響。本研究共收集到310份來自觀光餐旅產業員工的有效問卷。運用階層迴歸分析方法進行假設檢定。研究發現，員工所知覺工作休閒衝突正向影響工作滿意、休閒滿意及心理幸福感。此外，不同世代的員工對工作休閒衝突不僅會有不同的回應，世代差異調節工作休閒衝突對個人所造成的負面影響。最後，本研究亦提出若干管理意涵、研究限制與未來研究方向之建議。

|                     |                             |
|---------------------|-----------------------------|
| <b>Kind of Data</b> | 抽樣調查資料 (Sample survey data) |
|---------------------|-----------------------------|

#### Scope & Coverage

|                       |                  |
|-----------------------|------------------|
| <b>Time Period(s)</b> | 2013-2014        |
| <b>Countries</b>      | 台灣 (Taiwan, ROC) |

#### Geographic Coverage

臺灣

#### Universe

臺灣地區觀光餐旅產業從業人員

#### Producers & Sponsors

|                                |                     |
|--------------------------------|---------------------|
| <b>Primary Investigator(s)</b> | 曹勝雄，國立嘉義大學觀光休閒管理研究所 |
|--------------------------------|---------------------|

#### Data Collection

|                              |                                                                          |
|------------------------------|--------------------------------------------------------------------------|
| <b>Data Collection Dates</b> | start 2013-11-20<br>end 2014-01-30<br>start 2014-03-01<br>end 2014-04-30 |
| <b>Time Period(s)</b>        | start 2013-08-01<br>end 2014-07-31                                       |
| <b>Data Collection Mode</b>  | 郵寄問卷 (Mail Questionnaire)                                                |

#### 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。

| <b>Accessibility</b>                                    |                                                                                                                                                                                                         |
|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Contact(s)</b>                                       | 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), <a href="https://srda.sinica.edu.tw">https://srda.sinica.edu.tw</a> , <a href="mailto:srda@gate.sinica.edu.tw">srda@gate.sinica.edu.tw</a> |
| <b>Distributor(s)</b>                                   | 學術調查研究資料庫(Survey Research Data Archive)                                                                                                                                                                 |
| <b>Depositor(s)</b>                                     | 國立嘉義大學觀光休閒管理研究所                                                                                                                                                                                         |
| <b><u>Access Conditions</u></b><br>會員版(一般會員、院內會員)--直接下載 |                                                                                                                                                                                                         |

# Files Description

Dataset contains 1 file(s)

| data          |     |
|---------------|-----|
| # Cases       | 363 |
| # Variable(s) | 42  |

# Variables Group(s)

Dataset contains 4 group(s)

| Group 【第一部份】 |      |                               |          |              |       |         |          |
|--------------|------|-------------------------------|----------|--------------|-------|---------|----------|
| #            | Name | Label                         | Type     | Format       | Valid | Invalid | Question |
| 1            | a_1  | 工作時間經常影響我參與休閒活動               | discrete | numeric-12.0 | 363   | 0       | -        |
| 2            | a_2  | 當我需要休閒的時候，卻常必須加班              | discrete | numeric-12.0 | 363   | 0       | -        |
| 3            | a_4  | 工作會佔用到我的週末和假期時間               | discrete | numeric-12.0 | 363   | 0       | -        |
| 4            | a_5  | 即使在晚上的自由時間，我通常還在工作            | discrete | numeric-12.0 | 363   | 0       | -        |
| 5            | a_6  | 因為公司的緊急任務，使我常在最後時刻改變原有的休閒計畫   | discrete | numeric-12.0 | 363   | 0       | -        |
| 6            | a_7  | 當我與友伴一起從事休閒時，仍然會掛念著工作         | discrete | numeric-12.0 | 363   | 0       | -        |
| 7            | a_8  | 遇到工作挫折後，我經常會在休閒時感到脾氣暴躁        | discrete | numeric-12.0 | 363   | 0       | -        |
| 8            | a_9  | 下班後，我經常過於疲倦，而無法從事其他自由活動       | discrete | numeric-12.0 | 363   | 0       | -        |
| 9            | a_10 | 工作常常佔據我的自由時間，使我的身體及精神變差       | discrete | numeric-12.0 | 363   | 0       | -        |
| 10           | a_11 | 遇到工作挫折後，我會無法專注於休閒活動           | discrete | numeric-12.0 | 363   | 0       | -        |
| 11           | a_12 | 因為過度擔心工作，以至於干擾到我的休閒活動         | discrete | numeric-12.0 | 363   | 0       | -        |
| 12           | a_13 | 因為工作環境讓我感到緊張和焦慮，即使休閒也達不到放鬆的效果 | discrete | numeric-12.0 | 363   | 0       | -        |
| 13           | a_14 | 因為工作環境的影響，使我在休閒時容易遷怒於他人       | discrete | numeric-12.0 | 363   | 0       | -        |
| 14           | a_15 | 因為工作性質的關係，使得我從事休閒活動受到阻礙       | discrete | numeric-12.0 | 363   | 0       | -        |
| 15           | a_16 | 因為過度投入工作，讓我從事休閒時難有表現          | discrete | numeric-12.0 | 363   | 0       | -        |

