

## オリエンテーリング競技者における スポーツ参与の質的変容

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### Qualitative Change of Sport Commitment of Orienteers

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#### Abstract

This study investigated the activity pattern and commitment in orienteering relative to increase of experience.

In the study 1, questionnaires were distributed to those who engage in orienteering. Subjects were requested to evaluate their commitment and to report their activities related to orienteering during a seven days' period. Eighty-one, which were about one third of the distributed questionnaires, were returned and analyzed. A factor analysis yielded two factors from the ten questions about commitment. One was "steady commitment" and the other was "active commitment". Mean rating of "active commitment" did not increase with experience, but "steady commitment" increased. Many marginal activities were reported. Practicing rate of orienteering decreased with experience but that of the marginal activities increased with experience. This indicates the variety and depth of commitment.

In the study 2, 399 returned questionnaires (returning rate : 85%) were analyzed. The same two factors were obtained about commitment as well as one new factor ("passive attitude"). Practicing rate of marginal activities and the level of their enjoyment was investigated. Although the practicing rate of orienteering did not change, the practicing rates of other marginal activities increased with experience among students but only organizational work and propagation increased among employees and house wives. Enjoyment of all marginal activities increased among students, and organizational work, teaching, propagation and other activities increased among employees and house wives.

From these results, it was concluded that commitment in a life-long sport was at least two dimensional. It is inferred that through such marginal activities as organizational work, propagation and teaching, one became committed to that direction. It can also be pointed out that commitment process should be grasped as similar to the life-cycle (Ericsson, 1959).

**Key words :** sport commitment, sport life cycle, peripheral activities, life-long sport, orienteering