

原 注

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第一部 どうしてゲームでスーパーベターになれるのか

1. 10億人というのは、20以上のグローバルなゲームプレイ人口統計、市場報告から、わたしがはじき出した数字である。これらの統計、報告には、2014 Entertainment Software Association's Demographic Report, Newzoo's 2013 Global Games Market Report が含まれている。後者の報告では、全世界に12.3億人のアクティブなビデオゲーマーがいると見積もられている（北米：1億9200万人、ヨーロッパ、

- 中東、アフリカ：4億4600万人、アジア：4億7700万人、ラテンアメリカ：1億1600万人)。
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第五章 自分自身に挑む

1. プレイヤーはゲーム中にフラストレーション、怒り、悲しみを感じていると回答することもあるが、ゲームが持つ“ごっこ遊び”という性質のおかげで、同時に、こうしたネガティブな感情を安全な環境でコントロールしたり、変化させたりできるとも感じている。以下は、この現象に関するすぐれた要約である。Isabela Granic, Adam Lobel, and Rutger C.M.E. Engels, "The Benefits of Playing Video Games," *American Psychologist* 69, no. 1 (2014): 66–78.
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7. わたしはこの手法をビスワス＝ディーナー博士から直接学んだ。2011年6月にフィラデルフィアで開催されたポジティブ心理学第2回世界会議で、同博士のワークショップ「仕事と人間関係のための強さにもとづく介入」に参加したのである。強さを見つけ出すテクニックは、同博士のポジティブ心理学コーチング・マニュアル、Robert Biswas-Diener, *Practicing Positive Psychology Coaching: Assessment, Activities and Strategies for Success* (Hoboken, NJ: John Wiley and Sons, 2010) から学ぶことができる。Ryan M. Niemiec, "VIA Character Strengths: Research and Practice (The First 10 Years)," in Hans Henrik Knoop and Antonella Delle Fave, eds., *Well-Being and Cultures* (Springer Netherlands, 2013); Sandy Gordon and Daniel F. Gucciardi, "A Strengths-Based Approach to Coaching Mental Toughness," *Journal of Sport Psychology in Action* 2, no. 3 (2011): 143-55; and Carmel Proctor et al., "Strengths Gym: The Impact of a Character Strengths-Based Intervention on the Life Satisfaction and Well-Being of Adolescents," *Journal of Positive Psychology* 6, no. 5 (2011): 377-88 も参照してほしい。
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