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Exploring Feel and Motivation with Recreational and Elite Mount Everest Climbers: An Ethnographic Study

娱乐性登山者和优秀珠穆朗玛峰登山者感受和动机的人种学研究

International Journal of Sport and Exercise Psychology, December 2010

Shaunna M. Burke, Natalie Durand-Bush, and Kelly Doell

Although a considerable amount of research provides insight into why people participate in high altitude mountaineering, it neglects to consider how climbers stay motivated and surmount the obstacles that are inherent in the activity when they perform on the mountain. Through this ethnographic study, we explored the multidimensional experience of feel and motivation of a small group of Mount Everest climbers (N = 4) as they scaled the mountain in order to shed light on factors that sustained their drive toward reaching their goals. The qualitative data collected via participant observation and multiple interviews was subjected to a content mode of analysis. Results revealed that the climbers' motivation was influenced by the various ways in which they felt on the mountain. Differences and similarities between the felt experiences of the recreational and elite climbers, and their ability to regulate how they felt through preparation and how they responded to obstacles in order to sustain their motivation, are discussed.

有很多研究探讨了人们参与登山运动的原因,但这些研究都没有考虑这些登山者如何保持他们的动机以及如何克服登山运动所固有的障碍。通过人种学研究,我们对4位优秀珠穆朗玛峰登山者的感受和动机进行了多维度分析,以探究他们一直维持登山动机,坚持自己目标的影响因素。我们通过观察和多次访谈收集了大量定性资料,并对这些资料进行了编码。结果表明登山者的动机受到他们对高山感受的多方面的影响。此外,我们还讨论了娱乐性登山者和优秀登山者感受经验的不同点和相同点,他们通过准备调整他们感受的能力以及他们如何对困难做出反应以维持他们的登山动机。

The Basic Psychological Needs in Exercise Scale: Translation and Evidence for Cross-Cultural Validity

锻炼基本心理需要量表的翻译及跨文化效度检验

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Symeon P. Vlachopoulos, Nikos Ntoumanis, and Alison L. Smith

The present study reports on the psychometric evaluation and cross-cultural validity of the Basic Psychological Needs in Exercise Scale (BPNES; Vlachopoulos & Michailidou, 2006) translated from Greek into English. The data obtained from 346 British exercise participants supported the hypothesized 3-factor structure, showed satisfactory internal reliability coefficients, and offered evidence for the factor concurrent, discriminant, and nomological validity of the translated scale. Cross-cultural validity analyses across British and Greek participants supported configural invariance and partial metric, partial strong, and partial strict factorial invariance of the BPNES responses. The findings provide promising evidence for the validity and reliability of the translated BPNES and support the use of the scale in single-culture and cross-culture exercise-related motivational research within the self-determination theory framework.

本研究将希腊语版本的锻炼基本心理需要量表翻译成英语版本，并对翻译量表的测量学特征及其跨文化效度进行了检验。对 346 名英国锻炼者进行施测，数据分析的结果支持了三因素结构，且翻译的量表具有较好的内部一致性系数、结构效度、聚合效度和区分效度。将量表施测于英国和希腊被试，并进行跨文化效度分析。结果表明 BPNES 具有跨文化结构稳定性和因素稳定性。所有这些结果都表明翻译的 BPNES 有良好的信效度，可以在自我决定理论的框架下，用于对某一文化或跨文化的锻炼动机相关领域的研究。

Time Management in the Context of Elite Sport Training

有关优秀运动训练中时间管理问题的研究

TSP Volume 24, Issue 2, June

Anne-Claire Macquet

This article reports on time management in an elite sports context. It aims at characterizing how coaches experience dealing with athletes' time management in a sport and academic institute and their constraints. Ten male coaches participated in this study. Each coach was asked to describe his time management activity during the season. Inductive and deductive analysis revealed two main results. The first showed the coaches dealt with a stringent set of constraints concerned with: (a) season organization, (b) training period and task sequencing, (c) the institute's set times, and (d) the uncertainty linked to the evolution of training. The second emphasized that the coaches used three complex operating modes: (a) the use of organizational routines based on reference to past experience, (b) season shared time management, and (c) time management based on flexible plans. The results are discussed in relation to research that has considered planning and time management.

