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体育の授業における中学生用心理的 ストレスレベル測定尺度の開発

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Development of Psychological Stress Level Scale for Junior High School Students in Physical Education Classes

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Abstract

The purpose of this study was to develop the self-evaluation scale for identifying the stressors, that cause students' psychological stress as represented by a "cognition-thought of helplessness", and measuring the stress levels caused by the stressors, in junior high school physical education classes.

Analysis of various stress factors was conducted with 2666 male and female junior high school students in order to determine the items that would constitute the scale. Forty-six items were chosen, and based on these items stressors were categorized into eight "stressor factors".

Since these eight factors were considered to be a subordinate scale, both the reliability and the validity of this subordinate scale were investigated. Cronbach α and test-retest method were used to confirm the reliability of the self-evaluation scale. Those reliability coefficient were determined to be between 0.67-0.88 and 0.66-0.91, therefore the reliability of the scale was confirmed as satisfactory. The validity of the self-evaluation scale was investigated in terms of criterion-related validity, concurrent validity, and construct validity. The validity of the scale was thus also confirmed.

These results of this investigation suggests that the self-evaluation scale consisting of eight factors classified by 46 items is both a reliable and valid method of analysis for understanding students, psychological stress level in physical education classes.

Key words : students, psychological stress, stressor, self-evaluation scale, reliability, validity