

我國優秀青少年羽球選手人格特質與運動傷害之調查研究

中文摘要

本研究的目的在調查我國優秀青少年羽球選手之(一)運動傷害的狀況，並探討其運動傷害的原因及其處理方式。(二)賴氏人格特質的分析。(三)就賴氏人格定型探討其與運動傷害狀況的相關分析。

以參加九十二年台灣區中等學校運動會，羽球項目各組晉入前八強之優秀青少年羽球選手共 278 名選手為研究對象，並以「我國優秀青少年羽球選手運動傷害調查」及「賴氏人格測驗」問卷為研究工具進行調查。將調查所得資料，以 SPSS for Windows 10.0 統計軟體進行相關分析，獲得以下結果：

(一) 運動傷害的狀況：

- 1、訓練狀況分析：平均每週練習次數 5.78 次，每次練習時間 3.70 小時，每週總練習時間 20 至 30 小時，熱身運動大約做 5 至 20 分鐘，緩和運動均有做。
- 2、運動傷害的調查分析：曾有傷害的經驗高達 95.3 %，部位以踝關節受傷最多，類型以肌肉拉傷最多，原因以熱身不夠受傷居多，以平時練習受傷的狀況居多，以偶而穿戴護具或貼紮且自己穿戴最多，傷害預防的知識主要來自教練，受傷會視傷勢且由自己決定判斷是否繼續參加比賽。
- 3、運動傷害的處理分析：最先求助教練，初期多以冰敷方式處理，後續治療則選擇中醫治療較多，但最常去復健專科診所，大多在一個月以內能回到球場參加練習，絕大部分的選手仍有舊傷後遺症困擾。

(二) 賴氏人格特質的分析：

- 1、賴氏人格內、外向調查分析：結果顯示我國優秀青少年羽球選手，在活動性、社會性、思考性適中，服從性及憂鬱性較強的傾向。
- 2、賴氏人格社會的適應性調查分析：結果顯示我國優秀青少年羽球選手，有客觀性較強，協調性適中，攻擊性不強的傾向。
- 3、賴氏人格情緒穩定的調查分析：結果顯示我國優秀青少年羽球選手，有抑鬱性、神經質較強，變異性較大，自卑感及誠實性適中的傾向。
- 4、賴氏人格定型調查分析：結果顯示我國優秀青少年羽球選手，以 C 型（內向，不好動，情緒穩定）所佔比例最多，依序為 B 型（外向，好動，易產生暴力行為），E 型（內向，不好動，情緒不穩定），D 型（外向，好動，社會適應性良好），A 型（中向，平凡）佔比例最少。

(三) 賴氏人格定型與運動傷害的相關分析：

- 1.賴氏人格定型與訓練情況分析：熱身運動以 C 型最徹底執行，緩和運動以 A 型執行最徹底。
- 2.賴氏人格定型與運動傷害調查分析：A 型運動傷害的經驗是 100.0%，一定有穿戴護具或貼紮，會視傷勢而定是否繼續參賽，B 型自行穿戴護具或貼紮最多，D 型傷害的知識主要來源為教練，自己判斷是否繼續參賽。
- 3.賴氏人格定型與運動傷害處理分析：A 型最先求助教練，處理方式為冰敷，最常去復健專科診所，E 型最常採取的中醫治療，在一個月內即參加練習最多，而 B 型以仍有後遺症最多。
- 4.賴氏人格定型與內、外向差異性考驗分析：D 型在活動性及領導性及憂鬱性最強，B 型在社會性及思考性最外向，而 C 型最內向，各項均已達顯著相關。
- 5.賴氏人格定型與社會適應性之差異性考驗：B 型在主觀性及攻擊性最強，C 型較客觀，協調性最佳為 E 型，各項均已達顯著相關。
- 6.賴氏人格定型與情緒穩定性之差異性考驗：E 型在抑鬱性及自卑感最強，變異性最強為 B 型，E 型在神經質及誠實性最強，各項均已達顯著相關。
- 7.賴氏人格定型與訓練情況之差異性考驗：熱身運動及緩和運動，各組間之差異性考驗均未達顯著相關。
- 8.賴氏人格定型與運動傷害調查之差異性考驗：運動傷害的經驗、是否穿戴護具或貼紮、誰幫您穿戴護具或貼紮、運動傷害知識主要來源、比賽受傷是否參賽，各組間之差異性考驗均未達顯著相關，由誰來判斷受傷是否參賽之差異性考驗，A 型 > B 型> C 型，已達顯著相關。
- 9.賴氏人格定型與運動傷害處理之差異性考驗：最先求助的人員、最先的處理方式、最常採取的治療方式、最常去的醫療場所、運動傷害後痊癒狀況，各組間之差異性考驗均未達顯著相關，發生運動傷害後延遲多久之差異性考驗 A 型 > E 型，已達顯著相關。

關鍵詞：優秀青少年、羽球、人格特質、運動傷害

The Study of Personality Trait and Sports Injuries of the Elite Juvenile Badminton Players in Taiwan

Abstract

The main purpose of this research were to investigate the elite juvenile badminton athletes in Taiwan on (1) the condition of sports injury, the study of causes and treatment of sports injury.,(2) the analysis were of Lai's personality traits, (3) the correlated analysis were between Lai's personality traits and the condition of sports injury.