| Group 【第二部份】 |      |                           |          |              |       |         |          |
|--------------|------|---------------------------|----------|--------------|-------|---------|----------|
| #            | Name | Label                     | Type     | Format       | Valid | Invalid | Question |
| 1            | b_1  | 休閒會佔用到我日常的工作時間            | discrete | numeric-12.0 | 363   | 0       | -        |
| 2            | b_2  | 我在休閒活動所投入的時間，常會影響到我的工作    | discrete | numeric-12.0 | 363   | 0       | -        |
| 3            | b_3  | 加入休閒團體，而引起的壓力與問題，使我難以專注工作 | discrete | numeric-12.0 | 363   | 0       | -        |

| # | Name | Label                      | Type     | Format       | Valid | Invalid | Question |
|---|------|----------------------------|----------|--------------|-------|---------|----------|
| 4 | b_4  | 休閒之後，我經常過於疲倦，而無法從事工作       | discrete | numeric-12.0 | 363   | 0       | -        |
| 5 | b_5  | 我對休閒的需求很大，使我在工作上容易分心       | discrete | numeric-12.0 | 363   | 0       | -        |
| 6 | b_6  | 從事休閒所衍生的責任與壓力，使我在工作上難以專心   | discrete | numeric-12.0 | 363   | 0       | -        |
| 7 | b_7  | 因為持續不斷的從事休閒，使我在工作上的行為難以被接受 | discrete | numeric-12.0 | 363   | 0       | -        |
| 8 | b_8  | 因為過度投入休閒活動，使我難以做好工作        | discrete | numeric-12.0 | 363   | 0       | -        |

**Group 【第三部份】**

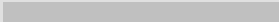
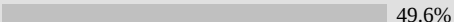
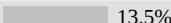
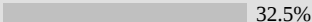
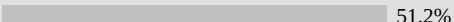
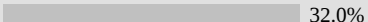
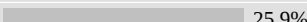
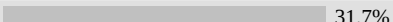
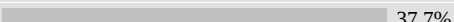
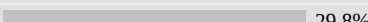
| #  | Name | Label                  | Type     | Format       | Valid | Invalid | Question |
|----|------|------------------------|----------|--------------|-------|---------|----------|
| 1  | c_1  | 整體而言，我滿意我的工作           | discrete | numeric-12.0 | 363   | 0       | -        |
| 2  | c_2  | 一般來說，我喜歡在這裡工作          | discrete | numeric-12.0 | 363   | 0       | -        |
| 3  | c_3  | 一般來說，我不喜歡我的工作(R)       | discrete | numeric-12.0 | 363   | 0       | -        |
| 4  | c_4  | 最近，我在工作後及渡假時的休閒時光是有品質的 | discrete | numeric-12.0 | 363   | 0       | -        |
| 5  | c_5  | 我在任何時間及地點，都知道如何享受休閒時光  | discrete | numeric-12.0 | 363   | 0       | -        |
| 6  | c_6  | 大致而言，我的休閒时光是快樂且有品質的    | discrete | numeric-12.0 | 363   | 0       | -        |
| 7  | c_7  | 最近的生活讓我感到幸福無比          | discrete | numeric-12.0 | 363   | 0       | -        |
| 8  | c_8  | 最近我對於某些事物，感到特別興奮或有趣    | discrete | numeric-12.0 | 363   | 0       | -        |
| 9  | c_9  | 當我完成某些事情，我會引以為傲        | discrete | numeric-12.0 | 363   | 0       | -        |
| 10 | c_10 | 當我完成某些事情，我會引以為傲        | discrete | numeric-12.0 | 363   | 0       | -        |
| 11 | c_11 | 最近的生活大多如我所願            | discrete | numeric-12.0 | 363   | 0       | -        |

