

女子ボールゲームチームへのグループ箱庭の適用

—箱庭から競技場へ—

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Application of Group Sand Play Technique to Mental Training for Female Ball Game Team: From Sand Play to Athletic Field

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Abstract

Mental training for team sports is an important task, in terms of both research and practice, in providing psychological support for performance enhancement in athletes. The present study applied the group sand play technique developed by Okada (1991) to ball game team players, and examined the meaning of such an experience within group sand play for the players. Subjects were 10 female ball game players who were regular players on the team. The period of intervention involved 13 sessions over approximately a two-month period, and 3-5 members attended each session. Each player attended on average 5.2 sessions of group sand play during the intervention (4-6 sessions). The effectiveness of intervention was examined by introspective reports, scale of team cohesion, test of compatibility with team members, and team performance. The intervention was found to produce a positive effect on the players' psychological states, and the team showed excellent athletic performance in the national ball games meet during and after the intervention. The meaning of sand play experience is discussed from the viewpoints of cooperative working in an unreal world, the sharing of others' images and improved communication. It was through these meanings that group sand play was found to be a useful method of mental training for team sports.

Key words: mental training, team sports, ball game player, sand play technique

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