278 badminton athletes who entered the quarterfinal in the 2003 secondary school sports game in Taiwan were chosen as the research participants and the "the investigation of sports injury of elite juvenile badminton players in Taiwan "and the " Lai's personality test questionnaire" were applied as the research tools. For the correlated analysis were, all the information data were processed by the statistics software of SPSS for Windows 10.0. The results were:

I. The condition of sports injury :

1. The analysis were of training condition: the average practice times were 5.78 times per week, 3.70 hours per practice time, total practice time were 20 to 30 hours per week, warm-up activity was about 5 to 20 minutes and the cool-down activities were done every time.
2. The research analysis of sports injury: the experiences of ever-suffered sports injury reached 95.3%. The ankle joints injured most frequently, the muscle strains were the commonest type, the reasons for sports injury were due to not enough warm-up activity, the sports injury mostly occur during the routine practice, most cases were athletes who wore sports protection gear once in a while and did the wearing by themselves, the athletes' knowledge about sports injury prevention were basically from the coaches and the athletes whether to take the game or not depending on the injury and they made the decision by themselves.
3. The analysis of sports injury treatment: the athletes tended to ask help to the coach. In the early period, injuries were treated with the ice. The Chinese medicine cares were mostly the following treatment which athletes would applied and the rehabilitation clinic were the places where the athletes often went to. Most athletes went back to the courts and tack training again within a month, however, for most of the athlete, they still suffered the side effect of old injuries.

II. Lai's personality traits analysis:

1. Lai's personality introvert and extravert investigation analysis: the result indicated that elite juvenile badminton players in Taiwan had a stronger tendency in activity, sociality, thinking ambiversion, obedience and depression.
2. Lai's personality social adaptability investigation analysis: the result indicated that elite juvenile badminton players in Taiwan had a tendency in stronger objectivity , moderate cooperativeness and weak aggressiveness
3. Lai's personality emotion stability investigation analysis: the result indicated that elite juvenile badminton players in Taiwan had a tendency in depression, and stronger nervousness, cyclic tendency, moderate inferiority feeling and honesty.
4. Lai's personality type investigation analysis: the result indicated that elite juvenile badminton players in Taiwan, the order and population distribution of personality type were, type C > type B > type E > type D > type A.

III. The analysis of Lai's personality traits and the condition of sports injury

1. Lai's personality type and training condition analysis: type C players carried warm up activity out all the way and type A do the cool down activity thoroughly.
2. Lai's personality type and sports injury investigation analysis type A experienced the sports injury to the degree of 100%, always wore protection gear or paste and binding, joined the game depending on the injury; type B wore protection gear or paste and binding on their own; type D obtained their sports injury knowledge mainly from the coaches and decide to participate the game or not on their own.
3. Lai's personality type and sports injury investigation analysis: type A asked help firstly to the coach, deal their injury with ice treatment and went to the rehabilitation clinic most of the time; type E applied mostly Chinese medical treatment and back to the practice within a month; B type suffered the side effect mostly.
4. Lai's personality type and introvert and extravert difference test analysis: type D was the strongest in activity, leadership and depression; type B were mostly extravert in sociality and thinking; type C was the mostly introvert; each item reached significantly correlated.
5. There difference test of Lai's personality type and social adaptability: type B was strongest in subjectivity and aggressiveness; type C was more objective; type E was the best in coordination; each item reached significantly correlated.

6. The difference test of Lai's personality type and emotional stability: type E was strongest in depression and inferiority feeling; the strongest cyclic tendency was type B; type E was strongest in nervousness and honesty; each item reached significantly correlated.
7. The difference test of Lai's personality type and training condition: the difference test of warm up and cool down activity reached non-significantly correlated.
8. The difference test of Lai's personality type and sports injury investigation: the experiences of sports injury, whether to wore protection gears or pasting and binding, who helped to do the wearing, pasting and binding, the main resource of sports injury knowledge, join the game or not when injured, the difference test among groups reached non significant; the difference test on who judged to join the game or not when injured, type A > type B > type C, reached significantly correlated.
9. The difference test of Lai's personality type and sports injury treatment: First person they ask for, first method they apply, the mostly frequent treatment they use, the frequently visited clinic, the recovering condition after sports injury, each item reached non-significantly correlated. The difference test of time for delay after the sports injury, type A > type E, reached significantly correlated.

Key words: elite juvenile teenagers, badminton, personality traits, sports injury