

原著論文

大学生サッカー選手を対象としたアサーション・トレーニングの実践 —スポーツ場面への適用可能性と課題—

Implementation of Assertion Training for University Soccer Players: Examining
Its Applicability in Sport Contexts

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Abstract

Communication plays an important role in enhancing team performance and team sports provide many opportunities for interaction with teammates. Therefore, providing communication support to athletes in team sports is essential to improve teamwork. The purpose of this study was to implement assertion training for 57 university soccer players and, using a mixed-methods design, clarify the extent to which assertion training is useful in sports settings, as well as the reasons for its evaluation. The assertion training consisted of a five-session program. After each session, the usefulness evaluation using a four-item scale was analyzed using the Wilcoxon signed-rank test, and the free-response evaluation reasons were analyzed using Steps for Coding and Theorization. Sessions 1, 3, 4, and 5 received significantly higher ratings, while Session 2 showed no significant difference. Analysis of the reasons for these ratings revealed positive factors such as [improved teamwork], [maintaining interpersonal relationships], and [emotional control]. However, negative reasons were also noted, including [discomfort] regarding applying assertiveness in sports contexts and [the perceived need for aggressive self-expression]. Thus, existing assertion training appears effective off the field but suggests limitations when applied in time-constrained situations like on the field. Future development and implementation of assertion training tailored to the sports context is required.

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