

# 休閒利益三因素模式

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【摘要】從功能主義的觀點，休閒參與對於個人或社會必須扮演某些功能或帶來某些利益，那麼休閒存在的價值才能獲得肯定。許多研究已經陸續探討發現，參與休閒活動可以為個人或社會帶來多方面的好處，本文旨在透過文獻探討與分析，歸納整合出一套有系統的模式，以期促進我們了解參與休閒活動可以為個人帶來的利益。這個模式包含三類休閒利益的因素，分別是：均衡生活體驗、健全生活內涵以及提昇生命品質。這三類因素彼此互相關聯，也可以單獨促進休閒利益。該模式可以提供後續研究與應用的參考，用來了解或引導個人從休閒參與中獲得利益，也可以做為規劃休閒服務的指南。

【關鍵詞】休閒利益、生活體驗、生活內涵、生命品質

## A Three-factor Model of Leisure Benefits

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【 Abstract 】 According to the viewpoints of functionalism, leisure should be capable of playing some functions or bringing some benefits to individuals or society for its existence. A lot of efforts have been conducted to explore the benefits individuals could attain from leisure pursuits. This article was aimed to propose a three-factor model of leisure benefits, which was induced and integrated from related research findings. These three factors are balance of living experiences, promotion of wellness lifestyle, and enhancement of quality of life. Each of three factors could be sufficient to benefit leisure participants, while factors might be correlated to each other. This model is useful for understanding and guiding individuals to benefit from leisure participation. For leisure service providers, this model can be employed to design the services which service providers would like to deliver.

【 Key Words 】 Leisure benefits 、 Living experiences 、 Wellness lifestyle 、 Quality of life

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