

スポーツ競技者の心理的コンディショニングに 関するモニタリング効果

— 心理トレーニングとしてのIZOF理論の適用を通して —

筑波大学大学院 崔 回 淑

筑波大学 中 込 四 郎

The Monitoring Effect in Psychological Conditioning for Athletes : IZOF Theory Applied to Psychological Skill Training

Hwoisook Choi University of Tsukuba

Shiro Nakagomi University of Tsukuba

Abstract

The purpose of this study was to test IZOF (Individual Zones of Optimal Functioning by Hanin, Y.L., 2000) model, and to examine the monitoring effect, by continuous monitoring emotions, in psychological conditioning for athletes.

Ninety-two college athletes asked to mark a psychological conditioning sheet, which included items related to their performance specific qualities as well as perceived mental condition (emotion) according to Hanin's ideas for each day over a 2 month period. In this case study, a competitive swimmer underwent psychological skill training by monitoring her emotions on the conditioning sheet, and was interviewed about her athletic condition five times in 4 months. These interviews facilitated the correspondence between her emotions and athletic performance.

Results verified the IZOF model's hypothesis of the IZOF that an athlete's performance is successful when his or her emotions are within or near the individually optimal zone, and through continuous self-monitoring, the athletes can improve their self-awareness and emotional control. From these results, it is suggested that the continuous monitoring of emotions led to improvement in psychological conditioning.

Key words: emotion, IZOF, psychological conditioning, athlete, self-monitoring