

原著論文

大学生アスリートにおける反すう特性・省察特性とメンタルヘルスの  
関連：状態自尊感情を媒介変数として

The role of state self-esteem on the relationship between trait rumination/  
reflection and mental health among university athletes

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Abstract

The purpose of this study was to examine whether state self-esteem could mediate the relationship between trait rumination/reflection and stress response as well as subjective well-being among Japanese university athletes by using structural equation modeling. Two hundred and eighty Japanese university athletes (196 male, 84 female, mean age = 19.30) participated. Trait rumination had an indirect positive effect on stress response and negative effect on subjective well-being via state self-esteem. In addition, trait rumination had a direct positive effect on stress response and negative effect on subjective well-being. On the other hand, trait reflection had an indirect negative effect on stress response and positive effect on subjective well-being via state self-esteem. Moreover, trait reflection had a significant direct positive effect on subjective well-being. These findings suggest that state self-esteem may be a critical psychological factor that leads to reduce stress response and enhance subjective well-being among both athletes high in trait rumination and/or low in trait reflection.

**キーワード** 反すう特性, 省察特性, 状態自尊感情, ストレス反応, 主観の幸福感  
Trait rumination, trait reflection, state self-esteem, stress response,  
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