

# 負傷競技者の体験する“痛み”の事例的研究

— Total Pain 概念による事例の分析を通して —

筑波大学大学院 三 輪 沙都子

筑波大学人間総合科学研究科 中 込 四 郎

(2004年3月22日 受付)

## A Case Study on “Pain” of Injured Athlete Experiencing : Analysis from the Viewpoint of Total Pain

Satoko Miwa University of Tsukuba  
Shiro Nakagomi University of Tsukuba

### Abstract

Injured athletes experience not only physical pain but also psychological pain. Therefore, the “pain” of injured athlete experiencing is subtle and complex problem. Saunders (1995) argued that dying cancer patients face to physical, psychological, social, and spiritual components, so we should understand patient suffer from “Total Pain”. This argument is available to understand the experience of injured athletes. The purpose of this study was to describe that injured athletes’ experience from viewpoint of “Total Pain” and explore the characteristics of their “pain”. In this study, five cases suffering special injury were retrospectively interviewed concerning total pain. The result suggested that injured athletes experienced “pain”. including (involving) four components, physical, psychological, social, and spiritual pain. And these four components interact with each other. On the basis of these results, we pointed out two key themes in the process that athletes recovery from injury both physical-ly and psychology. One is that if they injured anyone accepted theirs ‘pain’, and the other is confusion of self-image as athletes.

**Key words:** injured athletes, Total Pain, case study