**Group 【第六部份】**

| # | Name     | Label | Type     | Format       | Valid | Invalid | Question |
|---|----------|-------|----------|--------------|-------|---------|----------|
| 1 | Gender   | 性別    | discrete | numeric-12.0 | 363   | 0       | -        |
| 2 | Birth    | 出生年份  | discrete | numeric-12.0 | 363   | 0       | -        |
| 3 | Age      | 年齡    | discrete | numeric-12.0 | 363   | 0       | -        |
| 4 | Marry    | 婚姻狀況  | discrete | numeric-12.0 | 363   | 0       | -        |
| 5 | Edu      | 教育程度  | discrete | numeric-12.0 | 363   | 0       | -        |
| 6 | Industry | 產業    | discrete | numeric-12.0 | 363   | 0       | -        |
| 7 | Position | 職務    | discrete | numeric-12.0 | 363   | 0       | -        |
| 8 | Tenure   | 工作年資  | discrete | numeric-12.0 | 363   | 0       | -        |

# Variables Description

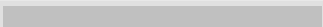
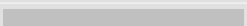
Dataset contains 42 variable(s)

|                                                                                                                                                                    |              |                                                            |                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <b>File : data</b>                                                                                                                                                 |              |                                                            |                                                                                             |
| # <b>a_1:</b> 工作時間經常影響我參與休閒活動                                                                                                                                      |              |                                                            |                                                                                             |
| <b>Information</b>                                                                                                                                                 |              | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |                                                                                             |
| <b>Statistics [NW/ W]</b>                                                                                                                                          |              | [Valid=363 /-] [Invalid=0 /-]                              |                                                                                             |
| <b>Value</b>                                                                                                                                                       | <b>Label</b> | <b>Cases</b>                                               | <b>Percentage</b>                                                                           |
| 1                                                                                                                                                                  | 非常不同意        | 0                                                          |                                                                                             |
| 2                                                                                                                                                                  |              | 130                                                        |  35.8%   |
| 3                                                                                                                                                                  |              | 180                                                        |  49.6%   |
| 4                                                                                                                                                                  |              | 49                                                         |  13.5%   |
| 5                                                                                                                                                                  | 非常同意         | 4                                                          |  1.1%    |
| <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> |              |                                                            |                                                                                             |
| # <b>a_2:</b> 當我需要休閒的時候，卻常必須加班                                                                                                                                     |              |                                                            |                                                                                             |
| <b>Information</b>                                                                                                                                                 |              | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |                                                                                             |
| <b>Statistics [NW/ W]</b>                                                                                                                                          |              | [Valid=363 /-] [Invalid=0 /-]                              |                                                                                             |
| <b>Value</b>                                                                                                                                                       | <b>Label</b> | <b>Cases</b>                                               | <b>Percentage</b>                                                                           |
| 1                                                                                                                                                                  | 非常不同意        | 1                                                          |  0.3%    |
| 2                                                                                                                                                                  |              | 118                                                        |  32.5%   |
| 3                                                                                                                                                                  |              | 186                                                        |  51.2%   |
| 4                                                                                                                                                                  |              | 57                                                         |  15.7%   |
| 5                                                                                                                                                                  | 非常同意         | 1                                                          |  0.3%    |
| <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> |              |                                                            |                                                                                             |
| # <b>a_4:</b> 工作會佔用到我的週末和假期時間                                                                                                                                      |              |                                                            |                                                                                             |
| <b>Information</b>                                                                                                                                                 |              | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |                                                                                             |
| <b>Statistics [NW/ W]</b>                                                                                                                                          |              | [Valid=363 /-] [Invalid=0 /-]                              |                                                                                             |
| <b>Value</b>                                                                                                                                                       | <b>Label</b> | <b>Cases</b>                                               | <b>Percentage</b>                                                                           |
| 1                                                                                                                                                                  | 非常不同意        | 0                                                          |                                                                                             |
| 2                                                                                                                                                                  |              | 116                                                        |  32.0% |
| 3                                                                                                                                                                  |              | 150                                                        |  41.3% |
| 4                                                                                                                                                                  |              | 94                                                         |  25.9% |
| 5                                                                                                                                                                  | 非常同意         | 3                                                          |  0.8%  |
| <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> |              |                                                            |                                                                                             |
| # <b>a_5:</b> 即使在晚上的自由時間，我通常還在工作                                                                                                                                   |              |                                                            |                                                                                             |
| <b>Information</b>                                                                                                                                                 |              | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |                                                                                             |
| <b>Statistics [NW/ W]</b>                                                                                                                                          |              | [Valid=363 /-] [Invalid=0 /-]                              |                                                                                             |
| <b>Value</b>                                                                                                                                                       | <b>Label</b> | <b>Cases</b>                                               | <b>Percentage</b>                                                                           |
| 1                                                                                                                                                                  | 非常不同意        | 1                                                          |  0.3%  |
| 2                                                                                                                                                                  |              | 115                                                        |  31.7% |
| 3                                                                                                                                                                  |              | 137                                                        |  37.7% |
| 4                                                                                                                                                                  |              | 108                                                        |  29.8% |
| 5                                                                                                                                                                  | 非常同意         | 2                                                          |  0.6%  |
| <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> |              |                                                            |                                                                                             |
| # <b>a_6:</b> 因為公司的緊急任務，使我常在最後時刻改變原有的休閒計畫                                                                                                                          |              |                                                            |                                                                                             |
| <b>Information</b>                                                                                                                                                 |              | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |                                                                                             |

