

原著論文

審美系競技女子大学生アスリートの体重管理方法および 体重管理に対する捉え方に関する実態調査

A study of weight management methods and perceptions of weight management among female college student athletes in aesthetic sports.

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Abstract

The challenges female athletes face, particularly the Female Athlete Triad, persist. However, effective weight management methods in this context remain unclear. This study aims to clarify the weight management strategies used by female collegiate athletes in aesthetic sports, explore their perceptions of weight management, AEBS-NV was used to measure the tendency of eating behavior disorder and group interviews were conducted to compare the results by the level of eating behavior disorder. The results showed that “Methods related to Eating” were most frequently used regardless of the risk of abnormal eating behavior. Additionally, methods focused on body water regulation were commonly used in aesthetic competitions. Many athletes in the high-risk group reported feeling that they lacked control over their weight despite actively managing it. Future development of weight management guidelines for aesthetic sports could lead to a reduced risk of abnormal eating behavior in female athletes.

キーワード：女性アスリート 食行動異常 体重管理 審美系競技

Female athlete eating disorder weight management aesthetic sports

I 緒言

近年、スポーツ界における女性アスリートが陥りやすい健康問題として「女性アスリートの三主徴 (Female Athlete Triad: 以下FAT)」がしばしば取り上げられている。FATとは、1992年アメリカスポーツ医学会 (American College of Sports Medicine: 以下ACSM) によ

って初めて提唱され、その後2007年に再定義された女性アスリートに多い健康問題であり、「利用可能エネルギーの不足 (摂食障害の有無にかかわらず)」、「視床下部性無月経」、「骨粗鬆症」の三つを指す (Nattiv et al., 2007)。これらの3症状は、共に関係し合いながら長い期間をかけて発現することが明らかになってお

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