

自己概念の多面的階層モデルの検討と運動・スポーツによる自己変容

—中途身体障害者を対象として—

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Examination of the Multidimensional Hierarchical Model of Self-concept and Self-transformation through Exercise and Sport : In Individuals with Acquired Physical Disability

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Abstract

Recently, the use of the multidimensional and hierarchical model as a theoretical framework was recommended as it was found to contribute to research on exercise and self-concept. The primary aim of this research was to examine the validity of the multidimensional and hierarchical model developed by Fox and Corbin (1989) on a sample of physically disabled individuals. The second aim was to describe the impact of participation in exercise and sport on the self-perception of individuals with physical disabilities, using the abovementioned model.

First, 55 males and 28 females with physical disabilities completed the Rosenberg's Self-Esteem (RSE) scale and the Physical Self-Perception Profile-Japanese Version (PSPP-J) scale to assess their general physical self-worth and its subdomains of perceived sports competence, physical condition, attractive body, and physical strength. A path analysis demonstrated adequate levels of fit of the data to the multidimensional and hierarchical model. Second, we adopted the methodology of a case study in order to understand experiences from the individual's perspective. A recorded interview was conducted with one individual with a spinal cord injury. Content analyses of the interview responses indicated that participation in exercise and sport impacted some aspects of the physical and social self. The beneficial aspects, as discussed by the respondents, were that exercise and sport redefined their meaning of the self, both in their physical and social lives.

Key words: self-concept, multidimensional and hierarchical model, quantitative/qualitative approach

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