

個人與社會責任模式融入體育教學對國小學生人際關係之影響

摘要

本研究旨在探討個人與社會責任模式(TPSR)融入體育教學對於國小高年級學生在人際關係上之影響。研究參與者為臺北市某國小五年級四個班級的學生，二班為實驗組，二班為控制組，實施12週，24節，每節40分鐘（共960分鐘）。於實施個人與社會責任模式（TPSR）教學前後進行人際關係問卷填答。將所得數據資料整理經統計分析後，獲得以下結果：學生在經過個人與社會責任模式教學後在朋友關係與師長關係有較佳的表現。

關鍵詞：TPSR、朋友關係、師長關係、體育課

Teaching Personal and Social Responsibility in Elementary PE Classes: Implications for Interpersonal Relationship

Abstract

The present study aims to investigate the influence of the Teaching Personal and Social Responsibility (henceforth referred to as TPSR) model as applied in a PE setting on the interpersonal relationship of fifth- and sixth-graders. The participants consist of four classes of fifth-graders, with two classes as the control groups and the others as the experimental groups. A total of 24 TPSR-based lessons spanned 12 weeks, with each lesson lasting forty minutes (960minutes in total). Questionnaires were administered before and after each lesson to find out about the students' interpersonal relationship. The data reveal in statistical terms that TPSR contributed to a significant improvement in their relationship with their friends and teachers.

Keywords: TSPR, relationship with friends and teachers, PE class