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Exploration
on Social Psychology in Contemporary Sports:
From Theory to Practice

当代体育社会心理探索

——从理论到实践

◎ 王 进 著



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FOREWORD 1

There is a clear need for a book on social psychology of sport that links theory with practice. While over the years researchers have accumulated a plethora of empirical research that generate and test theories and models under controlled conditions, relatively little of this knowledge has been applied in sport and exercise settings. Dr. Jin Wang, in *Exploration on Social Psychology in Contemporary Sports: From Theory to Practice*, has made a significant contribution to the literature with bridging theory to practice. Psychology is the science of behavior. Therefore, in order to change and improve behavior, or sport performance in this case, it is important to understand the science that helps explain, describe, and predict it. This book provides an extensive, much-needed overview of social psychological theory in sport, supported by an extensive research literature, and how these studies may be applied to promote high quality sport performance.

A particular need in the literature that is addressed in this book is recognizing the contribution of sport psychology in China. The Peoples' Republic of China has a very long history of involvement in sport and physical activity, and has made extensive contributions to the scientific literature in sport psychology in recent years. Dr. Jin Wang recognizes the extent of this contribution and, in doing so, addresses cultural differences in sport psychology, another area often neglected in sport psychology textbooks.

Other unique areas of the sport psychology literature that are covered in this book, in addition to traditional areas of sport psychology, include leadership in sport, sport sociology, developing interpersonal (i. e., coach-athlete) relationships in sport, unhealthy and abnormal behavior in sport, applying sport psychology theory to exercise behavior, and research

methodology. Each of these areas consists of a strong theoretical base combined with application.

Chapter 3, for instance, on the methodology of social psychology in sports is a particularly unique contribution to the literature. The author provides an in-depth review of research validity, the development of inventories to measure constructs in sport psychology, and information about the research process. Another unique area of this book is a prolonged examination of adolescent sport behavior and ways to improve involvement in sport and exercise of this often neglected age group.

Exploration on Social Psychology in Contemporary Sports: From Theory to Practice will benefit coaches, athletes, athletic trainers, psychologists, and scholars. By combining scholarship with application, this book provides a credible foundation from which to generate performance-enhancing strategies and promote involvement in sport and exercise. Application techniques are more credible because they are based on sound theoretical constructs and scholarly research.

Dr. Jin Wang, a well-known sport psychology scholar and practitioner in China, provides a credible and contemporary overview of this expanding field of study and application.

Mark H. Anshel, Ph. D. , Professor
Middle Tennessee State University, U. S. A.

序一(译文)

对于一本体育社会心理学的专著,理论与实践结合是明确的需求。多年以来,研究人员在控制条件下提出并测试了许多理论和模式,积累了大量的实证研究,却很少将这些知识运用到运动与锻炼的实践中去。王进博士所著的《当代体育社会心理探索——从理论到实践》一书,在理论与实践对接的文献中,作出了有意义的贡献。心理学是行为科学,所以,为了改变和促进体育行为,或提高运动成绩,重要的是理解有助于解释、描述和预测行为的科学。基于大量研究文献的支撑,这部专著提供了许多必要的体育社会心理学的理论概述和可能促进运动成绩的应用研究。

这部专著对中国运动心理学的贡献在于它解决了文献的特殊需求。中华人民共和国参与竞技运动与体育活动有着悠久的历史,近年来为运动心理学的科学文献作出了巨大的贡献。通过讨论运动心理学教科书通常会忽略的学科文化差异,王进博士认识到了这一贡献的程度。

这本专著所涉及的运动心理学文献的另一独到之处是,除了涵盖传统的运动心理学领域以外,还包括了体育领导、体育社会学、体育人际关系发展(也就是教练员与运动员关系)、体育不良和异常行为、运动心理学理论在锻炼行为中的应用和研究方法。在这些领域中的讨论,专著都强调了理论与应用融合的理念。例如,第3章的体育社会心理学研究方法,对于文献有着独特的贡献。作者对研究的效度、运动心理学测量结构的确定与发展,以及研究过程的信息等内容提供了深度的分析。专著的另一独特领域是青少年体育行为的纵向观察,以及讨论了在这个年龄组中通常被忽略的促进体育锻炼参与的路径。

