

東京箱根間往復大学駅伝競走までの 11 週間にわたる心理状態の 経時的变化と競技成績との関係

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[要 旨]

東京箱根間往復大学駅伝競走に出場する選手は、家族・友人・大学関係者などからの期待や各種メディアへの露出などによって、不安や精神的なストレスが増加しやすく、本来の実力を発揮できないことも考えられる。そのため、試合期における大学長距離選手はどんな心理状態であるのかは興味深い点である。そこで本研究は、予選会から東京箱根間往復大学駅伝競走までの 11 週間に及ぶ試合期において、大学生長距離選手の心理状態の経時的变化および心理的要因の相互関係と競技成績との関係性を明らかにすることを目的とした。結果として、競技成績の高い選手は、試合期全体における忍耐度の変動幅が大きかったが、それ以外の 14 尺度は変動しなかった。また、勝利意欲は競技成績の主要因の一つであるが、競技成績が低い選手ほど、自信のない時に勝利意欲が低下していた。これらのことから、競技成績の優れた選手は、試合期全体における忍耐度の高低変化が大きく、勝利意欲が自信の有無に左右されないことが明らかとなった。

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The relation between psychological states and performance in Hakone Ekiden runners during the 11 weeks of competitive phase

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[Abstract]

Hakone Ekiden, which is officially called Tokyo-Hakone Round-Trip College Ekiden Race (the Hakone Ekiden), is one of the most prominent university ekiden (relay marathon) races of the year held between Tokyo and Hakone on January 2 and 3. Ten

universities are seeded teams that qualify by the results of previous year, the remaining ten qualify through the elimination race, which held in October preceding the main race. Runners who participates in the Hakone Ekiden tend to have an uneasy feeling and mental stress because of the high expectations from their family, friends, and university, as well as their exposure to the media, and as a result, they may not be able to exert their ability fully. For that reason, it would be interesting to find out how these runners feel during the period between the October elimination race and the January main race. The present study aimed to clarify the relation between changes in the psychological states and running performance during 11 weeks (October elimination race and the January main race). It was observed that, in runners who were accomplished a high performance, the degree of patience varied significantly during 11 weeks competitive period, but that the other 14 variables remained constant. The will to win is a one of the key factors for a determinant of running performance: it was found to be lower associated with little self-confidence in runners who were accomplished a low performance. These results suggest that the runners who were accomplished a high performance characterized by great variations in the patience throughout the 11-week competitive period and no correlation between the will to win and self-confidence.