

## 質問紙を用いた Flow 及びその周辺概念に関する研究

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### Quantitative Research about Athletes' Flow Experience Using a Questionnaire

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#### Abstract

The purpose of this research was to clarify the flow characteristics of the highest psychological state during a game by exploring factor analysis, and to reexamine this state by comparing it with the questionnaire about flow made by Csikszentmihalyi and Jackson. This research also aims to examine the psychological state, elements, and background before the athletes attain a heightened state in the game.

The questionnaire respondents were 667 male athletes and 243 female athletes (total 910 athletes), comprising high-school and university students and others. As a result of the exploring factor analysis, 7 factors were found in the state during the game: automation of action, focusing, sense of capability, sense of self-transcendence, clear goals, extraordinariness, and mental calmness. In the state before the game, 7 factors were found: mental conditioning for competition, good mental condition, supporter, good physical condition, approach for usual attitude, satisfaction for participation, and relaxation. Moreover, statistical differences were found for sex, the events, the game years, the game level, number of flow experience, and the results of flow experience by using the ANOVA.

**Key words:** flow, peak experience, zone, questionnaire, athlete