MODIFICATION OF SELF-EFFICACY FOR GROUP ADAPTATION THROUGH SPORT ACTIVITY INTERVENTIONS
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BACK GROUND
Physical activity is an important factor in preventing mental health problems, and increasing QOL. Prior research reported that experiences of group exercise such as sport activity using concept of group encounter is able to enhance the students’ opportunities of communication and interaction with others (Shimizu, 2003). Another survey reported that the structural camping activities with group exercises on university students also improved their mental health by providing self-efficacy for group adaptation, social skills and social support resources (Gushiken et al., 2007). The purpose of this study was to investigate the differences of Mental Health and Self-Efficacy for Group Adaptation (SEGA) score between the subjects who participated in basketball class using group encounter and the subjects who did not participate in it.

METHOD
The subjects were 196 university students (male=92, female=104, mean age=19.52±1.52). 29 of the subjects participated in the basketball class using the group encounter while 167 subjects did not participate in it. They were asked to answer two questionnaires composed of SEGA Scale (Gushiken et al., 2007) and Mental Health Pattern (MHP; Hashimoto et al., 2000) at the final class of the semester in July 2006. The subjects were divided into two groups composed of high score group of SEGA and low score group of SEGA according to the mean score. A 2(high score group of SEGA vs. low score group of SEGA) x2(taking a basketball class vs. not taking a basketball class) two way ANOVA and post hoc tests was conducted on MHP.

RESULTS
The results indicated that significant main effects were found in SEGA and class. In the low score group of SEGA, the subjects who took a basketball class showed lower score of Social stress than the subjects who did not take a basketball class (p<.05). In the taking a basketball class, the high score group of SEGA showed lower scores of Psychological stress (p<.10) and Physical stress (p<.10) than the low score group of SEGA. In the not taking a basketball class, the high score group of SEGA showed lower score of Physical stress than the low score group of SEGA (p<.10).

DISCUSSION
As a result of this study, the basketball class using the concept of group encounter effectively reduces the students’ stress. The results suggest that sport activity class with group exercise probably contribute to protect the adjustment disorders by improving their social skills and communication skills on university students. In future research, it is necessary to investigate effects of sport activity using the concept of group encounter on longitudinal studies.