

# 肥胖學童對運動及提升運動的看法－以運動階段為準備期 之學童為例

## Perceptions of Exercise and Exercise Promoting Strategies among Obese Children in the Preparation Stage of Exercise

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### 摘要

本研究旨在了解運動階段為準備期之肥胖學童的運動經驗和觀點，以及其對提升運動的看法。以臺北市某國小六年級學童共 441 名為研究對象，以運動階段量表及配合年齡、性別的 BMI 值，篩選處於準備期的肥胖學童參與焦點團體訪談，共有 20 名符合條件，最後有 17 名（男生 10 人、女生 7 人）參與兩場焦點團體訪談。結果發現這群學生能夠從運動中體察一些變化，包括身體反應與改變、心理感受與改變、社會感受與改變、主動關切運動、運動的多元體驗等。可以讓肥胖學童養成規律運動習慣的策略和方法包括個體自我改變和尋求運動社會支持。建議重視這群學童的運動感受和提升運動的看法，以協助培養規律運動行為。

### Abstract

This study aimed to understand the experiences and perceptions of exercise and promoting exercise among obese children in the preparation stage of exercise. The subjects were 441 sixth graders (12 year-old) at a school in Taipei city. Based on the stages of exercise and BMI values for age and sex, 20 obese children in the preparation stage of exercise were selected for focus group discussion, and 17 (10 boys and 7 girls) of them actually participated. It has turned out that the subjects could sense from exercising changes of themselves, including reactions and changes of the body, psychological sensations and changes, social sentiments and changes, becoming interested in exercise, as well as various kinds of exercise experience. The methods for obese children to cultivate the habits of exercise on a regular basis include self improvement and social support. It is thus recommended to help the obese children cultivate the habits of exercise on a regular basis by paying much attention to the perceptions of exercise and promoting exercise of these children concerned.