《当代体育社会心理探索——从理论到实践》将有助于教练员、运动员、运动练习者、心理学家和学者。通过学术与应用的结合,这部专著为制定增强运动表现的策略和促进体育锻炼参与提供了可靠的基础。技术应用会更可靠,因为它是基于理论的构建和学术的研究。

作为中国知名的运动心理学者和实践者,王进博士为研究与应用的延伸领域提供了一个具有说服力的当代概论。

马克·安歇尔 博士,教授
美国中田纳西州立大学

FOREWORD 2

As an Honorary Research Fellow of the Asia-Pacific Centre for the Study and Training of Leisure, Zhejiang University, it is an enormous pleasure and considerable honour to have been invited to comment on this interesting and lively new book.

It seems to me that one of the problems with some research in sports science is that it does not always relate as well as it might to the 'real world' of sports performance-especially at the elite level. So, professional practice that is based on robust and rigorous research is especially important. *Exploration on Social Psychology in Contemporary Sports: From Theory to Practice* by Professor Jin Wang will make an invaluable contribution to this body of knowledge. It demonstrates the rare ability to appreciate context sensitivity in a way that marks the distinctiveness in his work-and we should not underestimate the challenge of such a task. With a multi-disciplinary and inter-disciplinary interest in sport science, as well a concern for well-informed professional practice, I will be pleased to put this book on a shelf in my bookcase. But unlike some of the other books in the same bookcase, it will not stay there for long. I shall consult it often.

Professor Wang is a sport psychologist who manages to link theoretical sophistication, empirical evidence and careful application in a most impressive way. Concerned with an area of my own recent research interest, his previous book 'Performing below par' at critical moments during competitions: 'Choking' under pressure illustrates this very clearly. As expected, this new book does the same and makes connections from theory to practice in just the way that the title suggests. It is also wide ranging (I have yet to encounter such a comprehensive treatment of applied social psychology about sport so

firmly grounded in compelling research), and embraces key themes in sport psychology. The fusion of methodological insights, socio-cultural linkages and contemporary issues also defines the uniqueness of this volume.

As a general text, then, this book has plenty to commend it. Dealing with particular themes and issues in sport psychology (for example, interpersonal relationships and social behavior), there is also richness and depth. Furthermore, for readers in China, there is special relevance in parts. In short, it should have a global appeal to a sport psychology readership. Those readers will learn a lot and their professional practice will be enhanced as a result.

Scott Fleming, Ph. D. , Professor
Cardiff School of Sport,
Cardiff Metropolitan University, UK
March 2012

序二(译文)

作为浙江大学亚太休闲教育研究中心的名誉研究员,我被应邀为这本生动有趣的新书写序,感到莫大的荣幸和欣慰。

在我看来,体育科学研究的问题之一是理论常常不能与“真实世界”的运动表现对接,尤其是在高水平运动中。因此,基于慎重严谨研究的专业实践就显得尤其重要。王进教授所撰写的《当代体育社会心理探索——从理论到实践》一书在这一知识领域中作出了不可估量的贡献。他的研究所面临的是一个不可低估的挑战。然而,该书展示了他在这一研究领域中所表现出来的少有而又是令人赞赏的对问题观察的敏锐能力。出于对体育科学多学科和跨学科的极大兴趣,以及对丰富专业实践的关注,我为能在自己的书架上有这样一本书而感到非常的高兴。而且,我会时常地阅读和参考它,使其不同于那些仅仅摆在书架上的书籍。

王进教授是一位运动心理学家,他把理论的演绎、实证的结果和精心的应用以令人印象深刻的方式完美地联系起来了。关于这一点,在他前一本与我最近研究兴趣有关的《运动竞赛关键时刻的“发挥失常”:压力下的“Choking”现象》一书中就阐述得非常清楚了。如同期望的,这本新书就像题目建议的那样把理论与实践紧密地结合在一起。全书内容不仅涵盖了运动心理学中的关键主题,而且还包涵了宽泛的专业主题(在热门专题的研究中,我还未见到如此全面地、具有连贯性地讨论体育中的社会心理学)。专著融合了对方法论的深度解读、社会与文化的关联和当代热门问题的讨论,堪称是这本书的一大亮点。

