

大会に向けた減量が男子柔道競技日本代表選手と大学選手の心理的コンディションに及ぼす影響

Effects of weight loss on the psychological condition of male national and university judoists before the competition

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【抄 録】

目的: 日本代表柔道選手と大学生柔道選手が大会に向けて行う減量による心理的コンディションの変化をPOMS(Profile of Mood State: 気分プロフィール検査)で評価し, 減量が心理的コンディションに及ぼす影響を調べることを目的とした。

方法: 対象者は2011年パリ世界選手権柔道大会に出場した日本代表選手男子6名, 2012年関東学生柔道体重別選手権大会に出場したT大学柔道選手男子9名とし, 各大会1ヶ月前, 1週間前, 1日前の計3回日本語版POMSを用いて心理的コンディションと体重の変化を調べた。

結果及び考察: 日本代表選手で好成績がみられた選手はPOMSスコアで冰山型を示した。日本代表選手は大学柔道選手と比べると減量幅が小さく, 減量期間も短かった。また「疲労」による心理的負担も少なかった。一方で, 大学柔道選手は成績の優劣とPOMSの関係が不明確であった。これらのことより, 大学柔道選手はさらなる検討が必要であるが, 日本代表選手においてはPOMSを用いた心理状態の評価が大会でのパフォーマンス予測に有効である可能性が示唆された。

[Abstract]

Objective: International-level judoists must attend numerous competitions and training camps in a season. In addition, they must adjust their weight to their weight class. Conditioning towards competition is very important, but almost no reports have described psychological conditions during international tournaments. This study evaluated pre-tournament psychological conditions by comparing international level judoists and collegiate judoists using the Profile of Mood States (POMS) scale.

Method: Subjects were six international-level male judoists attending the 2011 World Judo Championships in Paris (INT group) and nine collegiate judoists attending the 2012 Kanto University Judo Federation weight class championships (CO group). In all subjects, we examined body weight and psychological condition using the Japanese version of POMS at 1 month, 1 week, and 1 day before each competition.

Results and Discussion: POMS fatigue scores in INT group and CO group showed significant differences ($p < 0.05$)

between 1 month, 1 week, and 1 day before competition. Weight loss rates at 1 week and 1 day before competition showed significant differences ($p < 0.05$) in both INT and CO group. The INT group showed a lower mean fatigue score than the CO group. Previous studies have reported that decreased vigor score and increased fatigue score were accompanied by rapid weight loss. The INT group displayed lower fatigue scores and a smaller reduction in body weight than the CO group in this study, suggesting that INT group members were more likely to implement an appropriate weight loss program rather than undergo rapid weight loss.

Conclusion: We found that international-level judoists were more aware of the importance of weight loss and fatigue in maintaining condition compared with collegiate judoists, although achieving an “iceberg profile” before the competition is challenging even for international-level judoists who have extensive experience with international competition. Accordingly, pre-tournament assessment of psychological condition appears important.

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