

大学生柔道実践者における競技継続に及ぼす要因の検討

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【目的】

昨今の日本柔道界における大きな課題として、柔道人口の減少や柔道からの離脱が挙げられる。どちらの課題も中高生の年代に顕著にみられる。長期的に柔道を継続している柔道実践者が柔道からの離脱人口が多い中学生・高校生の時期に柔道継続に至った理由は明らかにされていない。そこで本研究は、過去の柔道継続要因が現況の柔道継続要因に及ぼす影響とそれらの関連について検討することを目的とした。

【方法】

まず、柔道継続要因の構成概念の抽出及び質問項目の作成を目的とし、予備調査を行った。具体的には大学生柔道実践者を対象に中学生、高校生の時期に柔道継続に至った理由と現在の柔道継続理由について自由記述で回答を求めた。その結果、9カテゴリー(愛好志向、訓練志向、活用志向、関係志向、勝利至上志向、キャリア形成志向、惰性志向、指導者へのポジティブ感情、指導者へのネガティブ感情)37項目の質問項目が作成された。この質問項目を本調査で使用した。本調査では大学生柔道実践者の253名を対象とした。過去の柔道継続要因が現在の継続要因に及ぼす影響を検討するため、重回帰分析を行った。

【結果】

分析の結果、柔道実践者が長きにわたり、柔道を愛好し、指導者と信頼関係を築くことは、柔道継続に強く影響していることが示唆された。また、高い競技レベルの者は「訓練志向」と「勝利至上志向」を持っており、柔道継続において重要であることが明らかとなった。そして、中学校や高校時代における「関係志向」が、大学生時の「関係志向」に影響を及ぼし、人間関係が柔道継続の外的動機付けとして重要であり、柔道継続を支える要因であることが明らかとなった。

【結論】

大学生柔道実践者の過去の柔道継続要因である、「訓練志向」「勝利至上志向」「関係志向」が、現在の柔道継続に影響を及ぼしていることが明らかとなり、過去の柔道継続要因と現況の柔道継続要因の関連を示すことができた。

Examining factors influencing the continuation of competitive judo among university students

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[Purpose]

Recently, a major challenge faced by the Japanese judo community is the declining number of judo practitioners and the increasing dropout rate. These issues are particularly pronounced among junior high and high school students, a period during which many individuals discontinue sports. Although numerous studies have focused on the reasons for discontinuing, the factors contributing to the long-term continuation of judo during these critical years remain unclear. Understanding these factors is essential to develop strategies to sustain judo participation and prevent attrition. Therefore, this study examines how past factors influencing judo continuation affect current motivation to continue practicing judo. Additionally, this study explores the relationship between these factors to provide a more comprehensive understanding of long-term judo engagement.

[Methods]

A preliminary survey was conducted to identify the key conceptual factors underlying judo continuation and develop questionnaire items. University-level judo practitioners were asked to provide open-ended responses regarding their reasons for continuing judo during their junior high and high school years, as well as their current motivations for continued participation. Based on these responses, 37 questionnaire items were created and categorized into nine key factors: enjoyment-oriented, training-oriented, application-oriented, relationship-oriented, victory-oriented, career-oriented, inertia-oriented, positive emotions toward coaches, and negative emotions toward coaches. These items were used in the primary survey administered to 253 university judo practitioners. A multiple regression analysis was performed to examine the influence of past judo continuation factors on current continuation factors.

[Results]

The analysis revealed that long-term judo practitioners tend to maintain enjoyment of judo and develop strong, trusting relationships with their coaches, both of which significantly influence their continued participation. Additionally, individuals competing at higher levels exhibited strong training- and victory-oriented mindsets, indicating that these factors play crucial roles in judo continuation. Furthermore, relationship-oriented factors during junior high and high school were found to significantly influence relationship-oriented motivation at the university level. This suggests that interpersonal relationships act as important external motivators and support long-term Judo participation.

[Conclusion]

This study demonstrates that past judo continuation factors, particularly training-oriented, victory-oriented, and relationship-oriented motivations, significantly impact current judo participation. These findings highlight the strong connection between past and present motivational factors and provide insights into the long-term mechanisms that sustain engagement in judo.