## File : data

# **a\_6**: 因為公司的緊急任務，使我常在最後時刻改變原有的休閒計畫

Statistics [NW/ W] [Valid=363 /-] [Invalid=0 /-]

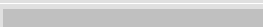
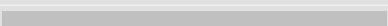
| Value | Label | Cases | Percentage                                                                                |
|-------|-------|-------|-------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 0     |                                                                                           |
| 2     |       | 122   |  33.6% |
| 3     |       | 147   |  40.5% |
| 4     |       | 92    |  25.3% |
| 5     | 非常同意  | 2     |  0.6%  |

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.

# **a\_7**: 當我與友人一起從事休閒時，仍然會掛念著工作

Information [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=\*]

Statistics [NW/ W] [Valid=363 /-] [Invalid=0 /-]

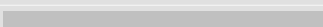
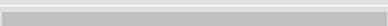
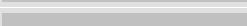
| Value | Label | Cases | Percentage                                                                                |
|-------|-------|-------|-------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 1     |  0.3%  |
| 2     |       | 113   |  31.1% |
| 3     |       | 165   |  45.5% |
| 4     |       | 82    |  22.6% |
| 5     | 非常同意  | 2     |  0.6%  |

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.

# **a\_8**: 遇到工作挫折後，我經常會在休閒時感到脾氣暴躁

Information [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=\*]

Statistics [NW/ W] [Valid=363 /-] [Invalid=0 /-]

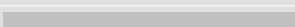
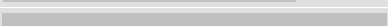
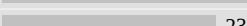
| Value | Label | Cases | Percentage                                                                                  |
|-------|-------|-------|---------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 1     |  0.3%  |
| 2     |       | 131   |  36.1% |
| 3     |       | 138   |  38.0% |
| 4     |       | 92    |  25.3% |
| 5     | 非常同意  | 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.

# **a\_9**: 下班後，我經常過於疲倦，而無法從事其他自由活動

Information [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=\*]

Statistics [NW/ W] [Valid=363 /-] [Invalid=0 /-]

| Value | Label | Cases | Percentage                                                                                  |
|-------|-------|-------|---------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 3     |  0.8%  |
| 2     |       | 118   |  32.5% |
| 3     |       | 155   |  42.7% |
| 4     |       | 86    |  23.7% |
| 5     | 非常同意  | 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.

# **a\_10**: 工作常常佔據我的自由時間，使我的身體及精神變差

Information [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=\*]

Statistics [NW/ W] [Valid=363 /-] [Invalid=0 /-]

## File : data

# **a\_10:** 工作常常佔據我的自由時間，使我的身體及精神變差

| Value | Label | Cases | Percentage |
|-------|-------|-------|------------|
| 1     | 非常不同意 | 2     | 0.6%       |
| 2     |       | 131   | 36.1%      |
| 3     |       | 155   | 42.7%      |
| 4     |       | 71    | 19.6%      |
| 5     | 非常同意  | 4     | 1.1%       |

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.

# **a\_11:** 遇到工作挫折後，我會無法專注於休閒活動

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage |
|-------|-------|-------|------------|
| 1     | 非常不同意 | 1     | 0.3%       |
| 2     |       | 116   | 32.0%      |
| 3     |       | 161   | 44.4%      |
| 4     |       | 82    | 22.6%      |
| 5     | 非常同意  | 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.

# **a\_12:** 因為過度擔心工作，以至於干擾到我的休閒活動

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage |
|-------|-------|-------|------------|
| 1     | 非常不同意 | 5     | 1.4%       |
| 2     |       | 124   | 34.2%      |
| 3     |       | 140   | 38.6%      |
| 4     |       | 93    | 25.6%      |
| 5     | 非常同意  | 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.