本文对优秀运动训练中时间管理问题进行了研究。旨在描绘教练在运动和学术机构中如何处理运动员时间管理问题以及他们的限制。10个男教练参与了本研究，要求每个教练描述他在当前赛季的时间管理活动。通过归纳和演绎分析得出了两个主要结果。第一，教练需要处理一系列已有的严格时间限制问题，这些限制主要是（a）赛季安排，（b）训练周期和任务顺序安排，（c）机构的固定时间安排和（d）训练发展所带来的不确定性。第二，教练主要采用三种复杂的管理模式：（a）基于过去经验的惯性化管理（b）赛季分享时间管理，和（c）有灵活计划的时间管理。最后，本文还根据有关于计划和时间管理的已有研究对结果进行了讨论。

Achievement Goals, Competition Appraisals, and the Well- and Ill-Being of Elite Youth Soccer Players Over Two Competitive Seasons

优秀青年足球运动员在两个竞争性赛季中成就目标，竞争性评价和主观幸福感的研究

JSEP Volume 32, Issue 4, August

James W. Adie, Joan L. Duda, Nikos Ntoumanis

Grounded in the 2×2 achievement goal framework (Elliot & McGregor, 2001), the purpose of this study was to investigate the temporal relationships between achievement goals, competition appraisals and indices of psychological and emotional welfare among elite adolescent soccer players. A subsidiary aim was to ascertain the mediational role of competition appraisals in explaining the potential achievement goal and well-/ill-being relationships. Ninety-one boys (mean age = 13.82 years) involved in an elite soccer program completed multisection questionnaires capturing the targeted variables. Measures were obtained on five occasions across two competitive seasons. Multilevel regression analyses revealed that M_{Ap} goals positively, and M_{Av} goals negatively, predicted within-person changes in well-being over two seasons. P_{Ap} goal adoption was positively associated to within-person changes in negative affect. P_{Av} goals corresponded negatively to between-person mean differences in positive affect. The results of the indirect effects showed challenge appraisals accounted for within-person associations between a M_{Ap} goal focus and well- and ill-being over time. The present findings provide only partial support for the utility of the 2×2 achievement goal framework in predicting young athletes' psychological and emotional functioning in an elite youth sport setting.

本文以成就目标的四分法为理论框架，旨在研究优秀青年足球运动员的成就动机，竞争性评价和心理指标是否能预测他们的主观幸福感。此外本文还旨在确定竞争性评价在解释成就目标和主观幸福感之间潜在关系中所起的中介作用。对 91 个参与顶级足球项目的男孩（平均年龄：13.82 岁）施测一系列问卷，测量预考察变量。整个测量在两个竞争性赛季分 5 次进行。多重线性回归分析结果表明掌握接近目标正向预测被试内在两个赛季中主观幸福感的变化，而掌握回避目标负向预测被试内在两个赛季中主观幸福感的变化。成绩接近目标与被试内在消极心理指标方面的变化呈正相关，而成绩回避目标和被试间在积极心理指标方面平均差异呈负相关。间接效应的结果表明竞争性评价可以解释被试内掌握接近目标与主观幸福感和不幸感之间的关系。本研究只部分支持了成就目标的四分法在顶级青年运动情境中对预测青年运动员心理和情绪方面特征所起的作用。

Participation in sports activities and suicide prevention

运动参与与自杀防御关系研究综述

International Journal of Sport Psychology, Volume 41 January-March 2010

DAVID LESTER, MICHELE BATTUELLO, MARCO INNAMORATI, ILARIA FALCONE, ENRICA DE SIMONI, S. DILETTA DEL BONO, ROBERTO TATARELLI, MAURIZIO POMPILI²,

The aim of the present article is to review research on the link between physical activity and involvement in sports and suicidality. This review of the literature indicated that physical activity and sports participation may have a beneficial impact on suicidality, at least in boys and men and in some ethnic groups. However, it is not clear whether physical activity acts directly on suicidality (e.g. affecting the serotonergic system in the central nervous system) or through a mediating variable such as depression or higher self-esteem. Furthermore, the review has identified some inconsistency in the results, and methodological problems with the research have been identified.

