

# 日本語版ゴルフ・パフォーマンス尺度

— 尺度作成および信頼性・妥当性の検討 —

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## Golf Performance Survey-Japanese version: Development and Examination of the Reliability and Validity

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### Abstract

The purpose of the study was to develop the Japanese version of the Golf Performance Survey (GPS-J) and to examine its reliability and validity. Data from 271 golfers with an average stroke of 108 and under was analyzed. Factor analysis showed that the GPS-J consisted of 35 items with three scales and 9 subscales: psychological skills and tactics (19 items in 5 subscales: Mental preparation, Mental toughness, Striving for maximum distance, Conservative approach, Negative emotion and cognition), Psychomotor skills (11 items in 3 subscales: Seeking improvement, Automaticity, Putting skills), Commitment to Golf (5 items in one subscale Commitment). The test-retest reliability was also confirmed with 41 golfers. Compared to the less skilled golfers, ANOVA showed that the highly skilled golfers demonstrated greater mental preparation, stronger mental toughness, superior psychomotor skills, and more commitment to golf.

**Key words:** Golf Performance Survey-Japanese version, golf, psychological skills, psychomotor skills, performance