# **a\_13:** 因為工作環境讓我感到緊張和焦慮，即使休閒也達不到放鬆的效果

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage |
|-------|-------|-------|------------|
| 1     | 非常不同意 | 2     | 0.6%       |
| 2     |       | 118   | 32.5%      |
| 3     |       | 156   | 43.0%      |
| 4     |       | 82    | 22.6%      |
| 5     | 非常同意  | 5     | 1.4%       |

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.

# **a\_14:** 因為工作環境的影響，使我在休閒時容易遷怒於他人

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

## File : data

# **a\_14:** 因為工作環境的影響，使我在休閒時容易遷怒於他人

| Value | Label | Cases | Percentage |
|-------|-------|-------|------------|
| 1     | 非常不同意 | 5     | 1.4%       |
| 2     |       | 124   | 34.2%      |
| 3     |       | 159   | 43.8%      |
| 4     |       | 72    | 19.8%      |
| 5     | 非常同意  | 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.

# **a\_15:** 因為工作性質的關係，使得我從事休閒活動受到阻礙

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage |
|-------|-------|-------|------------|
| 1     | 非常不同意 | 6     | 1.7%       |
| 2     |       | 123   | 33.9%      |
| 3     |       | 143   | 39.4%      |
| 4     |       | 86    | 23.7%      |
| 5     | 非常同意  | 5     | 1.4%       |

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.

# **a\_16:** 因為過度投入工作，讓我從事休閒時難有表現

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage |
|-------|-------|-------|------------|
| 1     | 非常不同意 | 6     | 1.7%       |
| 2     |       | 124   | 34.2%      |
| 3     |       | 145   | 39.9%      |
| 4     |       | 78    | 21.5%      |
| 5     | 非常同意  | 10    | 2.8%       |

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.

# **b\_1:** 休閒會佔用到我日常的工作時間

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage |
|-------|-------|-------|------------|
| 1     | 非常不同意 | 8     | 2.2%       |
| 2     |       | 309   | 85.1%      |
| 3     |       | 41    | 11.3%      |
| 4     |       | 5     | 1.4%       |
| 5     | 非常同意  | 0     |            |

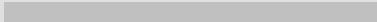
Warning: these figures indicate the number of cases found in the data file. They cannot be interpreted as summary statistics of the population of interest.

# **b\_2:** 我在休閒活動所投入的時間，常會影響到我的工作

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

## File : data

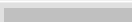
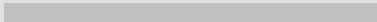
### # b\_2: 我在休閒活動所投入的時間，常會影響到我的工作

| Value | Label | Cases | Percentage                                                                                |
|-------|-------|-------|-------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 22    |  6.1%  |
| 2     |       | 312   |  86.0% |
| 3     |       | 28    |  7.7%  |
| 4     |       | 1     |  0.3%  |
| 5     | 非常同意  | 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.

### # b\_3: 加入休閒團體，而引起的壓力與問題，使我難以專注工作

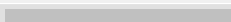
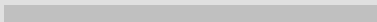
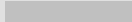
|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                                                                                |
|-------|-------|-------|-------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 75    |  20.7% |
| 2     |       | 207   |  57.0% |
| 3     |       | 76    |  20.9% |
| 4     |       | 5     |  1.4%  |
| 5     | 非常同意  | 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.

### # b\_4: 休閒之後，我經常過於疲倦，而無法從事工作

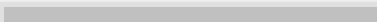
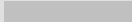
|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                                                                                  |
|-------|-------|-------|---------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 109   |  30.0% |
| 2     |       | 182   |  50.1% |
| 3     |       | 70    |  19.3% |
| 4     |       | 2     |  0.6%  |
| 5     | 非常同意  | 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.

### # b\_5: 我對休閒的需求很大，使我在工作上容易分心

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                                                                                  |
|-------|-------|-------|---------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 105   |  28.9% |
| 2     |       | 192   |  52.9% |
| 3     |       | 66    |  18.2% |
| 5     | 非常同意  | 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.

