

# スポーツ経験とライフスキルの因果モデル構成の試み

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## Construction of a Causal Model for the Relationship between Sport Experience and Life Skills

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### Abstract

The purpose of this study was to estimate the effect on life skills of sport experience in physical education classes. The study was based on a causal model incorporating satisfaction as a psychological factor. In analysis, we conducted covariance structure analysis using the data of 862 college students (396 males and 466 females) who filled out three questionnaires concerned with the level of life skills and satisfaction, and the frequency of sport experience in physical education classes.

Some fit indices indicated that the causal model fitted the data well and predictors in the model could generally explain the variance of life skills. As a result, the causal model of the present study was a valid one for predicting the variance of life skills. In addition, it was revealed that the direct positive effect was greater than the indirect positive effect through the mediator in the interpersonal skills model. On the other hand, in the personal skills model, it was clarified that the indirect positive effect was greater than the direct positive effect.

Finally, the study discussed the concept of enhancing the level of life skills of college students through effective participation in physical education classes, and the meaning of introducing the mediator into an analysis model.

**Key words:** sport experience in physical education classes, life skills, mediator, covariance structure analysis, college students

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