

High organization-based self-esteem is associated with lower risk of depressive symptoms among university athletes

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(大学生アスリートにおける高い組織内自尊感情は抑うつ症状を呈するリスクの低さと関連する)

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Abstract

As depressive symptoms may impair athletes' healthy competitive life and lead to a decline in performance, it is necessary to identify and prevent these symptoms. Organization-based self-esteem is one of the factors that influence the mental health of the members of an organization. It has been found that employees with high organization-based self-esteem have good mental health. However, the relationship between organization-based self-esteem and mental health has not yet been investigated in athletes. Therefore, we aimed to develop an organization-based self-esteem scale for university athletes (Study I) and investigate the effect of organization-based self-esteem on depressive symptoms (Study II). Study I included 210 university athletes as participants (average age 19.6 ± 0.64 years), who responded to the newly developed Organization-Based Self-Esteem Scale for University Athletes (OBSE-UA), the Rosenberg Self-Esteem Scale, and the Sports Commitment Scale. To confirm the reliability of the developed scale, two weeks later they responded to the OBSE-UA again. In Study II, the participants were 232 university athletes (average age 19.5 ± 1.10 years), who completed the OBSE-UA developed in Study I and the Self-Rating Depression Scale. In Study I, we extracted a one-factor structure with six items for the OBSE-UA using exploratory and confirmatory factor analysis. Sufficient validity and reliability were confirmed by examining the relationship between organization-based self-esteem and sports commitment and retest methods, respectively. In Study II, athletes with high organization-based self-esteem showed a 0.3 time lower risk of experiencing depressive symptoms, compared to athletes with low organization-based self-esteem. Thus, facilitating the development of organization-based self-esteem can contribute to the prevention of depressive symptoms among university athletes.