### # b\_6: 從事休閒所衍生的責任與壓力，使我在工作上難以專心

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                                                                                  |
|-------|-------|-------|---------------------------------------------------------------------------------------------|
| 1     | 非常不同意 | 105   |  28.9% |

## File : data

# **b\_6**: 從事休閒所衍生的責任與壓力，使我在工作上難以專心

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 2     |       | 195   | <div><div></div></div> 53.7% |
| 3     |       | 60    | <div><div></div></div> 16.5% |
| 4     |       | 3     | <div><div></div></div> 0.8%  |
| 5     | 非常同意  | 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.*

# **b\_7**: 因為持續不斷的從事休閒，使我在工作上的行為難以被接受

|                           |                                                            |
|---------------------------|------------------------------------------------------------|
| <b>Information</b>        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| <b>Statistics [NW/ W]</b> | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 1     | 非常不同意 | 106   | <div><div></div></div> 29.2% |
| 2     |       | 211   | <div><div></div></div> 58.1% |
| 3     |       | 45    | <div><div></div></div> 12.4% |
| 4     |       | 1     | <div><div></div></div> 0.3%  |
| 5     | 非常同意  | 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.*

# **b\_8**: 因為過度投入休閒活動，使我難以做好工作

|                           |                                                            |
|---------------------------|------------------------------------------------------------|
| <b>Information</b>        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| <b>Statistics [NW/ W]</b> | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 1     | 非常不同意 | 89    | <div><div></div></div> 24.5% |
| 2     |       | 210   | <div><div></div></div> 57.9% |
| 3     |       | 64    | <div><div></div></div> 17.6% |
| 5     | 非常同意  | 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.*

# **c\_1**: 整體而言，我滿意我的工作

|                           |                                                            |
|---------------------------|------------------------------------------------------------|
| <b>Information</b>        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| <b>Statistics [NW/ W]</b> | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 1     | 非常不同意 | 2     | <div><div></div></div> 0.6%  |
| 2     |       | 68    | <div><div></div></div> 18.7% |
| 3     |       | 99    | <div><div></div></div> 27.3% |
| 4     |       | 173   | <div><div></div></div> 47.7% |
| 5     | 非常同意  | 21    | <div><div></div></div> 5.8%  |

*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.*

# **c\_2**: 一般來說，我喜歡在這裡工作

|                           |                                                            |
|---------------------------|------------------------------------------------------------|
| <b>Information</b>        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| <b>Statistics [NW/ W]</b> | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 1     | 非常不同意 | 0     |                              |
| 2     |       | 56    | <div><div></div></div> 15.4% |
| 3     |       | 150   | <div><div></div></div> 41.3% |

|                                                                                                                                                             |                                                            |              |                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|--------------|-------------------|
| <b>File : data</b>                                                                                                                                          |                                                            |              |                   |
| # c_2: 一般來說，我喜歡在這裡工作                                                                                                                                        |                                                            |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 4                                                                                                                                                           |                                                            | 133          | <div></div> 36.6% |
| 5                                                                                                                                                           | 非常同意                                                       | 24           | <div></div> 6.6%  |
| 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. |                                                            |              |                   |
| # c_3: 一般來說，我不喜歡我的工作(R)                                                                                                                                     |                                                            |              |                   |
| <b>Information</b>                                                                                                                                          | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |              |                   |
| <b>Statistics [NW/ W]</b>                                                                                                                                   | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 非常不同意                                                      | 0            |                   |
| 2                                                                                                                                                           |                                                            | 54           | <div></div> 14.9% |
| 3                                                                                                                                                           |                                                            | 141          | <div></div> 38.8% |
| 4                                                                                                                                                           |                                                            | 132          | <div></div> 36.4% |
| 5                                                                                                                                                           | 非常同意                                                       | 36           | <div></div> 9.9%  |
| 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. |                                                            |              |                   |
| # c_4: 最近，我在工作後及渡假時的休閒時光是有品質的                                                                                                                               |                                                            |              |                   |
| <b>Information</b>                                                                                                                                          | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |              |                   |
| <b>Statistics [NW/ W]</b>                                                                                                                                   | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 非常不同意                                                      | 0            |                   |
| 2                                                                                                                                                           |                                                            | 86           | <div></div> 23.7% |
| 3                                                                                                                                                           |                                                            | 124          | <div></div> 34.2% |
| 4                                                                                                                                                           |                                                            | 152          | <div></div> 41.9% |
| 5                                                                                                                                                           | 非常同意                                                       | 1            | <div></div> 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. |                                                            |              |                   |
| # c_5: 我在任何時間及地點，都知道如何享受休閒時光                                                                                                                                |                                                            |              |                   |
| <b>Information</b>                                                                                                                                          | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |              |                   |
| <b>Statistics [NW/ W]</b>                                                                                                                                   | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 非常不同意                                                      | 0            |                   |
| 2                                                                                                                                                           |                                                            | 74           | <div></div> 20.4% |
| 3                                                                                                                                                           |                                                            | 160          | <div></div> 44.1% |
| 4                                                                                                                                                           |                                                            | 124          | <div></div> 34.2% |
| 5                                                                                                                                                           | 非常同意                                                       | 5            | <div></div> 1.4%  |
| 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. |                                                            |              |                   |
| # c_6: 大致而言，我的休閒時光是快樂且有品質的                                                                                                                                  |                                                            |              |                   |
| <b>Information</b>                                                                                                                                          | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |              |                   |
| <b>Statistics [NW/ W]</b>                                                                                                                                   | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 非常不同意                                                      | 1            | <div></div> 0.3%  |
| 2                                                                                                                                                           |                                                            | 52           | <div></div> 14.3% |
| 3                                                                                                                                                           |                                                            | 169          | <div></div> 46.6% |
| 4                                                                                                                                                           |                                                            | 101          | <div></div> 27.8% |

