

# 情動状態とスポーツパフォーマンスの関係

— IZOF理論に基づく情動のコントロール —

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## Relationships between Emotions and Sport Performance

— Emotion Control Based on IZOF Model —

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### Abstract

This paper concerns two studies conducted in terms of emotion-performance relationships based on Hanin's the Individual Zones of Optimal Functioning (IZOF) model.

The purpose of study 1 was to collect data from the emotion-profiles of 23 athletes and to recognize the relations between performance-related emotions and sport performance. The results showed that there were clear differences between the best performance and the worst performance in the emotion-profiles of most athletes older than high school age. It also seemed that developmental levels influence the emotion-profiles.

The purpose of study 2, founded on study 1 in which there were clear emotion-performance relationships, was to control the antecedents of emotions and enhance or stabilize performance through controlling emotion levels in competition. It appeared that the controlling of the antecedents led to appropriate levels of emotions for sport performance. It also suggested that the controlling of the antecedents contributed to optimal performance during the competition and to enhance or stabilize performance.

**Key words:** control of emotions, controlling of emotion antecedents, performance enhancement, IZOF model