

内省によるメンタルトレーニング効果の検討

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The Examination of the Mental Training Effect by the Introspection

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Abstract

This research aimed to explain the psychological process of the players who underwent mental training (MT). It analyzed the process by categorizing the notes (MT introspection) made by players who experienced of MT. As a result, four category-groups were generated from the twenty-three categories. Finally, we arrived at the following conclusions about the psychological processes of looking back on MT: 1) Have no self-confidence, 2) Consciousness of the effect, 3) Consciousness of the self-growth, 4) Positive attitude. In sum, this research explained the following: First, the players realized their original feelings of have no self-confidence before and after MT. Second, they became conscious of the effect of the MT as the days passed. Thirdly, they became conscious of the self-growth as a result of facing the inside of the self. Finally, they came to get the positive attitude.

Key words: mental training, MT introspection, psychological process

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