## File : data

# c\_6: 大致而言，我的休閒時光是快樂且有品質的

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 5     | 非常同意  | 40    | <div><div></div></div> 11.0% |

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.

# c\_7: 最近的生活讓我感到幸福無比

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 1     | 非常不同意 | 0     |                              |
| 2     |       | 67    | <div><div></div></div> 18.5% |
| 3     |       | 176   | <div><div></div></div> 48.5% |
| 4     |       | 115   | <div><div></div></div> 31.7% |
| 5     | 非常同意  | 5     | <div><div></div></div> 1.4%  |

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.

# c\_8: 最近我對於某些事物，感到特別興奮或有趣

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 1     | 非常不同意 | 0     |                              |
| 2     |       | 76    | <div><div></div></div> 20.9% |
| 3     |       | 175   | <div><div></div></div> 48.2% |
| 4     |       | 109   | <div><div></div></div> 30.0% |
| 5     | 非常同意  | 3     | <div><div></div></div> 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.

# c\_9: 當我完成某些事情，我會引以為傲

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 1     | 非常不同意 | 0     |                              |
| 2     |       | 57    | <div><div></div></div> 15.7% |
| 3     |       | 189   | <div><div></div></div> 52.1% |
| 4     |       | 109   | <div><div></div></div> 30.0% |
| 5     | 非常同意  | 8     | <div><div></div></div> 2.2%  |

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.

# c\_10: 當我完成某些事情，我會引以為傲

|                    |                                                            |
|--------------------|------------------------------------------------------------|
| Information        | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |
| Statistics [NW/ W] | [Valid=363 /-] [Invalid=0 /-]                              |

| Value | Label | Cases | Percentage                   |
|-------|-------|-------|------------------------------|
| 1     | 非常不同意 | 1     | <div><div></div></div> 0.3%  |
| 2     |       | 72    | <div><div></div></div> 19.8% |
| 3     |       | 178   | <div><div></div></div> 49.0% |
| 4     |       | 105   | <div><div></div></div> 28.9% |
| 5     | 非常同意  | 7     | <div><div></div></div> 1.9%  |

|                                                                                                                                                             |                                                            |              |                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|--------------|-------------------|
| <b>File : data</b>                                                                                                                                          |                                                            |              |                   |
| # <b>c_10:</b> 當我完成某些事情，我會引以為傲                                                                                                                              |                                                            |              |                   |
| 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. |                                                            |              |                   |
| # <b>c_11:</b> 最近的生活大多如我所願                                                                                                                                  |                                                            |              |                   |
| Information                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-5] [Missing=*] |              |                   |
| Statistics [NW/ W]                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 非常不同意                                                      | 0            |                   |
| 2                                                                                                                                                           |                                                            | 67           | <div></div> 18.5% |
| 3                                                                                                                                                           |                                                            | 161          | <div></div> 44.4% |
| 4                                                                                                                                                           |                                                            | 124          | <div></div> 34.2% |
| 5                                                                                                                                                           | 非常同意                                                       | 11           | <div></div> 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. |                                                            |              |                   |
| # <b>Gender:</b> 性別                                                                                                                                         |                                                            |              |                   |
| Information                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-2] [Missing=*] |              |                   |
| Statistics [NW/ W]                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 男                                                          | 153          | <div></div> 42.1% |
| 2                                                                                                                                                           | 女                                                          | 210          | <div></div> 57.9% |
| 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. |                                                            |              |                   |
| # <b>Birth:</b> 出生年份                                                                                                                                        |                                                            |              |                   |
| Information                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-3] [Missing=*] |              |                   |
| Statistics [NW/ W]                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 民國30~49年                                                   | 48           | <div></div> 13.2% |
| 2                                                                                                                                                           | 民國50~69年                                                   | 219          | <div></div> 60.3% |
| 3                                                                                                                                                           | 民國70~89年                                                   | 96           | <div></div> 26.4% |
| 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. |                                                            |              |                   |
| # <b>Age:</b> 年齡                                                                                                                                            |                                                            |              |                   |
| Information                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-4] [Missing=*] |              |                   |
| Statistics [NW/ W]                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 30歲(含)以下                                                   | 68           | <div></div> 18.7% |
| 2                                                                                                                                                           | 31~40歲                                                     | 117          | <div></div> 32.2% |
| 3                                                                                                                                                           | 41~50歲                                                     | 130          | <div></div> 35.8% |
| 4                                                                                                                                                           | 51歲(含)以上                                                   | 48           | <div></div> 13.2% |
| 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. |                                                            |              |                   |
| # <b>Marry:</b> 婚姻狀況                                                                                                                                        |                                                            |              |                   |
| Information                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-3] [Missing=*] |              |                   |
| Statistics [NW/ W]                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                           | 單身                                                         | 105          | <div></div> 28.9% |
| 2                                                                                                                                                           | 已婚，無小孩                                                     | 121          | <div></div> 33.3% |