本文旨在对关于体育活动和运动参与与自杀行为防御关系的研究进行评述。对已有文献分析的结果表明体育活动和运动参与对自杀行为的防御可能起着积极的作用，这个结果至少在男性和一些少数民族团体中得到了证明。但是，还不清楚体育活动是直接对自杀行为的防御产生影响（如，影响中枢神经系统的5-羟色胺能系统），还是通过减少抑郁或是提高自尊等中介作用对其产生影响。该文还进一步阐述了已有研究结果不一致的地方以及一些方法学上的问题。

Influence of early environmental constraints on achievement motivation in talented young handball players

早期环境限制对优秀手球运动员成就动机的影响

International Journal of Sport Psychology, Volume 41 January-March 2010

JÖRG SCHORER , JOSEPH BAKER , SIMONE LOTZ , and DIRK BÜSCH

This study examined relationships among achievement motivation, relative age and size of one's early developmental environment (i.e., as reflected in population) in predicting attainment in a national talent program (i.e., being nominated for advancement in the program). Results indicated no consistent differences in achievement motivation among athletes who were nominated and those who were not. Moreover, relative age effects were noted across the entire sample but no distribution differences were found between the nominated and not-nominated groups. There was some support for the notion that environments that are too large or too small are disadvantageous to athlete development; however, the pattern of results was not entirely consistent with the environment sizes noted by others. Finally, there was no interaction between motivation and relative age or size of early environment. While these factors may be important constraints on the acquisition of athletic skill, they may be too general to predict specific outcomes within one stage of development.

本研究考察了成就动机，相对年龄和早期环境发展空间（反应在人口数量上）之间的关系，以及这些关系在预测手球运动员在一个全国才能项目中所获得成就中所起的作用（在该项目中得到进一步提升的提名）。结果表明得到提名的运动员和没有得到提名的运动员的成就动机没有显著的差异。其次，相对年龄效应存在于在整个被试样本中，但是得到提名的运动员和没有得到题目运动员之间没有相对年龄的分布差异。已有一些研究表明环境发展空间太大或太小对运动员的发展都不利，但是本研究的结果并没有完全与其他研究者所得出的有关环境空间大小的结论一致。最后，动机和相对年龄以及早期环境空间大小之间没有交互作用。这些因素可能是限制运动技能获得的重要因素，但是它们可能太宽泛，很难预测在某一具体发展阶段的某一特殊结果。

Conceptualizing the systemic interplay of athlete development

运动员系统发展模型的建构

International Journal of Sport Psychology, Volume 41 January-March 2010

MICHAEL B. JOHNSON, WILLIAM A. EDMONDS, SACHIN JAIN and JAVIER CAVAZOS JR

The current article argues that future investigations of athlete development should include both environmental and genetic factors, as well as consider the interplay among these factors. First, the athlete systemic development (ASD) model is introduced and discussed relative to existing models of athlete development. Next, literature relevant to the ASD model from the disciplines of sport psychology, developmental psychology, and genetics are furnished in order to provide lines of evidence in support of the factors comprising the ASD model. Third, two statistical conceptualizations (i.e., structural equation modeling and hierarchical linear modeling) are presented in a manner that supports the efficacy of the structure of the ASD model. Throughout this review the authors advocate and argue for a systemic approach to better understand athlete development.

本文首先介绍了运动员系统发展模型（ASD），并且讨论了该模型与现有运动员发展模型相关的方面。其次，列举了运动心理学，发展心理学和遗传学中 with ASD 相关的文献，来证明组成 ASD 模型各因素的可靠性。第三，用了两种统计方法，即结构方程模型和阶层线性回归模型来证明 ASD 模型的可靠性。本文认为未来有关运动员发展的研究应该考虑环境因素，遗传因素以及这两者之间的交互作用对运动员发展的影响，ASD 可以为更好的理解运动员的发展提供一个系统的方法。

Exploring the multiple dimensions of social support among elite female adolescent swimmers

优秀女成年游泳队员社会支持的多维度研究

International Journal of Sport Psychology, Volume 41 October-December 2010

KRISTINA HASSELL, CATHERINE M. SABISTON, and GORDON A. BLOOM
McGill University, Canada

This study concurrently explored multiple dimensions of social support of nine elite female adolescent swimmers. Data were collected and analyzed using the principles of constructivist phenomenology. Results highlighted the importance of the structural, functional, and perceptual social support dimensions on athletes' experiences in elite swimming in relation to their coaches, parents, and peers. Coaches were an important provider of almost every aspect of social support. Parents provided social support on a more general level, with their swimming-specific informational support being the single most unappreciated aspect of social support. Teammates provided a sense of affiliation and shared experience that was described as the most positive aspect of their swimming involvement. The current qualitative findings provide new insights into the concurrent structural, functional, and perceptual dimensions of social support in female youth elite sport.

