

実践研究

## 協同学習プログラムの介入が大学生体操競技選手のスポーツにおける 自己調整学習を促進させるのか？

Does Cooperative Learning Activity Improve Self-Regulated Learning in  
Sport for Collegiate Gymnasts?

三井 みのり 藤原 敏行 中内 真悠 柄木田 健太 菅生 貴之  
Minori Mistui Toshiyuki Fujihara Mayu Nakauchi  
Kenta Karakida Takayuki Sugo

### Abstract

Self-regulated learning plays an important role in athletic performance. It is regarded to be improvable and enhanced by social and environmental feedbacks. However, there is no gold standard about how to integrate it to sports settings. The cooperative learning activity is one of the pedagogical methods that could be effective for teaching self-regulated learning. The purpose of this study was to examine if cooperative learning activities could improve self-regulated learning in collegiate gymnasts. Fourteen collegiate male gymnasts completed three sessions of cooperative learning activity. The participants also responded to the Self-Regulation of Learning in Sports Scale (Ikudome, 2017) and submitted self-report about changes in their behaviors and attitudes in practice. As a result, no statistically significant difference was found in the self-regulated learning scores between pre and post the interventions. The athletes' self-reports revealed that the percentage of the athletes who realized some changes in their behaviors and attitudes was increased from 36% after the first intervention to 79% after the third intervention. Although a part of the hypothesis was not statistically supported, it was suggested that cooperative learning activities may influence changes in self-regulated learning strategies such as efforts during practice.

キーワード：選手間の相互作用，セルフレポート，介入頻度

Interaction among Athletes, Self-report, Intervention frequency

### 1. 緒言

アスリートが競技大会において、最適なパフォーマンスを発揮するためには長期的に質の高い練習に取り組むことが重要になる (Baker and Young, 2014 ; Ericsson, 2003). また、練習の質の違いは学習効果にも影響を与えるこ

とから、同程度の時間を費やしていても、練習内容や学習過程によってパフォーマンスに違いが出るのが考えられる (Ericsson et al., 1993). このような練習の質の向上に寄与する可能性がある要因の一つとして、自己調整学習 (Self-Regulated Learning : SRL) があげられ