

原著論文

大学生アスリートの身体意識と反芻・省察に関する縦断調査

Longitudinal study of body awareness, rumination,
and reflection among college athletes

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Abstract

Rumination and reflection are positively and negatively associated with depression, respectively. Reducing the former and promoting the latter are effective for psychological adaptation. Although both are stable traits and difficult to change, studies indicate that rumination can be changed. Previous research documents associations between rumination, reflection, and body awareness. This study longitudinally examined the relationships among rumination, reflection, and body awareness in college athletes. To explore the athletes' approach towards psychological adaptation, we elucidate the temporal changes, reduction, promotion, and interrelationships of body awareness, rumination, and reflection. A total of four questionnaire surveys were conducted at two-month intervals. Findings revealed that bodily distress and rumination scores differed significantly across time points, but awareness of bodily feeling or reflection scores did not. From Time 1 to Time 4, bodily distress, awareness of bodily feeling, and rumination scores decreased significantly. The magnitude of score changes for bodily distress displayed individual differences, and the possibility of such differences was suggested for rumination and reflection. Regarding the relationship between bodily distress and rumination, larger changes in bodily distress scores were associated with larger changes in rumination scores. Hence, bodily distress, awareness of bodily feeling, and rumination change over time, and individual differences in these changes may exist.

キーワード：身体感覚への意識, 身体症状, 多変量潜在成長モデル
awareness of bodily feeling, bodily distress, multivariate latent growth
model

I. 緒言

アスリートは、常に試合で良いパフォーマンスを遂行することが求められる。立谷(2018)は、トップアスリートの競技生活・環境は「異常」であり、心にも影響を受けていると述べている。そのような環境に身を置くアスリートには、心理的な支援が重要であると考えられる。荒井(2019)は、アスリートに対する心理的な支援

がさらに充実・発展するためには、心と身体の関係に注目する学問領域である心身医学の知見を活用することなどが必要であり、競技力や競技関連の指標だけでなく心身の健康のデータを収集することが重要であると述べている。高山・高橋(2022)の調査によると、抑うつ程度を測定する The Center for Epidemiologic Studies Depression Scale の大学生アスリートの平均得

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