

A Study on the Flow Experience of the University Students Who Play Table Tennis-A Case Study of the Students at National Chung Hsing University

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Abstract

The purpose of this study was to investigate the university students' flow experience in playing table tennis. The subjects of this research were 273 students, who took the course of table tennis at National Chung Hsing University (NCHU). The "Flow State Scale" (FSS) was adopted in the research to measure the subjects' flow experience. The data were analyzed by descriptive statistics, independent t-test and one-way ANOVA . Five results were found in this study: (1) the male students had higher flow state than the female students, (2) the students of the advanced level in table tennis skill had higher flow state than those of the basic level, (3) those students who played table tennis at their free time had higher flow state than those who did not, (4) those students who had taken the course of table tennis three times had higher flow state of "Autotelic experience" than those who had taken the same course two times, (5) the students who had taken the course of table tennis three times or more were found to have higher flow state of "Clear goal" than those students who had taken just once.

Key words: table tennis course, flow state.