|                                                                                                                                                                    |                                                            |              |                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|--------------|-------------------|
| <b>File : data</b>                                                                                                                                                 |                                                            |              |                   |
| # <b>Marry:</b> 婚姻狀況                                                                                                                                               |                                                            |              |                   |
| <b>Value</b>                                                                                                                                                       | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 3                                                                                                                                                                  | 已婚, 有小孩                                                    | 137          | 37.7%             |
| <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> |                                                            |              |                   |
| # <b>Edu:</b> 教育程度                                                                                                                                                 |                                                            |              |                   |
| <b>Information</b>                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-4] [Missing=*] |              |                   |
| <b>Statistics [NW/ W]</b>                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                       | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                                  | 高中/職(含)以下                                                  | 24           | 6.6%              |
| 2                                                                                                                                                                  | 大學(專)                                                      | 239          | 65.8%             |
| 3                                                                                                                                                                  | 研究所(含)以上                                                   | 96           | 26.4%             |
| 4                                                                                                                                                                  |                                                            | 4            | 1.1%              |
| <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> |                                                            |              |                   |
| # <b>Industry:</b> 產業                                                                                                                                              |                                                            |              |                   |
| <b>Information</b>                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-4] [Missing=*] |              |                   |
| <b>Statistics [NW/ W]</b>                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                       | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                                  | 旅行社                                                        | 93           | 25.6%             |
| 2                                                                                                                                                                  | 旅館業                                                        | 120          | 33.1%             |
| 3                                                                                                                                                                  | 主題樂園                                                       | 97           | 26.7%             |
| 4                                                                                                                                                                  | 航空業                                                        | 53           | 14.6%             |
| <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> |                                                            |              |                   |
| # <b>Position:</b> 職務                                                                                                                                              |                                                            |              |                   |
| <b>Information</b>                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-4] [Missing=*] |              |                   |
| <b>Statistics [NW/ W]</b>                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                       | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                                  | 非主管                                                        | 127          | 35.0%             |
| 2                                                                                                                                                                  | 基層主管                                                       | 87           | 24.0%             |
| 3                                                                                                                                                                  | 中階主管                                                       | 114          | 31.4%             |
| 4                                                                                                                                                                  | 高階主管                                                       | 35           | 9.6%              |
| <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> |                                                            |              |                   |
| # <b>Tenure:</b> 工作年資                                                                                                                                              |                                                            |              |                   |
| <b>Information</b>                                                                                                                                                 | [Type= discrete] [Format=numeric] [Range= 1-6] [Missing=*] |              |                   |
| <b>Statistics [NW/ W]</b>                                                                                                                                          | [Valid=363 /-] [Invalid=0 /-]                              |              |                   |
| <b>Value</b>                                                                                                                                                       | <b>Label</b>                                               | <b>Cases</b> | <b>Percentage</b> |
| 1                                                                                                                                                                  | 未滿1年                                                       | 14           | 3.9%              |
| 2                                                                                                                                                                  | 1(含)~5年                                                    | 66           | 18.2%             |
| 3                                                                                                                                                                  | 5(含)~10年                                                   | 70           | 19.3%             |
| 4                                                                                                                                                                  | 10(含)~15年                                                  | 63           | 17.4%             |
| 5                                                                                                                                                                  | 16~20年                                                     | 99           | 27.3%             |
| 6                                                                                                                                                                  | 21年(含)以上                                                   | 51           | 14.0%             |
| <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> |                                                            |              |                   |