

スポーツ系大学生における感謝、心理的負債感と GRIT との関係

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【目的】

目標達成に向けて長期間やり抜く力はスポーツにおいて重要な要素である。やり抜くことができたアスリートは、援助者へ感謝の言葉を述べることが多い。支援を受けたと感じる感情は被援助感情であり、その代表的なものは感謝 (Gratitude) と心理的負債 (Indebtedness) である。感謝はポジティブな感情であるとされるが、心理的負債の役割はまだ全容が明らかにされていない。援助者との関係が近いアスリートにおいて、被援助感情を研究することはアスリートの精神状態を理解することにも繋がる。

本研究の目的は、スポーツ系大学生の感謝と心理的負債感という被援助感情とグリット (Grit) との関係性を明らかにし、それらと心理的 well-being がどのように影響するのかを考察することであった。

【方法】

本研究ではスポーツ系大学生男女 579 名に web 調査を行い、538 件の有効回答を得た。質問項目は、心理的 well-being、心理的負債感、感謝特性、グリットの 4 つの尺度の項目と、性別、競技歴などの個人属性であった。4 つの尺度において性差は t 検定を、競技歴は MANOVA を行った。また、対象者の心理的 well-being や心理的負債感、感謝特性、グリットの関係を検証するために、それぞれの尺度得点をもとに、それらを観測変数としパス解析を行った。

【結果】

本研究の仮説 1「感謝がグリット、心理的 well-being とともに正の影響を与え、グリットもまた心理的 well-being へ正の影響を与える」と仮説 2「心理的負債感はグリットには正の影響を与え、グリットは心理的 well-being に正の影響を与える」は両方とも支持された。仮説 3「競技レベルの高い者は被援助感情 (感謝と心理的負債感) からグリットへ影響を及ぼしやすい」は支持されず、競技レベルの差による被援助感情からのグリットへの影響力の差はないことが明らかになった。

【結論】

被援助感情がグリットへ正の影響を与えることが明らかになった。コーチは被援助感情による負担も考慮に入れ、アスリートを指導する必要性が示唆された。アスリートは被援助感情をやり抜く力に変えることができるが、過剰な被援助感情を抱いた際にストイックな過剰行動を招き、心身へ負担が生じる可能性があるため、コーチはアスリートの被援助感情のレベルを把握しておく必要があると考えられる。

Relationship between gratitude, psychological indebtedness, and grit
in sport major university students

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[Purpose]

The ability to stay resilient while working towards a goal over an extended period is an important factor in sports. Athletes who have overcome such adversity frequently express their thanks to their supporters. The sensation of receiving support is the same as the emotion of receiving assistance, and the most common instances of such feelings are gratitude and psychological indebtedness. Although gratitude is considered to be a positive emotion, the role of psychological indebtedness has yet to be fully clarified. In cases where athletes have close relationships with their supporters, studying the feelings associated with receiving help can lead to an understanding of the mental states of athletes.

This study aims to clarify the relationship between gratitude, psychological indebtedness, and grit in sports university students, and to examine how they affect psychological well-being.

[Methods]

In this study, 579 male and female sports undergraduates completed a web survey, yielding 538 valid replies. The questions contained four scaled items: psychological well-being, psychological indebtedness, gratitude, and grit, as well as personal characteristics such as gender and competitive sports history. Gender differences in the four scales were investigated through a t-test, while possible effects due to sports history were investigated using MANOVA. In addition, to examine the relationship between psychological well-being, psychological indebtedness, gratitude, and grit, path analysis was performed using these as observation variables based on the scores of each scale.

[Results]

The first two hypotheses of this study are both supported by the results: Hypothesis 1 - "Gratitude has a positive effect on both grit and psychological well-being, and grit also has a positive effect on psychological well-being" and Hypothesis 2 - "Psychological indebtedness has a positive effect on grit, and grit has a positive effect on psychological well-being." However, the third hypothesis - "For those at a high competitive level, the effects of feelings of having received help (gratitude and psychological indebtedness) tend to influence grit more easily," was not supported by the results, which showed that there were no differences in the influence of feelings of having received help on grit due to differences in competitive level.

[Conclusion]

This study found that the emotions associated with receiving assistance have a favorable effect on grit. This implies that when training athletes, coaches should consider the psychological burden of being supported. Athletes can transform the emotions associated with receiving assistance into the ability to be resilient, but excessive feelings of having received assistance can lead to athletes being overly strict on themselves, perhaps causing unneeded strain on the mind and body. Therefore, coaches must have a good understanding of athletes' emotional level of emotions associated with receiving assistance.