

第214回スポーツサイエンス研究会

日時 2022年6月14日(火) 16:00 より

場所 早稲田大学 所沢キャンパス 100号館 第一会議室

演題1 Enhancing well-being through the power of sport

演者 Shintaro Sato
(Faculty of Sport Sciences, Waseda University)

Well-being has recently received keen scholarly attention (Inoue et al., 2022; Kim et al., 2019; Kim et al., 2020). Scholars in the field of Sport Management have provided numerous perspectives for understanding well-being by focusing on various stakeholders (e.g., athletes, spectators, residents of sport event host communities; Swanson et al., 2022; Kinoshita & Sato, under review; Sato et al., 2022). These researchers have shown that well-being is a multi-dimensional construct that consists of four distinct factors – hedonic/subjective well-being, psychological well-being, social well-being, and physical well-being. Multi-dimensional approach has contributed to the advancement of well-being literature as it can provide the detailed information about the antecedents as well as outcomes of well-being. One of the benefits that we can expect from the multi-dimensional approach is to capture the trade-offs among the well-being factors. For example, sport spectators may be vitalized by exciting sporting games, leading to the increase of hedonic well-being while the same individuals may decrease the level of physical activity participation (Berg et al., 2021).

The purpose of the current presentation is two-fold. First, I will provide brief explanations of well-being in sport and entertainment contexts. Second, empirical findings regarding the relationship between sport and well-being by incorporating multi-dimensional well-being approach will be introduced. With regard to empirical findings, particular attention will be given to the contexts of sporting residents in sport event host communities, spectators, and athletes.



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場所 早稲田大学 所沢キャンパス 100号館 第一会議室

演題2 If you build it, will they come? Research reflections on the potential for promoting healthy and active aging in post-Olympic Japan.

演者 Michael Annear
(Faculty of Sport Sciences, Waseda University)

Japan is considered to be a super aged society and is characterized by its mature demographic structure and declining population. In the absence of major changes to birth rate or immigration policy, it is critically important that middle-aged and older adults in Japan are supported to maintain or improve their health through proactive lifestyle behaviors, such as regular participation in moderate-vigorous physical activity. As we begin to emerge from the post-Olympic hosting period and COVID-19 pandemic restrictions, the time is right to consolidate support for an active and healthy society with the aim of compressing morbidity and extending healthy lifespan. Achieving a more active society across the life course would arguably hold myriad benefits in terms of reduced health system costs, improved quality of life, increased productivity, and greater social and familial participation.

Dr Annear will reflect on research he has conducted in the past three years that explores physical activity behaviors and intentions among middle-aged and older adults, health-related expectations regarding aging, and environmental antecedents of active aging. Issues that will be discussed include enduring patterns of physical inactivity in later life, the problematic nature of middle age in Japan in relation to walking and sitting behavior, negative health-related expectations regarding aging, persistent environmental barriers to physical activity, and the challenges and opportunities created by the COVID-19 pandemic and Olympic hosting. Dr Annear will also highlight current international research he is undertaking with colleagues in Sweden and New Zealand to elucidate cross-cultural lessons on identifying and addressing environmental barriers to active aging using novel mixed methods techniques.

