

中学生サッカー選手の日常・競技ストレスに関する研究

東京工業大学大学院 加 藤 久
東京工業大学 石 井 源 信

A Study on the Daily-Life Stressors of Junior High School Soccer Players

Hisashi Kato **Tokyo Institute of Technology**
Motonobu Ishii **Tokyo Institute of Technology**

Abstract

The purpose of the study was to identify factors from different life-scenes, -home, school, soccer activities- that were stressors for 528 junior-high school students participating in national-level soccer tournament; to investigate the nature of these stressors; to evaluate their levels; to compare evaluation levels from the three life-scenes; and from an analysis of evaluation patterns, to study the characteristics of these stressors (Research 1). Also, to formulate a scale that measures degree of commitment to soccer activities, in order to test the hypothesis that a difference in commitment level has an influence on stressor evaluation level (Research 2).

A total of 16 factors-four related to the home, four to school, and eight to soccer activities- were identified as daily-life stressors for junior-high school soccer-players. The nature of these 16 stressors was classified into the following categories : the human relations ; the interference of parents, teachers and coaches ; and the difficulty of finding a successful balance between academic studies and competitive soccer. Also shown to be stressors were matters relating to rivalry among teammates, and friction between parents and coaches. Analysis of variance indicated that the mean evaluation score for home-related stressors was significantly lower than those deriving from either school or from soccer activities. There was no significant difference in the mean evaluation scores of stressors related to school and those from soccer activities. Cluster analysis suggested that evaluation patterns are properly represented by five clusters.

Using the pilot study as reference, 22 questions were prepared in order to create a scale for commitment level to soccer activities. Five factors were identified for analysis, but after testing their reliability, only soccer priority was adopted for the scale. Although it was hypothesized nine of the 16 stressors from Research 1 would be affected by commitment degree, only five displayed this effect. Consequently, it was judged that the hypothesis was partially supported.

Implications were described for future research on factors influencing evaluation of stressors.

Key Words : daily life stressors, home, school, soccer activities, cluster pattern, commitment level, junior high school soccer players.