

論文の欧文要旨

(Name) Satoshi Aikawa

(Title)

Imagery training in Japanese artistic gymnast

(Abstract)

Imagery training is a representative psychological technique of mental training that is widely used in Japan (Nishida, 2016). However, most studies have examined the effects of imagery training in terms of acquiring or modifying specific sports skills, and there is a lack of studies that examine its effects when applied to other purposes (Singer et al., 2013). That is, there is a need to examine the effectiveness of imagery training in actually contributing to the improvement of athletes' performance. Moreover, for the development of imagery training, it is also necessary to incorporate new research findings. Doing so will create effective knowledge to guide the image training provided by mental training consultants in sports as well as the use of image training by athletes. Moreover, Momose et al. (2018) discussed the necessity for imagery training to take into account the characteristics of sports. Therefore, this study examines the effectiveness of imagery training in contributing to the improvement of athletes' performance. First, textual data were used to measure the purpose of imagery use by athletes; the data were then analyzed using quantitative text analysis. This allowed us to clarify the characteristics of the purpose of imagery use according to the competition scene and sports characteristics. Next, the Japanese version of the Sport Imagery Ability Questionnaire (Williams and Cumming, 2011) was developed and its reliability and validity were verified. Following this the relationships between imagery ability, gymnastics performance, and performance-related variables were examined. Finally, the influence of imagery training on gymnasts' imagery ability and performance was investigated. The findings can be applied to practical situations in sports and can improve the effectiveness of imagery training. By balancing research and practice, this study provides useful findings in the field of sport psychology.