

臨床スポーツ心理学研究の課題 — スポーツ心理学の新たな視点 —

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Tasks of the Study of Clinical Sport Psychology : A New Perspective in Sport Psychology

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Abstract

In this paper, several studies from the clinical sport psychology are reviewed and tasks in this area are revealed. Since a term 'clinical' is used for sick people's therapies, it leads to misunderstanding and prudence.

The clinical sport psychology often deals with dark side of people's inner world, 'Shadow' in Jungian term, which is another reason for the misunderstanding. The background of its different approach from the ordinary sport psychology is explained.

Then studies that tried to understand athletes from depth psychology and/or psychodynamic point of views are reviewed. Some of the problems athletes have are resulted from their underlying unconscious forces such as their life history, personality, etc. The clinical sport psychology considers the problem itself indicates what the athlete has to do in the future. This athletes' inner experience can be explained clearer with Jungian term 'constellation'.

Lastly, the importance of accumulation of cases study, one of the major research methods of clinical sport psychology, is stressed.

The idea of psychodynamics, constellation, and case study will provide a new perspective in sport psychology and the clinical sport psychology can be a significant approach to help athletes.

Key words : clinical sport psychology, psychodynamics, Jung psychology, constellation, case study.