作为普通的读物,这本书也有着很多值得赞扬之处。它在关注运动心理学特有的主题和问题的同时(例如,人际关系和社会行为),还考虑到了内容的广度和深度。进一步,对于中国的读者来说,该书还包括一些具体相关

的部分。总之，它应该对所有运动心理学的读者都具有普遍的吸引力。读者可以从该书中学到许多增强专业实践能力的东西。

斯科特·弗莱明 博士,教授

卡地夫体育学院

英国威尔士大学

2012 年 3 月

FOREWORD 3

Jin Wang, PhD, Professor and Director of the Interdisciplinary Research Centre for Applied Psychology, is one of the outstanding thinkers in Chinese sport and exercise psychology today. In his PhD, which I was lucky enough to supervise, Dr Wang showed his penchant for examination of his topic in the minutest and most precise detail, as well as a talent for perceiving issues from perspectives that are fresh and original. Since his PhD, Dr Wang has continued to study, contemplate and reinvent a range of key issues in the field of sport and exercise psychology. This book is no exception.

In *Exploration on Social Psychology in Contemporary Sports: From Theory to Practice*, Dr Wang brings his considerable expertise to the examination of aspects of social psychology in the context of sport and exercise. Social psychology is a term that has been used in a rather profligate manner in this field over the last half century. Thus, topics that have been labeled as “social psychology” are diverse and disparate. In addition, the attention that sport psychologists have paid to different topics has waxed and waned over the years, adding to the challenge of judging what is current fad, as opposed to an enduring view of human behavior. Bringing the key concepts together in a coherent framework and explaining how they enlighten our understanding of sport and exercise behavior is a challenging task. It is one that Dr Wang is equal to.

In writing this book, Dr Wang has adopted a “phenomenon-theory-practice” framework, which is refreshing. Starting from reflection about real world phenomena that are observed and considered to raise critical questions, this approach includes the conduct of systematic research, leading to the development of theories that aim to explain those phenomena. Once supported

by critical research, those theories lead to ways to address the phenomena in practice. In this way the approach has the coherence of representing a closed-loop, where issues in the real world stimulate systematic scientific study, leading to guidelines for practice back in the real world, thus, closing the loop.

Dr Wang has the experience of practice and the expertise of a thorough background in scientific research to deliver on the promise of the phenomenon-theory-practice framework. He handles theory as comfortably as he raises and proposes solutions for key issues in sport and exercise behaviour. *Exploration on Social Psychology in Contemporary Sports: From Theory to Practice*, reflects the deep thinking of Dr Wang on topics as diverse as self-esteem, motivation, leadership, home advantage, and culture. Each is given Dr Wang's particular insights, related to theoretical concepts and practical propositions. The text displays a high level of critical thinking, as well as original views on well-worn topics. In addition, "Exploration" reflects a fascinating exercise in the synthesis of largely western theory and research with Chinese approaches to the world of sport, which will make it a leading contribution to research and practice in social psychology related to sport and exercise in China and beyond. This book represents a substantial achievement for a single author. I recommend it to all those interested in how social psychological issues affect behavior in sport and exercise contexts.

Tony Morris PhD, Professor, FAPS, AFBPsS
School of Exercise and Sport Science
Victoria University, Australia
October, 2012

序三(译文)

王进博士作为应用心理交叉学科研究中心的教授和主任,是当今中国运动与锻炼心理学领域中的优秀思想者之一。我曾有幸地指导过他的博士学习。学习期间,王进博士就表现出了对研究精益求精的追求和独特视角审视问题的天赋。在完成博士学习后,王进博士继续在运动与锻炼心理学领域的许多关键问题上进行探索、思考和创新。这部专著就是他不懈努力的成果。

