

# 國立臺灣戲曲學院軟功運動傷害之研究

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## 摘要

本研究旨在瞭解國立臺灣戲曲學院民俗技藝學系學生在軟功運動傷害之現況。本研究以問卷調查法收集研究資料，對國立臺灣戲曲學院民俗技藝學系之國中部、高中部、學院部學生及臺灣特技團團員進行調查，共發放170份問卷，回收有效問卷165份，回收有效率為97%。資料透過描述性統計及次數分配等處理研究資料，以百分比呈現運動傷害之基本資料、傷害情形、傷害處理與治療情形等四大面向。本研究主要結果為：

- 一、從事軟功訓練時，最容易發生傷害的部位為「腰部」，發生傷害的機率高達47.9%，其次為「腳踝」，發生機率高達10.3%，第三為「肩部與膝部」，受傷機率達6.7%。
- 二、軟功訓練中發生傷害的類型最常為「拉傷(肌肉或肌腱或韌帶撕裂傷)」，發生傷害的機率高達60.0%，其次為「扭傷」，佔20.6%，第三為「外傷(擦傷或割傷)」，佔10.3%。
- 三、軟功訓練而發生運動傷害之原因，以姿勢不正確佔48.5%為主要發生運動傷害原因，其次為意外事件佔10.3%，第三為熱身運動不足佔9.1%。
- 四、軟功訓練發生運動傷害的時機大多集中在「於上課時發生」的機率最高，佔50.3%，「於練習時發生」的機率次之，佔46.1%。
- 五、軟功訓練發生運動傷害的地點大多數都是在室內，佔86.7%，其次是在室外，佔13.3%。
- 六、軟功訓練發生運動傷害的受傷處理方式以冰敷為最多佔63.6%，其次是按摩佔23.0%，第三為就醫佔7.3%。

**關鍵字：**戲曲學院、民俗技藝學系、軟功、運動傷害

# The Sports Injuries Cause By Contortion Practice

## In National Taiwan College of Performing Arts

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The research was done to understand the situation of the sports injuries which cause by contortion practice and happen in the Acrobatic department of the National Taiwan College Of Performing Arts right now. The research was done by questionnaire method, survey the junior high, senior high and the college students of the National Taiwan College Of Performing Arts and the members of the Taiwan Acrobatic Troupe. Many questionnaires were conducted, 170 questionnaires have been sent out to subjects, 165 effective questionnaires have been sent back and the rate of effective respond is 97%. According to the descriptive statistics and frequency distribution etc. methods, we separated the data into four parts: the basic information, injury-situation, treatment and therapy of their sport injuries, then presented as percentage.

As the result:

First, the most easily body parts to get hurt during the contortion practice would be the “waist” . The rate is so high that up to 47.9%. Besides, the “ankles” are the second highest, about 10.3% and the third highest are “shoulder and knees” , about 6.7%.

Second, the typical type of injury that happen during the contortion practice is “the strain (muscle, tendon or ligament laceration)” ,the rate up to 60%.

The second highest is the “sprain” , about 20.6%. And the third highest is the “wound(bruise or cut)” about 10.3%.

Third, the main cause of these injuries during the contortion practice is the incorrect postures, it is responsible for 48.5% of traumas. The accident occupied 10.3%, and the problem that didn't warm up enough before practice takes about 9.1%.

Fourth, most of the damages happened “in class” , the rate up to 50.3%, and the second highest is “practice-time” , the rate also up to 46.1%.

Fifth, most of the injuries during the contortion practice happened indoor, the rate up to 86.7%, and the rate outdoor only about 13.3%.

Sixth, ice-patched is the most common way to treat these kinds of injuries, the rate up to 63.6%, the second highest is massage, about 23.0%, seeking medical help is the last one, about 7.3%.

keyWords : National Taiwan College Of Performing Arts, the Acrobatic department, contortion, sports injury