

スポーツ選手における怪我の心理的受容に関する研究
—アスレチック・リハビリテーション行動の観点からみた分析—

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**A Study on Psychological Acceptance to Injury in Athletes :
Analysis from the Viewpoint of Athletic-Rehabilitation Behavior**

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Abstract

In order to return to athletic sports activity, an injured athlete must take part in athletic rehabilitation. The dedication to rehabilitation determines the outcome, leading to a healthy recovery. In recent years, sports psychologists, medical trainers and coaches have been interested in the psychological factors that might play important roles in the rehabilitation for injured athletes. Many sports psychologists have contended that the acceptance of injury facilitates devotion to rehabilitation. However, as yet, the viewpoint of the psychological assessment of injury-acceptance has not been definite. If the structure of injury- acceptance is identified, it will provide medical and coaching staff with guidelines to estimate athletes' psychological process of recovery and predict their rehabilitation behavior.

The purpose of the present study was to explore the psycho-behavioral characteristics of injury-acceptance upon the rehabilitation behavior. In this study, four cases of injured college athletes were presented. They suffered injuries and had to take rehabilitation and half all forms of sports activity for some time.

The results were as follows ;

- 1) Psychological components of injury-acceptance consisted of emotional stability, temporal perspective, a sense of unity in one's athletic club and coping free of adhesion.
- 2) When the injured athletes psychologically accepted their injury, rehabilitation behavior turned active.

Key Words : case study, injury, acceptance, return to sports activity, athletic-rehabilitation