

日本語版主観的運動体験尺度の作成とその適用の試み

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Subjective Exercise Experience Scale Japanese-version : Development and Applicability

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Abstract

This paper documents the development and application of the Subjective Exercise Experience Scale, Japanese version (SEES-J). This psychological assessment tool is composed of three sub-scales including those concerning positive well-being (PWB), psychological distress (PD), and fatigue (FAT). An initial study arrived at a threefactor structure through an exploratory factor analysis of college students' imagery of physical exercise. Then, 12 items in the SEES-J corresponding to 12 items in the original SEES were carefully selected. The tool's internal consistency was ascertained by coefficient alpha. It's high reliability was indicated in all three-factor scales : FAT $\alpha=.88$, PD $\alpha=.87$, and PWB $\alpha=.85$. In a second study, the SEES-J was supported by a three-factor structure using confirmatory factor analysis in regard to observations of exercising college students. The factorial validity of the SEES-J was demonstrated in the context of physical exercise. The goodness of fit index (GFI) showed .925 in a modified model for post-exercise data. Moreover, all items indicated a sufficient score of 0.60 or higher concerning the results of standardized maximal likelihood factor loading. In the context of physical exercise, the results of the SEES-J show that psychological responses depended upon the sports activity in which the subjects were engaged. This suggests that the SEES-J reflects the uniqueness of various sports.

The SEES-J may support criterion-related validity in the context of physical exercise, because in it there exists a relationship between the feeling scale (FS) and sub-scales of PWB and PD. Judging from the above, we think that although the developed SEES-J is applicable to the context of physical exercise, further systematic research is required.

Key words : mood, exercise-experience and confirmatory factor analysis