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简式 POMS量表对体育锻炼女大学生心境状态的适用性评价

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摘要: 采用 POMS量表调查了120名女大学生心境状态。二年级大学生紧张得分显著高于一年级, 三年级大学生紧张得分显著低于二年级; 愤怒得分的变化与紧张具有相同的规律, 并且具有年龄特点, 即 21 岁年龄阶段疲劳得分显著高于18 - 20岁阶段; 二年级学生 TMD得分明显高于一年级学生。结构模型中积极情绪与消极情绪估计在女大学生群体中的得分虽然有负向趋势, 但不显著; 度量模型中在消极情绪潜在变量方面, 疲劳贡献最大, 其次为抑郁、愤怒和慌乱, 在积极情绪潜在变量方面, 在精力分量表得分估计固定情况下, 自尊估计值不显著。在女大学生进行体育锻炼时有些分量表得分有分离现象, 有必要深入研究。

关键词: 体育锻炼; 女大学生; POMS; 积极情绪; 消极情绪

Applicability of POMS on Female College Students During Physical Entertainment

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Abstract: This work examined the mood state of 120 female college students using POMS scale. Significant higher tension in second grade compared with freshman and lower in third grade compared with second grade were found and similar trend revealed in anger. It was showed that age characteristic in fatigue was brought out, in particular 21 year phase higher than 18 - 20 year phase; there were also higher score of TMD in second grade than freshman. There were none significant negative trend of correlation between positive mood and negative mood in structural model; and in measurement model, when tension was fixed, fatigue, depression, anger and fluster significantly contributed to negative mood, and while vigor was fixed, self-esteem had no contribution on positive mood. In conclusion, the separate phenomenon exist in certain POMS' dimensions for physical entertainment of female students in college, additional explanatory factors are yet to be determined.

Key Words: Physical Entertainment; Female College Students; POMS; Positive Mood; Negative Mood

[\(文章全文 PDF\)](#)

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