

「臨床スポーツ心理学」の方法

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On the Research Methods of Clinical Sport Psychology

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Abstract

As the demands of a psychological support in athletics has grown, 'practical sport psychology' has been getting an attention recently. That means sport psychologists now have to reconsider traditional scientific methods used for many decades and adopt a new approach. Objectivity, one of the doctrines in orthodox science, has resulted in keeping us away from reality and phenomenon in the study on human behavior. This paper examines the research methods of "clinical sport psychology". "Clinical" is specifically defined in Nakamura's (1922) "clinical knowledge", which is a method to understand a phenomena through interaction with a subject as taking consideration into embedded meanings for a subject specific to the moment and the situation. In other words, clinical sport psychology is clinical science for psychological issues in sport. Based on Nakamura's (1992) ideas and Kawai's (1995) 'methods of clinical pedagogy', the following four threads were suggested for a research method of clinical sport psychology : 1. from method oriented approach to subject oriented, 2. reciprocal relationship between a researcher and a subject, 3. focus on an individual ; case study, and 4. read an embedded mind through body. This new 'clinical' approach will be sure to meet the demands of athletes and coaches who are in need of psychological supports rather than giving them a traditional one.

Key words : Clinical Sport Psychology, Research Method, case study, mind and body