

大学生における運動部活動経験評価尺度の開発

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Development of an Experience Scale in Athletic Clubs for University Students

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Abstract

The purpose of this study was to develop a multi-dimensional scale measuring sport experience in university athletic clubs (UAC). For this study, the sport experience in UAC was defined as concrete experience of sport practice in UAC.

In the Preliminary Research, 56 questionnaire items were developed through an open-ended investigation administered to 85 students (28 males and 57 females), and a content validity examination.

In the Main Research, we conducted exploratory factor analyses using the data of 610 students (385 males and 225 females) who also completed the above questionnaire.

The results indicated that the scale had 5 subscales which were classified into 2 categories of general experience: active sport experience (self-disclosure, challenge and achievement, effort and endurance) and passive sport experience (daily life guidance from leaders, support from others). Additionally, it was shown that each subscale score was moderately reliable and valid. We named the scale the 'Experience Scale in Athletic Clubs (ESAC): University Students Form'.

Finally, we provided suggestions for using ESAC in future research.

Key words: scale development, sport experience, athletic clubs, human development, life skills

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