

# IZOF理論に基づいた 心理的コンディショニングシートの改良

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## Improvement of the Psychological Conditioning Sheet Based on IZOF Theory

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### Abstract

The purpose of this study was to examine the validity of a revised psychological conditioning sheet developed based on our previous research (Choi and Nakagomi, 2005) conducted within the theoretical framework of the IZOF (Individual Zones of Optimal Functioning by Hanin, Y. L., 2000) model, which would be more suitable for application in practical sports settings.

Ninety-eight college athletes were asked to mark the revised psychological conditioning sheet, which included items related to their athletic performance, their daily life conditions (sleep, meal, weight, etc.) as well as their perceived mental conditions (emotions) for each day over a 2 month period.

In the results, it was found that the athletes were successful when their emotions were within or near the individually optimal zones, which agrees with the results of previous research which used four emotion classifications. These results support the idea of an emotion monitoring method using two emotion classifications. Moreover, with the monitoring effect compared with previous research, and the introspection reports of the participants, the validity of the revised psychological conditioning sheet is revealed.

**Key words:** monitoring, psychological conditioning sheet, emotion, IZOF, mental training