

内界探索に方向づけられた メンタルトレーニングプログラムの検討

筑波大学 中 込 四 郎
神奈川県立川崎高等学校 小 川 洋 平
筑波大学 武 田 大 輔
筑波大学大学院 小 谷 克 彦
筑波大学大学院 宇 土 昌 志

Examining the Effectiveness of a Mental Training Program Oriented Toward the Exploration of the Athlete's Inner World

Shiro Nakagomi University of Tsukuba
Yohei Ogawa Kanagawa Pref. Kawasaki High School
Daisuke Takeda University of Tsukuba
Katsuhiko Kotani University of Tsukuba
Masashi Uto University of Tsukuba

Abstract

Standard mental training programs for athletes involves teaching certain psychological skills without directly dealing with the athlete's personality development. The authors, however, believe that psychotherapeutic techniques can be effective for enhancing athletic performance. The present study examines the effectiveness of a novel mental training program which emphasizes psychotherapeutic techniques which are applied together with selected standard mental training exercises.

The 10session program, which is called Inner World Exploration Type mental training, uses the following techniques in addition to some standard mental training techniques: group sand play (2sessions), the drawing method (The Landscape Montage Technique; 2sessions), identification of social support (1session), and group discussion on the mental training experience (in each session). The effectiveness of this new program is examined by comparing the effects of the explorative type of training with a standard program consisting of learning psychological skills. Both programs consist of 10sessions of about 2hours per week (study 1). In addition, the efficacy of Inner World Exploration on the enhancement of athletic performance is further explored with a presentation of a case study on two doubles tennis players who undergo sessions with the sand play technique (study 2).

The results of study 1 indicate that explorative type mental training brought about the same progress in psychological competitive ability as the standard mental training program as well as other specific effects. Study 2 shows that group sand play technique improved personal relations, psychological competitive ability, and brought on a change of attitude toward competition in the doubles tennis players. In conclusion, a mental training program oriented toward exploration of the athlete's inner world is considered to be a useful method to improve athletic performance.

Key words: mental training, performance enhancement, psychotherapeutic technique, 'inner world exploration type', group sand play