

## Sport Psychology in Japan : Past, Present, and Future Trends

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## — Report —

## Sport Psychology in Japan: Past, Present, and Future Trends

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## SYMPOSIUM: Sport Psychology Around the World: Past, Present, and Future Trends

The field of sport psychology involves different orientations in various countries around the world. Most AAASP members are familiar with the North American Model. Other models may have beneficial orientations to the field which have been tried and tested in their countries. The purpose of this symposium is to acquaint AAASP members with other orientations to sport psychology in eight countries outside North America. The questions addressed related to each country include: How did the field evolve? Are there sport psychology organizations? Who are the members? How many members are there? Is the field aligned more with physical education or psychology? What are sources for support? Is the government involved? Are there consulting opportunities? What are the major issues? The answers to these questions show that other countries deal with many of the same issues as in North America (ie. certification). Yet some major issues in other countries are minor issues in North America (ie. political and Propaganda issues).

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## Sport Psychology in Japan: Past, Present, and Future Trends

## 1. When was sport psychology started in your country?

The Japanese Society of Sport Psychology (JSSP) was established in 1973. Since then the society has held annual meetings and its meeting in 1998 marks the 25th. The number of members is 422 as of March 1997.

## 2. Did it evolve from psychology, physical education, or sport organizations?

The Japanese Society of Physical Education (JSPE) was founded in 1950, and its annual meeting in 1998 will be the 49th. It has 6,752 members as of September 1997. In 1961, the Physical Education Psychology Division was set up in the JSPE, and the members of this Division presently number 645.

The JSSP was established as an organization associated with the International Society of Sport Psychology (ISSP) and those playing the main role in the society are the members of the Physical Education Psychology Division of the JSPE.

## 3. Who developed it?

The first president of the JSSP was the late Professor Iwao Matsuda. The present president is Professor Atsushi Fujita of Nippon University. The secretariat is located in the Nippon University and run by 22 officers.

## 4. Do you have any international sport psychology organizations in your country?

Japan has no international sport psychology organizations. However, Professor Kimihiro Inomata of Chukyo University holds the important position of the president of the Asia South Pacific Association of Sport Psychology and Professor Atsushi Fujita of Nippon University is the former president of the International Society of Sport Psychology.

5. What are some of the current problems facing applied sport psychologists in your country?

- The Japanese Olympic Committee commissions sport counselors for each sport event group. However, those cases in which a sport counselor is actively engaged as a member of the coaching staff are very rare, and the counselor system is far from satisfactory.
- In recent years, the necessity of mental training has been increasing in the sport settings for high school students, college students and non-pro people who participate in sports as a social event. However, the current status is only that the sport psychology researchers lend support as a volunteer on a request basis.
- The mental training guidance has been provided by a small number of sport psychology researchers and private or nongovernmental psychologists. There is no system to train and educate mental training instructors, and no system to certify the qualification.

6. Where does funding for sport psychology research come from?

It comes from the research funds provided for the faculty in each college or university. The actual situation is different between national colleges/universities and private ones. Other funds available for acquisition include science research funds from the Ministry of Education, project research fund from the JSPE, and research fund from private enterprises, for which applications need to be submitted.

7. Is there a certification program for sport psychologists in your country?

No, there is no certification system for sport psychologists. Currently, however, a certification

system for mental training instructors is being considered by the Special Committee for Certification Verification set up by the board of directors.

8. In what ways do you anticipate sport psychology will evolve in your country?

- Advanced sport psychology research in Western nations will be referred to as a good guide.
- Theories and methods needed in these settings will be developed in association with the actual sport settings.
- The activities of JSSP will be promoted and international exchange will be expanded.

9. What will be the major issues in the future?

- To initiate the mental training instructor certification program.
- To educate the physical education teachers, competitive-sports instructors, and health-promoting sport and recreation instructors.
- To build closer relations with the psychological associations in addition to the already-established relationships with the sport science associations.

10. Feel free to include any other interesting facts or developments related to sport psychology in your country.

- At the 1997 meeting of the JSSP, a special lecture, a panel discussion, 3 workshops, and 35 general presentations (13 oral presentations and 22 poster presentations) were conducted.
- The Japanese Journal of Sport Psychology is published annually as a compilation of original papers. Its 25th issue will be published in 1998.
- The JSSP has compiled the papers contributed by a number of society members and published the following; Introduction to Sport Psychology (1979), Sport Psychology Q & A (1983), and Coaching Psychology Q & A (scheduled in 1998).
- Presentation of the Japanese Society of Sport Psychology Awards and commendations of its honorary members
- Opening of the JSSP home page

- The 25th annual meeting will be held in 1998 and there will be special commemorative events and programs.

### 概 要

1998年度の AAASP (Association for the Advancement of Applied Sport Psychology, 国際応用スポーツ心理学会) が米国マサチューセッツ州の Cape Cod で

9月23日～27日に行われた。その学会のシンポジウムとして「世界のスポーツ心理学の過去・現在・未来の動向」が行われた。Daniel Smith (シンガポール) の司会のもとにアルメニア, オーストラリア, フランス, 日本, 韓国, カナダ, シンガポール, ロシアの8名の演者がそれぞれの国の実情を報告した。

わが国のスポーツ心理学の過去・現在・未来について, 10個の質問に答える形で報告した。