

運動心理学研究の課題
—メンタルヘルスの改善のための運動処方確立を目指して—

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**Issues for Study in Exercise Psychology :
Toward the Quantification of Exercise Prescriptions for Enhancing Mental Health**

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Abstract

In recent years, a number of researchers have claimed that vigorous exercise and physical activity have positive effects on mental health in both clinical and nonclinical populations. This positive relationship between exercise and psychological benefits is well established ; on the other hand, people will not reap psychological benefits if they fail to regularly engage in exercise. The purpose of this paper is to review studies that investigate the psychological benefits of exercise and to explore avenues for future research to allow for effective exercise prescription. The theories of "Flow" (Chikszentmihalyi, 1975), "Optimal level of arousal", (Landers, 1980), and "Self-determination" (Deci and Ryan, 1985) are reviewed, because "pleasantness," "optimal stress", and "self-determination" appear to enhance exercise adherence and psychological benefits of exercise. These theories were employed to determine an optimal exercise intensity, and the significance of expressing the optimal intensity in terms of subjective exercise intensity is described. Finally, in order to enhance exercise adherence and exercise-induced psychological benefits, a new approach is advocated, Comfortable Self-Established Pace (CSEP), as a way for determining optimal exercise intensity. Results of investigations using this approach are discussed, and the possibility for the use of CSEP for exercise prescriptions is explored.

Key words : exercise, mental health, psychological benefits, exercise prescription, Comfortable-Self Established Pace (CSEP).