

高校運動部員用ストレス反応尺度の作成

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Development of Stress Response Scale for High School Athletes

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Abstract

The purpose of this study were to develop the stress response scale for high school athletes which measures their multiple stress responses in a daily life setting, and to examine its reliability and validity.

In study 1, factor analysis of items which stated stress responses of data by 316 athletes revealed five main factors ; "depressive-anxious feeling", "irritated-angry feeling", "restlessness", "helplessness", "wighdrawal" which were consisted of 32 items.

In study 2, factor analysis of items which were extracted in study 1, of data by 490 athletes revealed five main factors. These factors and their including items were just the same as study 1, and α -coefficints were enough high to support the high reliability of each factor. Furthermore that's scores were compared between two groups. As a result of t-test, it was revealed that the scores of high stress group were higher than low stress group's, and it showed the scale had high clinical validity. So it was suggested that the scale had enough possibility to measure high school athletes' stress responses in a daily life.

Finally, for the interpretation of the stress process in high school athletes, the sighificance of psychological stress studies given consideration to various factors was discussed.

Key Words : stress response scale, high school athletes, factor analysis, reliability, vality.