# 健身教练创造力的影响因素之研究

A Study on the Influencing Factors of Fitness Trainers' Creativity

尊敬的先生/女士：

Dear Sir/Madam:

您好，我是一名福州大学在讀博士生，正在進行一項關於健身教練創造力的研究。感謝您抽出寶貴的時間填寫這份問卷。問卷採取匿名的方式，所有資料僅用於學術研究，我們將嚴格保密您的個人資訊。再次感謝您的參與和支持!如有任何疑問或建議，歡迎隨時與我聯繫。祝您工作順利，生活愉快!

Hello, I am a doctoral student at Fuzhou University, currently conducting research on the creativity of fitness trainers. Thank you for taking the time to complete this questionnaire. The survey is conducted anonymously, and all data will be used solely for academic research. We will strictly protect the confidentiality of your personal information. Thank you once again for your participation and support! If you have any questions or suggestions, please feel free to contact me at any time. Wishing you success in your work and happiness in life!

 博 士 生 ：陳颖敬上

 Doctoral Student:Sincerely,Chen Ying

**第一部分（Part One）：基本资料 （Basic Information）**

|  |  |
| --- | --- |
| 1.性别（Gender） | □男性 （Male） □女性 （Female） |
| 2.年龄（Age） | □≤20岁（years old） □21-25岁 （years old） □26-30岁 （years old） □31-35岁（years old） □36-40岁（years old） □>40岁（years old） |
| 3.年资（Seniority） | □≤1年（year） □2-3年（year） □4-5年（year） □6-10年（year） □>10年（year） |
| 1. 月收入（Monthly income）
 | □≤5,000元 （yuan） □5,001-10,000元 （yuan） □10,001-15,000元（yuan） □15,001-30,000元（yuan） □>30,000元（yuan） |

**第二部分（**Part Two**）： 量表问项（**Scale Questions**）**

| **请根据您个人的实际感受在相应的□打勾。****Please check the appropriate □ based on your personal experience.** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1. 我将具有挑战性的情况视为成长和学习的机会

I view challenging situations as opportunities for growth and learning. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我一直在寻找为人处世的不同思考方式

I am always seeking different ways of thinking about how to interact with others. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我经常对某些问题深入思考

I often think deeply about certain issues. | □ | □ | □ | □ | □ | □ | □ |
| 1. 新的知识对我来说很有吸引力

New knowledge is very appealing to me. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我喜欢学习新的主题

I enjoy learning new topics. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我可以在一个问题上花费数小时的时间，而不知道疲倦

I can spend hours on a problem without feeling tired. | □ | □ | □ | □ | □ | □ | □ |
| 1. 如果找不出问题的答案，我会觉得沮丧，因此会更努力去解决它

If I can't find the answer to a problem, I feel frustrated and become more determined to solve it. | □ | □ | □ | □ | □ | □ | □ |
| 1. 思考困难问题的解决方案，会让我晚上睡不着觉

Thinking about solutions to difficult problems keeps me awake at night. | □ | □ | □ | □ | □ | □ | □ |
| 1. 对于我认为必须要解决的问题，我会不遗余力的工作

I will spare no effort in working on problems I believe must be solved. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我发现知识有所不知，我会努力地去弥补

When I realize there is something I don't know, I make an effort to learn and fill the gap. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我喜欢了解别人的习惯

I enjoy learning about other people's habits. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我喜欢探究他人行为背后的原因

I enjoy exploring the reasons behind others' behavior. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当别人在谈话时，我会去了解谈话的内容

When others are talking, I try to understand the content of their conversation. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我喜欢聆听他人的交谈

I enjoy listening to others' conversations. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当人们争吵时，我会想知道发生了什么

When people argue, I want to know what happened. | □ | □ | □ | □ | □ | □ | □ |
| 1. 尝试新事物的新鲜感，让我感到兴奋和充满活力

The novelty of trying new things makes me feel excited and energized. | □ | □ | □ | □ | □ | □ | □ |
| 1. 追求风险对我来说是令人兴奋的（Pursuing risks is exciting for me.）
 | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我无聊时，喜欢做些有点吓人的事情

When I'm bored, I enjoy doing things that are a bit scary. | □ | □ | □ | □ | □ | □ | □ |
| 1. 没有计划的四处冒险，比有计划更吸引人

Spontaneous adventures are more appealing to me than planned ones. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我喜欢结交独特的、有个性的朋友

I enjoy making friends who are unique and have distinctive personalities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我致力于继续从事健身运动

I am committed to continuing my involvement in fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我愿意克服任何障碍，继续从事健身运动

I am willing to overcome any obstacles to continue engaging in fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我决心继续从事健身运动

I am determined to continue engaging in fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我对健身运动很有感情

I have strong feelings for fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 只要我有能力，我就会继续玩健身运动

As long as I am able, I will continue participating in fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 为了继续从事健身运动，我几乎愿意做任何事情

I am willing to do almost anything to continue participating in fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 留在健身运动中更象是一种需要，而不是一种愿望

Staying involved in fitness activities feels more like a need than a desire. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我在健身运动中感到困顿

I feel stuck in my fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 虽然我想过放弃健身运动，但我觉得我必须继续玩下去

Although I have considered giving up fitness activities, I feel that I must continue. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我觉得我是被迫继续从事健身运动的

I feel compelled to continue engaging in fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我觉得我必须继续从事健身运动，尽管我不想这样做

I feel that I have to continue engaging in fitness activities, even though I don't want to. | □ | □ | □ | □ | □ | □ | □ |
| 1. 玩健身运动很有趣

Engaging in fitness activities is fun. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我喜欢玩健身运动

I enjoy participating in fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我热爱玩健身运动

