

実践研究

環境移行期にいる大学新入生アスリートの適応過程に関する質的研究

Qualitative Approach of Adjustment Process for Freshmen

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Abstract

The purpose of this research was to visualize the adjustment process of university freshmen athletes in the transitional environment to university sports club activities. In this research, we made a qualitative approach under the research question "How do university freshmen athletes who are in Exhausted increase their degree of life through the freshmen support program?" We implemented a psychological support program for university freshmen athletes to adjustment support to university sports club activities and collected description of 4 students (female, mean age 18.75 years, mean athletic experience 9.75 years) whose the Diagnostic Inventory for Mental Health Pattern (Hashimoto & Tokunaga, 1999) transitioned from Exhausted to Resisting, from the beginning to the end of the program. The obtained description was analyzed to a Modified Grounded Theory Approach (Kinoshita, 2007). From the results of the analysis, university freshmen athletes in the Exhausted see the program as a place to face with serious attitudes to the problems associated with environmental transition, and teammates who have the same troubles as themselves will become aware of first-year students by working toward solving those troubles. That is, through 4 stages of crisis with environmental transition, seeking change actively, the program as chance and challenge to university sports club activities, the degree of life is improved. As additional findings of this research, 1) Meaning of experiencing environmental transition with a serious attitude, 2) A place to share troubles with teammates, 3) Perspectives required for adjustment support of college freshman athletes.

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