

# 大学生柔道競技者における柔道実践の動機づけの因子構造とその信頼性

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大学生柔道競技者における柔道実践の動機づけの因子構造とその信頼性

(Factor structure and reliability of motivation for judo practice among college judo athletes)

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### Abstract

The judo population in Japan is on a declining trend, and one of the contributing factors is believed to be the difference in opinions between coaches and athletes. So, Judo instructors need to understand the motivation behind athletes' judo practice when providing guidance.

Previous studies have conducted detailed analyses of judo motivation. Iteya et al.<sup>6</sup> aimed to reveal the factor structure of reasons for continuing judo practice. Through factor analysis of the data obtained from the questionnaire survey, they extracted five factors. However, Iteya et al.'s report<sup>6</sup> was based on prior studies that investigated factors such as the image and interest in judo. Moreover, the reliability and validity of questionnaire items from the referenced prior studies were not examined. On the other hand, Sasaki et al.<sup>19</sup> focused on college judo athletes and investigated judo motivations using free-text responses. The motivation data comprising 103 items was obtained and subsequently categorized into seven factors using the KJ method. However, quantitative analysis was not examined, although the validity was high. Therefore, the objective of this study is to investigate the factor structure and reliability of diverse motivations for judo practice.

A questionnaire survey was conducted on the judo motivation. And using the collected data, factor analysis was performed to examine the factor structure. Additionally, Cronbach's alpha coefficient was calculated. As a result, five highly reliable factors consisting of 40 items was extracted.