

組織キャンプ体験が児童のメンタルヘルスに及ぼす効果

— とくに自己決定感を中心として —

九州大学大学院人間環境学府 西 田 順 一
九州大学健康科学センター 橋 本 公 雄
第一福祉大学人間社会福祉学部 徳 永 幹 雄
鹿屋体育大学 柳 敏 晴
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The Effects of Organized Camp Experience on Mental Health in Elementary Children: A Self-Determination Perspective

Junichi Nishida Kyushu University
Kimio Hashimoto Kyushu University
Mikio Tokunaga Daiichi Welfare University
Toshiharu Yanagi National Institute of Fitness and Sport in Kanoya

Abstract

The purpose of this study was to examine the effect of the organized camp experience on children's mental health, and whether subsequent changes in mental health were related to self-determination towards participation in organized camp. Twenty-seven elementary school children participated in a summer organized camping program for one-week. The control group consisted of children of the same age ($N=23$) who did not participate in any organized camp during the summer vacation. Mental Health Pattern for Children (MHPC) measuring positive and negative mental health aspect, developed by Nishida et al. (2003), composing of "life satisfaction," "goal/challenge," "self-confidence," "anger," "fatigue," and "withdraw" was administered before and after the organized camp. Self-determination was also measured using a global item before the organized camp. The results of 2 (pre/post) \times 2 (experiment/control) ANOVAs revealed that there were significant interaction and main(Time) effects for three (i.e., life satisfaction, anger) of the six mental health subscales. The results suggest that only children in the experiment group exhibited significant improvements following the organized camp experience on mental health. Thus organized camp experience may be useful effectively to improve mental health in elementary children. "Self-determination" towards participation in organized camp was related to improvements in mental health, although "no self-determination" was also related. Finally, benefits of the organized camp for children on mental health enhancement and implications for future research are discussed.

Key words: organized camp, mental health, elementary children, self-determination