

## 体育学習の心理的ストレスに対するコーピング — 中学生の場合 —

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### **Coping with Psychological Stress in Physical Education Classes : A Case of Junior High School Students**

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#### **Abstract**

The purpose of this study was to investigate the students' coping with psychological stress in junior high school physical education classes. A survey consisting of questionnaires to stress coping conducted with 479 male and female students. Based on the result of the survey, factors for coping with psychological stress when the students failed to performance gymnastic exercises were selected by the investigative statistical method (factor analysis). Factor scores were tallied for each factor among the following categories: students' sex, the club activities they belonged to and the degree of the students' enjoyment in the class. By identifying main factors for each category, the tendency of the students coping were clarified.

As a result, four factors were selected. They were ; "stability of mind and behavior", "searching for strategy", "avoidant thought and behavior", and "deceptional behavior".

Comparison of the main factors for each category showed that ; Female students are more positive in coping with stress ; the student sbelonging to cultural clubs have a greater tendency to display avoidant thought and behavior than those belonging to physical clubs ; The more the students enjoy the physical education class, the more positively they cope with the psichological stress ; the students who have less enjoyment in the class display more avoidant thought and behavior.

**Key words :** psychological stress, stress coping, factor analysis, junior high school students