

# 中学生サッカー選手の日常的な心理的ストレス反応 に関する研究

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## A Study of Junior High School-aged Soccer Players' Psychological Stress Responses in Their Daily Lives

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### Abstract

The purposes of this study were twofold: First, to develop a scale that would measure goal-setting by junior high school-aged soccer players; Second, to examine the players' psychological stress responses in three different environments \_ home, school and soccer competition \_ to evaluate the relationship between the 16 stressors in daily lives and the players' psychological stress responses in three different environments, and to determine whether there are differences in the psychological stress responses and goal-setting between private club soccer players and school club soccer players.

In Study 1, 285 soccer players were asked to fill out a 15-question survey. The factor analysis revealed that the scale had two factors; professional career-orientation (players who wanted soccer to be a professional career) and personal enjoyment-orientation (those who played the sport for personal enjoyment). Those factors were tested for reliability and validity, but only the professional career-minded group met both.

In Study 2, 512 junior high school-aged soccer players participated. The stressors in their daily lives and their psychological stress responses in home, school, soccer competition were evaluated, and the relationship among those stressors, goal-setting and psychological stress responses between private and school club soccer players were analyzed.

The results were as follows:

- 1) Psychological stress responses at home were significantly greater than at school or during competition.
- 2) Multiple regression analyses revealed that the stressors in each setting were not just limited to that particular setting. Stressors from other settings were also likely to be having an effect on the players' psychological stress responses.
- 3) Analysis of variance showed that the main effect between private and school club players and the club  $\times$  goal-setting interaction were significant in psychological stress responses. For the low professional career-minded group, there was no significant difference between private and school club players. But for those players whose desire to turn pro was found to be "high", there was a significant difference, with school club players showing a greater psychological stress responses than private club players.

Further systematic research is required to determine how social skills, coping and social support in the two groups affect their psychological stress responses.

**Key words:** psychological stress responses, daily stressors, goal-setting, school club, private club, junior high school-aged soccer players