

# 体育の授業におけるスポーツ経験が 大学生のライフスキルに与える影響

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## A Study of Influence on Life Skills of Sport Experience in Physical Education Classes in College Students

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### Abstract

The purpose of this study was to investigate the influence on life skills of sport experience in physical education classes in regard to college students (400 males and 469 females) through developing a scale that would enable measurement of the frequency of the various sports experiences in physical education classes.

First, we developed 20 items based on related scales from previous studies in terms of experience in physical education classes. Exploratory factor analysis showed that the scale had 4 sub-scales (self-disclosure, cooperation, challenge, enjoyment). In addition, its sub-scale scores were moderately reliable and valid. We named the scale the Experience Scale in University Physical Education Classes (ESUPEC).

Second, multiple regression analyses were conducted to examine the influence of sport experience on life skills chosen from the Daily Life Skills Scale (Shimamoto and Ishii, 2006). In this case, we set 4 sub-scales of ESUPEC to the independent variables. As a result, self-disclosure, which means 'to speak one's mind to others through sports activities' was found to have a positive effect on many life skills, both male and female.

Finally, the meaning of this study and the role of physical education classes in enhancing the level of life skills in college students were discussed.

**Key words:** sport experience, physical education classes, life skills,  
social skills training, college students