本文同时探索了 9 名优秀女成年游泳队员社会支持的多个维度。用建构主义现象学的方法收集数据并做分析。结果表明社会支持的三个维度，即结构，功能和感觉对优秀游泳队员对教练，父母和同伴的感受有重要影响。教练能提供几乎所有方面的社会支持，因此是是社会支持的重要来源之一。父母能在更加广泛的水平提供社会支持，虽然他们是唯一一个并不能提供有价值的有关游泳方面信息的社会支持来源。队友可以提供亲密感，进行经验共享，这对游泳的参与有着最积极的影响。本文质性研究的结果进一步深化了对年轻优秀女运动员社会支持的三个维度，即结构，功能和感觉的理解。

Demographic dissimilarity and affective reactions to physical activity classes: The moderating effects of diversity beliefs

人口学的不同和情感反应对体育课的影响：不同信仰的中介作用

International Journal of Sport Psychology, Volume 41 October-December 2010

GEORGE B. CUNNINGHAM

Texas A&M University, USA

The purpose of this study was to examine the influence of pro-diversity beliefs on college students' reactions to physical activity classes. Data were collected from 157 students at a large public university in the Southwest United States. Structural equation modeling indicated that pro-diversity beliefs moderated the relationship between perceived race dissimilarity and satisfaction with others in the class. The effects were particularly strong among those who perceived themselves to be racially similar to the rest of their classmates. Satisfaction with classmates then held a positive association with satisfaction affective reactions to the class. The findings contribute to the diversity literature and have implications for class instruction.

本文旨在探讨亲信仰多样性对大学生体育课的感受产生的影响。从美国西南部的一所大型公立大学 157 名大学生中收集有关数据。结构方程模型的结果表明亲信仰多样性在对种族差异性感知和对课堂上其他成员的满意度之间起中介作用。这种中介效应在那些觉得自己和班上其他同学种族相似的人中更加明显。而且对同学的满意度与对班级的满意度成正相关。这些结果进一步深化了相关研究并且对课堂教学有重要的意义。

A VALUES-BASED APPROACH FOR CHANGING EXERCISE AND DIETARY HABITS: AN ACTION STUDY

锻炼和饮食习惯的变化：基于价值改变方法的行为研究

International Journal of Sport and Exercise Psychology, Dec 2010

Anshel, Mark H, Kang, Minsoo, Brinthaupt, Thomas M

This action study examined the effect of a 10-week intervention, based on the Disconnected Values Model (DVM), on promoting health behavior change—changes in fitness and blood lipids, in particular. The DVM predicts that health behavior change is more likely to occur if the individual detects a misalignment (i.e., disconnect) between one's values and his or her negative or unhealthy habits and that, given the short-term costs and long-term consequences of maintaining unhealthy habits, the disconnect is unacceptable. Participants were 111 females and 58 males ($N = 169$), ranging in age from 24 to 72 years ($M = 48.05$, $SD = 10.46$), who were full time faculty and staff employed at a university in the southeastern United States. Each individual registered for and participated in an employee campus wellness program. Program content included fitness testing, exercise prescription, weekly coaching from a personal trainer, and one private consultation and five group seminars from a registered dietician. Fitness and blood tests (i.e., a lipids profile), and an inventory measuring the person's values (intrinsic to the DVM), were conducted immediately prior to and following the program. Multivariate mixed model analyses indicated significantly improved scores from pre- to postintervention on improved fitness and reduced disconnected values

基于间断性价值模型（DVM），本行动研究旨在探讨 10 周的干预对推进健康行为的形成产生的影响，主要表现在体质和血脂方面的变化。DVM 预测如果个体发现他的价值观和不良习惯不一致，那么健康行为更有可能形成。因为不管是鉴于保持不良习惯的短期成本还是其长期结果，这种不一致都不可接受。被试有 111 名女性，58 名男性（ $N=169$ ），年龄在 24 岁到 72 岁之间（ $M=48.05$ ， $SD=10.46$ ），他们都是来自美国东南部一所大学的全职员工。每个被试都注册参与了一个校园员工健康项目。项目内容包括健康测试，运动处方，个人教练每个星期的锻炼指导，一个私人咨询团队和 5 个由注册营养师组成的研讨小组。在项目进行前后进行体质和血液测试以及一个个人价值观念的调查。多元混合模型的分析结果表明健康水平在干预之前和之后发生了显著的变化，且价值的不一致性显著降低。

