

個別事例研究アプローチを用いた心理的治癒プログラムの効果 —慢性的な腰痛を負っている女子スポーツ選手を対象として—

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Effects of a Psychological Healing Program for Female Athletes with Chronic Backache using a Single-case Experimental Approach

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Abstract

The purpose of this study was to clarify the effects of a psychological healing program for female athletes with chronic backache by using a single-case experimental approach. Six female student athletes participated as the subjects in this study, following the multiple design. The experiment was divided into two parts : baseline in different period from 1 to 6 weeks for each subject and 4-weeks healing program for all subjects. The healing program consisted of three trainings : autogenic, thermal biofeedback, and healing imagery. The subjects completed two types of a psychological measure : state anxiety of the Spielberger's State-Trait Anxiety Inventory (STAI) and Profile of Mood States (POMS) through their baseline and program periods. Also, as trait factors, trait anxiety of the STAI, Self-Rating Depression Scale (SDS), recovery rate, pain and attention estimation to their injuries during playing their sports were measured at the following four time periods : two weeks before the program, the first week of the program, the mid-program, and the final week of the program. As a result, the Rn test revealed that healing program helped the subjects relieve their stress as shown in the decreases in subscales of POMS : tension, anger, depression, and fatigue. The C statistics also showed that three of the subjects had a different tendency of time-series in state anxiety from the baseline to the program. There were significant differences in scores of trait anxiety of STAI and SDS between four measure points and the subjects could significantly decrease their attention to their injuries during playing sports after the program. The psychological responses to their injuries such as anxiety and depression showed decreases across program, while recovery rate and pain estimation were not changed. It suggests that the program contributed to relieve psychological responses associated with their injuries but not to recover injuries themselves. Such a psychological approach to injury may be indirectly rather than directly effective to facilitate the recovery in the process of athletic rehabilitation in the future.

Key words : an athletic injury, a psychological healing program, a single-case experimental approach