

試合中の「セルフトーク・暗示」の心身への 影響に関する実験的研究

立谷泰久¹⁾・三村 覚²⁾・村上貴聡³⁾・楠本恭久⁴⁾・石井源信⁵⁾

The Influence of Self-talks / Suggestions on Collegiate Athletes during Games: Psycho-physiological Measurements in Experiments

Yasuhisa Tachiya¹, Satoru Mimura², Kiso Murakami³,
Yasuhisa Kusumoto⁴, and Motonobu Ishii⁵

Abstract

This study examines the influence of positive and negative self-talks/suggestions in competitive games, using psycho-physiological measurements in experiments. The subjects were 21 under graduates and graduates' students (11 males and 10 females; average age: 20.9 ± 2.23), who major in sport sciences in a university. The following psychological measurements were used: Profile of Mood States (POMS)-brief Japanese version, Competitive State Anxiety Inventory-2 (CSAI-2), and Sport Competitive Anxiety Test (SCAT); the physiological measurements were used heart rate (Lorentz plot) and blood pressure. The experiments were divided into two conditions: positive self-talks/suggestions and negative self-talks/suggestions. The former was found to enhance the subjects' performance, and the latter led to poor performance during competitive games. The subjects used each self-talks/suggestions with psycho-physiological measurements in each experiment. The results indicated a negative score for total mood disturbance (TMD) in POMS-brief Japanese version. The CSAI-2 revealed a decrease in somatic and cognitive anxiety, and the confidence score in CSAI-2 showed an improvement between the pre and posttest scores for positive self-talks/suggestions. And the physiological results' heart rate (Lorentz plot) and blood pressure was not changeable to compare positive and negative self-talks/suggestions. However, the subjects' comments suggested that positive and negative self-talks/suggestions influenced their minds in a positive and negative way, respectively.

Key words: self-talks/suggestions, competitive games, psycho-physiological

1) 国立スポーツ科学センター
〒115-0056 東京都北区西が丘3-15-1
2) 大阪産業大学
〒574-8530 大阪府大東市中垣内3-1-1
3) 東京理科大学
〒162-8601 東京都新宿区神楽坂1-3
4) 日本体育大学
〒158-8508 東京都世田谷区深沢7-1-1
5) 東京工業大学
〒152-8550 東京都目黒区大岡山2-12-1
連絡先：立谷泰久
E-mail: tachiya.yasuhisa@jiss.naash.go.jp

1 Japan Institute of Sports Sciences
3-15-1 Nishigaoka, Kita-ku, Tokyo
2 Osaka Sangyo University
3-1-1 Nakagaito Daitou-shi, Osaka
3 Tokyo University of Science
1-3 Kagurazaka Shinjyuku-ku, Tokyo
4 Nippon Sport Science University
7-1-1 Fukasawa Setagaya-ku, Tokyo
5 Tokyo Institute of Technology
2-12-1 Oookayama Meguro-ku, Tokyo
Corresponding author: Yasuhisa Tachiya