Psychological Need Thwarting in the Sport Context: Assessing the Darker Side of Athletic Experience

心理需要阻碍对负性运动经验影响的研究

JSEP Volume 33, Issue 1, February

Kimberley J. Bartholomew, Nikos Ntoumanis, Richard M. Ryan, Cecilie Thøgersen-Ntoumani

Research in self-determination theory (Ryan & Deci, 2002) has shown that satisfaction of autonomy, competence, and relatedness needs in sport contexts is associated with enhanced engagement, performance, and well-being. This article outlines the initial development of a multidimensional measure designed to assess psychological need thwarting, an under-studied area of conceptual and practical importance. Study 1 generated a pool of items designed to tap the negative experiential state that occurs when athletes perceive their needs for autonomy, competence, and relatedness to be actively undermined. Study 2 tested the factorial structure of the questionnaire using confirmatory factor analysis. The supported model comprised 3 factors, which represented the hypothesized interrelated dimensions of need thwarting. The model was refined and cross-validated using an independent sample in Study 3. Overall, the psychological need thwarting scale (PNTS) demonstrated good content, factorial, and predictive validity, as well as internal consistency and invariance across gender, sport type, competitive level, and competitive experience. The conceptualization of psychological need thwarting is discussed, and suggestions are made regarding the use of the PNTS in research pertaining to the darker side of sport participation.

自我决定理论的研究表明运动中自主性，能力和归属感的满足与积极参与，良好的表现和幸福感成正相关。本文编制了初始的多维度量表以评估心理需要阻碍。这一问题有着重要的理论和实践意义，却少有研究。研究一编制了数个题目用于测量运动员在他们的自主性，能力和归属需要得不到满足时产生的消极经验状态。研究二用验证性因素分析测量了量表的结构效度。被证实的模型有三个因素，分别代表了假设相互关联的需要阻碍的三个维度。研究三对模型进行了进一步的优化，并另选样本测量其交叉效度。总的来说，心理需要阻碍量表（PNTS）有良好的内容，结构和预测效度以及内部一致性，并且不会随着性别，运动项目，竞争水平和参赛经验的变化而变化。此外，本文还讨论了心理需要阻碍的概念形成，并提供了 PNTS 在有关运动参与消极方面研究中的运用建议。

Perfectionism and Perceptions of Parenting Styles in Male Youth Soccer

年轻男性运动员完美主义和教养方式知觉的关系研究

JSEP Volume 33, Issue 1, February

Klaudia M. Sapieja, John G. H. Dunn, Nicholas L. Holt

Although perfectionist orientations have been linked to a variety of cognitive, affective, and behavioral correlates in youth sport, little is known about antecedent factors that may influence adolescent athletes' perfectionist orientations. The purpose of this study was to determine whether perceptions of parenting styles differ as a function of adolescent athletes' perfectionist orientations. A total of 194 male youth soccer players (M age = 13.64 years; SD = 1.51; range, 10.67–16.25 years) completed measures of their perfectionist orientations in sport and of their perceptions of maternal and paternal parenting styles. Scores from the parenting style measure were calculated such that higher scores were reflective of higher parental authoritativeness (as perceived by the athletes). Cluster analyses conducted on perfectionism responses produced independent clusters of unhealthy perfectionists, healthy perfectionists, and nonperfectionists. MANOVA results revealed that both healthy- and nonperfectionists had significantly higher perceptions of maternal and paternal authoritativeness than unhealthy perfectionists ($ps < .005$). Results indicate that exposure to heightened authoritative parenting may play a role in developing healthy perfectionist orientations (or decrease the likelihood of developing unhealthy perfectionist orientations) in youth sport.

