

スポーツ選手のメンタルヘルス評価尺度の開発

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Development of the Mental Health Scale for Athletes

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Abstract

One key factor in bringing an athlete's capability into full play is mental health along with the degree of psychological competitiveness. The purpose of this study was to develop a mental health scale for athletes in daily life and competitive situations, and then to examine the relationship between the evaluation of the athletes' mental health and its relative factors. A survey was conducted regarding on 608 athletes belonging to sports clubs in order to develop a diagnostic method. A questionnaire was prepared containing 51 questions for the purpose of diagnosing the athletes' mental health, 35 concerning competitive situations, and 16 regarding daily life. First, a factor analysis was performed in order to detect the factor structure of the questionnaire items. For competitive situations, 7 factors within the questionnaire were deduced from 26 items and named as follows: aggressive attitude, self-understanding, ability to respond to critical situations, display of individuality, positive thinking, adaptation to the team, and adaptation to injury. For daily life, 6 factors were derived from 15 items and named as follows: drinking and smoking, conditioning of mind and body, sleep, fatigue and stress, regular lifestyle, and nonessential favorite food. Subsequently we examined the relationship between mental health and the primary factors influencing the athletes' mental health. The results indicated that the higher competitive level and the longer the athlete has competed, the higher the athlete scored in each mental health during competitive situations.

Key words : mental health, athlete, competitive situation, daily life