I am passionate about participating in fitness activities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 玩健身运动是非常愉快的

Participating in fitness activities is very enjoyable. | □ | □ | □ | □ | □ | □ | □ |
| 1. 玩健身运动让我很开心

Participating in fitness activities makes me happy. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我需要某些知识时，我会向我的同事咨询

When I need certain knowledge, I consult my colleagues. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我需要学习新的事物时，我会向擅长的同事咨询

When I need to learn something new, I consult colleagues who are skilled in that area. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我的同事擅长某件事情时，我会向他/她请教

When a colleague excels at something, I seek their advice. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我喜欢我的同事分享信息给我

I enjoy it when my colleagues share information with me. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我学到新的事物时，我会主动告诉我的同事

When I learn something new, I actively share it with my colleagues. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我喜欢与我的同事分享我所知道的信息

I enjoy sharing the information I know with my colleagues. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我认为让我的同事知道我在做什么很重要

I believe it is important to keep my colleagues informed about what I am working on. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我经常告诉我的同事我在做什么

I often inform my colleagues about what I am working on. | □ | □ | □ | □ | □ | □ | □ |
| 1. 每当我有更深的体会时，我总是能够马上感觉到

Whenever I gain deeper insights, I can immediately sense them. | □ | □ | □ | □ | □ | □ | □ |
| 1. 每次当我突破所遇到的瓶颈时，我知道自己又进步了

Every time I overcome a bottleneck, I know I have made progress. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我总是能清楚知道自己的表现是否有合乎要求
 | □ | □ | □ | □ | □ | □ | □ |
| 1. 我经常可以清楚感觉到自己的程度（功力）有所提升

I can often clearly sense an improvement in my skills or abilities. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我很明确的知道我为何要工作

I have a clear understanding of why I work. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我知道每个工作阶段所要求的感觉

I understand the required mindset for each stage of work. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我总是很清楚的知道，自己需要加强的地方

I always have a clear understanding of the areas I need to improve. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我在工作时，我知道自己想要达到什么样的境界

When I work, I know the level I aim to achieve. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我在工作时，我常能够凝聚注意力，达到心无旁骛的状态

When I work, I can often concentrate fully and achieve a state of complete focus. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我在工作时，我经常会自然而然地将生活中的琐事与烦恼摆脱

When I work, I often naturally let go of trivial matters and worries from daily life. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我会非常容易地将我的注意力放在工作时的每一个细节

I can easily focus on every detail of my work. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我经常能够全神贯注地工作中

I am often able to work with complete concentration. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我在工作时，时间的流逝似乎和平常不同

When I work, the passage of time seems different from usual. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我在工作时，常常不知道自己到底工作了多久

When I work, I often lose track of how long I have been working. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我在工作时，时常觉得时间一转眼就过了

When I work, I often feel that time passes in the blink of an eye. | □ | □ | □ | □ | □ | □ | □ |
| 1. 当我工作达到某种境界时，时间似乎会有种停顿或变慢的感觉

When I reach a certain state in my work, time seems to pause or slow down. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我十分享受工作时所带来的美好感觉

I deeply enjoy the pleasant feelings that work brings me. | □ | □ | □ | □ | □ | □ | □ |
| 1. 工作能增加我的自信心

Work boosts my confidence. | □ | □ | □ | □ | □ | □ | □ |
| 1. 工作能带给我愉悦的心情以及满足感

Work brings me joy and a sense of fulfillment. | □ | □ | □ | □ | □ | □ | □ |
| 1. 工作能帮助我身心放松

Work helps me relax both physically and mentally. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我会为了改善问题而提出新的想法

I propose new ideas to improve problems. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我会动员同事支持我所提出的创新想法

I mobilize my colleagues to support the innovative ideas I propose. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我会寻找新的工作方法、技术或工具

I seek new methods, techniques, or tools for work. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我能让别人认同我的创新想法

I can get others to embrace my innovative ideas. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我会将创新想法转换成有助于工作的应用

I transform innovative ideas into practical applications that benefit my work. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我会提出原创性的想法来解决问题

I propose original ideas to solve problems. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我能系统化地引入创新想法

I can systematically introduce innovative ideas. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我能够评估创新想法的可行性

I am able to evaluate the feasibility of innovative ideas. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我能让组织的重要成员对创新想法充满热情

I can inspire key members of the organization to be enthusiastic about innovative ideas. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我利用抖音、微信、QQ及微博等社群媒体在工作中建立新的人际关系

I use social media platforms such as TikTok, WeChat, QQ, and Weibo to build new relationships at work. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我使用抖音、微信、QQ及微博等社群媒体在工作中保持密切的社交系

I use social media platforms such as TikTok, WeChat, QQ, and Weibo to maintain close social connections at work. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我使用抖音、微信、QQ及微博等社群媒体来发现与我志同道合的人

I use social media platforms such as TikTok, WeChat, QQ, and Weibo to find like-minded people. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我使用抖音、微信、QQ及微博等社群媒体来创建工作相关内容

I use social media platforms such as TikTok, WeChat, QQ, and Weibo to create work-related content. | □ | □ | □ | □ | □ | □ | □ |
| 1. 我使用抖音、微信、QQ及微博等社群媒体来传播工作相关内容

I use social media platforms such as TikTok, WeChat, QQ, and Weibo to share work-related content. | □ | □ | □ | □ | □ | □ | □ |

**注（Note）：1=非常不同意（Strongly Disagree）；2=不同意（Disagree）；3=稍微不同意（Slightly Disagree）；4=普通（Neutral）；5=稍微同意（Slightly Agree）；6=同意（Agree）；7=非常同意（Strongly Agree）。**