虽然完美主义者倾向在青年运动领域已经跟各种认知, 情感和和行为相关方面联系在了一起, 但是对可能影响青年运动员完美主义倾向的先行因素还知之甚少。本研究旨在确定对教养方式的知觉是否会影响青年运动员的完美主义倾向表现。本研究测量了 194 个男青年足球队员 (平均年龄=13.64,; $SD=1.51$;) 在运动中的完美主义倾向和他们知觉到的父母教养方式。从教养方式中得分越高说明 (运动员知觉到的) 教养方式越属于权威型。从对完美主义反应的聚类分析产生了三个独立聚类, 即不健康的完美主义者, 健康的完美者和非完美主义者。多变量方差分析的结果表明健康完美主义者和非完美主义者比不健康的完美主义者知觉到的父母教养方式更具有权威性 ($p<0.005$)。结果表明权威型的教养方式可能在发展健康的完美主义倾向或者减少发展成为不健康的完美主义倾向的可能性中起

着重要的作用。

Positive Emotions Are Not Simply the Absence of the Negative Ones: Development and Validation of the Emotional Recovery Questionnaire (EmRecQ)

正性情绪并不是简单的负性情绪的确实：情绪恢复问卷 (EmRecQ) 的编制和效度检验

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Carolina Lundqvist, Goran Kentta

The purpose of this study was to psychometrically evaluate the Emotional Recovery Questionnaire (EmRecQ) and to describe athletes' individual response patterns in five repeated assessments using the EmRecQ. Three samples were used. Samples 1 and 2 consisted of 192 and 379 (Mean age 16.4 years, SD = 0.7 and Mean age:17.0 years, SD = 1.1) elite athletes from different sports. The third sample consisted of 20 (Mean age: 21.3, SD = 19.0) female elite basketball players. The EmRecQ is a 22-item questionnaire that assesses Happiness, Security, Harmony, Love, and Vitality. Results showed acceptable weighted omega reliability and construct reliability. Confirmatory factor analyses supported the a priori specified five-factor correlated model. Case profiles of repeated assessments revealed individual response patterns of the separate EmRecQ subscales that corresponded well with rated training load and total quality of recovery. The findings provide support for the EmRecQ's psychometric properties and applied usefulness.

本研究旨在评估情绪恢复问卷 (EmRecQ) 的测量学指标以及阐述用 EmRecQ 进行 5 次重复测评后得到的运动员的个体反应模式。一共用了三个样本。样本 1 和样本 2 分别由 192 和 379 名从事不同运动项目的优秀运动员 (平均年龄 16.4 岁, SD=0.7 和平均年龄 17.0 岁, SD=1.1) 组成。第三个样本有 20 名优秀女篮队员组成 (平均年龄: 21.3, SD=19.0)。EmRecQ 是一个有 22 个题目的问卷, 从幸福, 安全, 和谐, 爱和活力五个方面进行测量。结果表明该问卷的信度和结构效度都良好。验证性因素分析的结果支持了预先假设的五因素相关模型。重复

评估所得数据表明个体在不同 EmRecQ 分量表的反应模式和训练负荷及总体的恢复质量等级相符。这些结果都表明 EmRecQ 有良好的测量学特征和应用价值。

No Association between Music Ability and Hand Preference in Children

儿童的音乐能力和用手偏好的相关研究

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Joseph Piro, Camilo Ortiz

Hand preference was studied in 2 groups of children—children with musical ability and children without musical ability—to examine whether particular markers that may connect with handedness patterns, such as bias away from dextrality or mixed-handedness, stabilize during childhood and are associated with musical ability. Children were administered the Edinburgh Handedness Inventory to determine levels of right, left, and mixed handedness. Results demonstrated no differences in hand preference between both cohorts of children, suggesting the relative independence of musical ability and handedness. However, the inclusion of handedness as a motor marker for musical ability in children in conjunction with other preexisting neurocognitive factors cannot be entirely discounted.

本文研究了两个儿童群体的用手偏好：即有音乐才能的儿童和无音乐才能的儿童，以检验是否有特殊因素与某种用手偏好相关联，如左利手和双利手，且这些因素是否在儿童时期就已经稳定下来并与音乐才能相联系。用爱丁堡用手习惯问卷对儿童施测，检验其用右手，左手和双手所处水平。结果表明两个群体的儿童没有用手偏好的差异，进而说明音乐能力与用手偏好之间相互独立。但是本研究不能完全排除用手习惯与其他预先存在的神经认知因素一起对音乐才能的影响。