

心理的競技能力を増強する方略の探索的検討

— 特定の大学野球選手を対象として —

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An Explorative Study into the Strategy to Enhance the Psychological Competitive Abilities of a Specific University Baseball Players

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Abstract

In spite of much attention paid to mental training for athletes today, little has been known about the strategy to enhance psychological competitive abilities used in actual play. The purpose of this explorative study was to investigate the enhancement strategies of psychological competitive abilities used by university baseball players. A bottom-up approach was adopted by categorizing the types of original strategies collected from the players based on the subscales of Diagnostic Inventory of Psychological-Competitive Ability for Athletes (DIPCA; Tokunaga, 2001). Thirty-one players in a university baseball team were recruited to participate in this study. The participants were asked to: (1) rate the DIPCA.3 (Tokunaga & Hashimoto, 2000), (2) receive feedbacks about their DIPCA's score and participate in interview about their enhancement strategies, and (3) complete a questionnaire about their enhancement strategies. The strategies reported by the participants were categorized by three co-workers (two baseball coaches and one certified assistant mental training consultant in sport). As results, five strategies were categorized as Patience, four strategies as Aggressiveness, four strategies as Volition for Self-realization, five strategies as Volition for Winning, six strategies as Self-control, four strategies as Ability to relax, seven strategies as Concentration, six strategies as Confidence, five strategies as Decisiveness, five strategies as Predictive Ability, eight strategies as Judgment, and five strategies as Cooperation. The procedure of this study will be possibility developed as an important method to link the fields of sports and research.

Key words: Diagnostic Inventory of Psychological-Competitive Ability for Athletes (DIPCA), mental training, investigation for hypothesis formation, bottom-up