

# スポーツにおける事例の独自性

— 事象を異なる水準で捉えることの意義 —

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## The Individuality of a Case in Sports: The Significance of Understanding a Phenomenon at a Different Level

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### Abstract

As sports were supported psychologically, “a case” came to be used as a means of reporting, in addition to traditional numeric data. Behind this background, it may have an influence that there came a new area of clinical sports psychology using a method of clinical psychology in the field of sports. However, at the present time, the individuality of a case-study in sports has not been defined.

Therefore, the purpose of this study was to consider the significance of understanding a phenomenon, which occurred in a scene of sports, at a different level in order to show the individuality of a case-study in sports. At first, making reference to the previous studies based on the methodology of clinical sports psychology, the following three factors which have caused a phenomenon at a different level were showed; ① contradiction ② unexpected event ③ a spontaneous image. Then, it was examined how these factors appeared in an actual case, and how these factors were interpreted by understanding a phenomenon at a different level. As a result, it was considered that understanding a phenomenon at a different level led to understand a phenomenon in multiple meanings, to pursue the universality based on “an individual”, and then to make a guideline to think about “a relative standard” which was the criterion for the universality. As the individuality of a case-study in sports, it was emphasized that a case-study would provide the viewpoint of solving a peculiar phenomenon in sports.

**Key words:** clinical sports psychology, case-study, level, individuality of sports