

動機づけ研究の課題

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Review of Motivation Studies on Sport, Exercise, and Physical Education in Japan

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Abstract

Most of physical educators and coaches would agree that motivation is one of most important problem in sport practice. The present paper reviewed the motivation studies on sport, exercise, and physical education over the past 25 years in Japan, and made suggestions for future. Various approaches found out in these studies as follows : achievement motivation, causal attribution, self-efficacy, learned helplessness, and goal orientation, etc. This paper also reviewed field studies on adjustment for or dropout from school athletic clubs. Further research is needed to evaluate the existing theories focusing on practical aspects of sport, to examine not only the effect of dispositional factors on motivation but also situational factors, and to explore the continuous aspects of motivation. An increase in the number of empirical and practical studies are also needed.

Key words : achievement motivation, causal attribution, self-efficacy, learned helplessness, goal orientation.