

# 日本語版身体的自己知覚プロフィール

— 尺度の開発と性および身体活動レベルによる差異の検討 —

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## The Physical Self-Perception Profile-Japanese Version: Development of PSPP-J and Difference of Gender and Physical Activity Level

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### Abstract

The primary purpose of this study was to develop a Japanese version of the Physical Self-Perception Profile (PSPP; Fox & Corbin, 1989), and to provide initial tests of reliability and validity. In addition, the second purpose was to examine gender and physical activity level differences in this scale. The PSPP includes five subscales: "sports competence," "physical condition," "attractive body," "physical strength," and "physical self-worth." Three hundred twelve male and 204 female university students completed a version of the PSPP translated into Japanese. Exploratory factor analysis showed a factor structure that was very similar to the original, English version. Items that were inconsistent with the proposed model were eliminated using stepwise factor analysis procedures. As a result, the PSPP-Japanese version (PSPP-J) incorporates the same five subscales (sport competence, physical condition, attractive body, physical strength, and physical self-worth) by using four items to assess each subscale, thus equaling 20 items in total.

The reliability and predictive validity of the PSPP-J was examined using 40 male and 53 female university students. The PSPP-J demonstrated acceptable internal consistency with coefficient alpha values ranging from .81 to .87. Similarly, the reliability of the scale was found to be good as test-retest reliability coefficients ranged from .82 to .92. The predictive validity of the subscales was evidenced through their association with physical activity. In addition, external validity was examined using 206 male and 126 female adult participants. Confirmatory factor analysis demonstrated that the PSPP-J showed a similar factor structure in the adult in comparison to the student sample. Finally, gender and physical activity level differences in the PSPP-J were examined. Males had higher levels of physical self-perceptions except for physical strength compared with females, and there were physical activity differences in all physical self-perceptions. These results suggested the usefulness of the PSPP-J.

**Key words:** physical self-perception, confirmatory factor analysis, factor analysis model, reliability, validity