日本のプロサッカーコーチにおけるメンタルヘルスの探索的研究：現状とシーズン内変化

日本のプロサッカーコーチにおけるメンタルヘルスの探索的研究：現状とシーズン内変化

（An exploratory study of mental health in Japanese professional soccer coaches: Current conditions and in-season changes）

澁川　賢一（しぶかわ　けんいち）

博士（スポーツ健康科学）

Abstract

The purpose of this study was to conduct a cross-sectional and longitudinal survey of Japanese professional soccer coaches regarding their mental health status and the stressors that affect it, and to identify the actual conditions and characteristics of their mental health.

The survey covered professional soccer coaches from 16 clubs in the Japan Professional Soccer League at three time points during the 2022 season: early season, mid-season, and late season. The GHQ-12, which measures mental health status, the WEMWBS, which measures positive wellbeing status, and a questionnaire on self-perceived assessment of stressors were used. Data were organized by attribute, with the GHQ-12 and WEMWBS categorized into two groups (low and high) based on their respective cutoff values, and the self-perception rating items for each stressor into three groups (low, medium, and high).

The cross-sectional analysis was based on the survey in the early phase (n=175), and the longitudinal analysis was based on survey throughout the three time periods (n=79). Statistical methods used were Fisher's exact probability test and group comparison with correction for p-value of Bonferroni's method, with a significance level of 5%.
The results of the cross-sectional analysis showed that 28.6% of the respondents were in the high GHQ-12 group with a tendency toward mental health problems and 31.4% were in the low WEMWBS group with low positive well-being status, with no significant differences by attribute. With regard to self-perception of stressors, the high perception groups for "my performance" and "interpersonal relationships among leaders" were significantly higher in the high GHQ-12 group and in the low WEMWBS group. The results of the longitudinal analysis showed differences in stressors according to the time of the season. At the end of the season, the high perception groups of "player performance," "own performance," "demands from their club," "demands from parents," and "interpersonal relationships among leaders" had significantly higher percentages of GHQ-12 high or WEMWBS low groups. As for intra-individual changes, we found that a certain number of coaches (GHQ-12: 46.8%, WEMWBS: 59.5%) were suspected of having mental health problems at least once during the season. This study revealed the reality

that a certain number of Japanese professional soccer coaches with suspected mental health problems existed regardless of the time of year during the season, and some coaches showed fluctuations in mental health within the season. In addition, characteristic stressors behind coaches' mental health problems emerged.