

第65回東伏見スポーツサイエンス研究会

日時 2020年12月17日(木) **16:30~18:00**
場所 早稲田大学79号館(STEP22) 205教室

演題

Positive youth development through sport

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■ Participation in sport has well-documented physical, psychological and social benefits that can lead to positive youth development (c.f., Eime et al., 2013; Hebert et al., 2015; Vandell et al., 2015). However, evidence continues to demonstrate that the number of sport participants in Canada and Japan continues to decline (Statistics Canada, 2019; Nippon Junior High School Physical Culture Association, 2017). Such trends indicate the importance of understanding how to keep young people in sport and optimally functioning. As thriving has been an essential topic in positive human development (Seligman & Csikszentmihalyi, 2000), recent evidence suggests that the concept of thriving is a positive predictor of desired outcomes such as retention, well-being, and performance (e.g., Porath et al., 2012; Ren et al., 2015). Self-Determination Theory (Ryan & Deci, 2000) has concomitantly been utilized to explain the relationship between motivational factors and human thriving (Spreitzer & Porath, 2014). Hence, my dissertation focused on the investigation of the mechanism underlying youth athletes' thriving by examining self-determination theory.

The overall purpose of my dissertation was to examine the mechanism underlying thriving within a youth sport context. Study 1 investigated the mechanism underlying youth athletes' thriving with specific consideration regarding personal predictable factors and the consequences. Study 2 tested the buffering effect of mental toughness on the negative indirect relationships between basic psychological need thwarting and important outcomes for youth athletes' positive functioning (intention to continue, subjective well-being in sport, and goal progress) through thriving. Study 3 examined how personal and social factors are related to thriving, in turn associating with important outcome variables of interest.

■ Biography: Keita Kinoshita is currently a lecturer at the Sagami Women's University. He recently received his Ph.D. in Human Kinetics, specialized in sport management, from the University of Ottawa, Canada. His research interest is mainly in positive human/youth development and organizational behavior covering management and psychology concepts such as transformative service, autonomy support, thriving, well-being, and group flow. His research aims to understand how we can use sport as a tool contributing to human and social development and changes. Dr. Kinoshita has worked with and researched prominent national and international sport organizations such as International Olympic Committee, Commonwealth Game Federation, Athletic Canada, and Baseball Canada. His research works has been published in reputable journals in the sport field including Research Quarterly for Exercise and Sport and Journal of Sport Management. As a teacher, he is passionate to educate students who can contribute to the society by using a power of sport.

