

# 高校運動部員の部活動ストレスに対する コーピング採用とストレス反応との関連<sup>1</sup>

新潟工科大学 渋谷 崇行  
新潟大学 森 恭

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## Relationship between Adopting Stress-coping Strategies with Athletic Stressors and Stress Responses in High School Athletes

Takayuki Shibukura Niigata Institute of Technology  
Yasushi Mori Niigata University

### Abstract

The purposes of this study were to investigate the factor structure of coping that high school athletes face, the differences in adopting coping strategies by each stressor, and the relationship between coping patterns and stress responses. The questionnaire which consists of 24 items identified as a high school athletes' coping with athletic stressors, and stress response scale for high school athletes (5 subscales; depressive-anxious feeling, irritated-angry feeling, restlessness, helplessness, and withdrawal) were administered to 1,428 high school athletes (848 males and 580 females) of the first and the second grade. First, as a result of factor analysis, five main factors were extracted as copings with athletic stressors: "problem solving", "avoidance", "catharsis", "distractive recreation", and "positive thought". Second, the cluster analysis made it clear that their coping patterns for athletic stressors could be classified into four types: CL1) high score in each factor, CL2) low score in each factor, CL3) high score in "problem solving" and "positive thought", and CL4) high score in "avoidance", "catharsis", and "distractive recreation". The number of athletes distributed to 4 cluster groups showed that CL3 was higher in the performance-related stressor, and CL4 was higher in the stressors related to practice time, teammates, and coaches. Furthermore, results of ANOVA (independent variables: 4 clusters; dependent variables: 5 subscales of stress response) revealed that CL1 showed higher stress response expression and CL2 showed lower overall, and CL3 showed lower than CL4 in the subscale of helplessness and withdrawal. Finally, the diversity of adopting coping strategies and the function of coping with athletic stressors in high school athletes were discussed.

**Key words:** coping with athletic stressors, stress responses, stressors, coping patterns, high school athletes

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