在《当代体育社会心理探索——从理论到实践》一书中,王进博士运用其专业知识对运动与锻炼背景下的社会心理方面进行了审视。社会心理学作为一个概念在过去的半个世纪就被以一种松散的方式运用于运动与锻炼的研究领域中。所以,以“社会心理学”为主题的研究种类繁多,加之多年来运动心理学家对不同题材的关注度也在不断变化,使得在相对稳定的人类行为观点中,判断哪些是当今研究的热点就变得更具有挑战性了。如何把重要的概念整合在一个系统的框架之下,解释其是怎样启发我们对运动与锻炼行为的理解,这无疑是一个具有挑战性的工作。然而,这正是王进博士所做的工作。

撰写这本专著时,王进博士运用了一个与众不同的“现象—理论—实践”框架。也就是说,研究起于现象观察和关键问题的思考,其中包括了系统的探索,导致以解释现象的理论发展。理论一旦被验证,就成为解释实际现象的方法。以这种方式形成一个持续的回路,即现实中的问题通过系统的科学研究,形成可回到实践中的指南,所以,是一个闭合回路。

王进博士拥有实践的经验 and 科学研究的专业背景,这使“现象—理论—实践”的框架得以实现。在理论的处理方面,就如同在提出和解决运动与锻炼行为的关键问题那样,他做得恰到好处。《当代体育社会心理探索——从理论到实践》一书反映了王进博士在自尊、动机、领导力、主场优势和文化等理论专题上的深度思考。每一个命题都体现了王进博士在理论概念和实践

建议方面的独特见解。全书展示了高水平的批判性思维,以及在旧问题上的新颖观点。此外,“探索”还反映在对大量西方理论诠释的综合分析方面,以及运用中国方法研究世界体育,这将对世界运动与锻炼有关的社会心理学研究与实践做出贡献。这本专著汇聚了作者的成果,我谨将此书推荐给所有希望知道运动与锻炼背景中社会心理问题是怎样作用行为的人们。

托尼·莫尔斯 博士,教授

锻炼与运动科学学院

维多利亚大学,澳大利亚

2012年10月

FOREWORD 4

Sport has a long and influential history in the study of social phenomena. The seminal work of Norman Triplett in the 1890s exploring the performances of cyclists, who were more likely to cycle faster with a pacemaker or a competitor, is recognized as the foundation in the literature of social psychology and social facilitation. Coleman Griffith's work with the Chicago Cubs baseball team in the 1930s marked the beginning of applied sport psychology. More recently, Albert Carron's work on cohesion in sports teams has provided the conceptual basis for the study of groups and teams across a wide range of social contexts beyond sport.

To truly understand the psychology of sport, comprehension of the social environment is fundamental. Indeed, over 3 decades ago Rainer Martens urged sport psychology researchers to get out of the laboratory and onto the field to meet athletes and coaches on their own turf and adopt a 'theory-to-practice' outlook. Sport psychology as an academic discipline and profession has subsequently evolved into a recognized field in its own right. At the heart of this development has been the study of social psychology and social psychological-related concepts, underpinned by key texts such as *Psychology of Motor Behaviour and Sport* (Roberts & Landers, 1980), *Psychological Dynamics of Sport* (Gill, 1986), *Advances in Sport Psychology* (Horn, 1992) and *Social Psychology in Sport* (Jowett & Lavalley, 2007) each summarizing the contemporary topic areas within the field at the time.

In keeping with the publication of important reference works in the field of the social psychology of sport it is with great pleasure therefore that I am able to introduce the text, *Exploration on Social Psychology in Contemporary Sports: From Theory to Practice* by Professor Jin Wang. Professor Wang is an

esteemed academic within the field who has a long and distinguished career in both applied research and practice in sport. He is someone who truly embodies the theory-to-practice philosophy that epitomizes sport psychology as a discipline. Professor Wang's text is truly unique in that it not only comprehensively covers key themes in sport psychology, including established and emerging 'hot' topics, but also locates these firmly in the social psychology domain, both conceptually and methodologically. It also adopts both a national and international perspective on the relevant literature undertaken in the respective topic areas. This text will be an invaluable sport psychology resource for student, academic and professional alike in the truest sense of the word. Moreover, it will also appeal to practitioners and researchers in related-disciplines in psychology and the sport sciences.

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June 2012