

The Effect of Physicalizing Exercise on Speech, with a Focus on Subject' Willingness

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In this study, I examined the effect of physicalizing exercise as an experimental exercise in ACT on experiential avoidance and its effect on willingness.

I interviewed in four participants (but one of the participants dropped out) in this experiment, using single case design. The independent variables are the results of the physicalizing exercises. The dependent variables are the results of the Visual Analogue Scale (VAS), measuring “aversive tension,” with the results of the VAS measuring “willingness,” and an Acceptance and Action Questionnaire-II (AAQ-II) was utilized. The participants gave an English speech once a week on the theme of “an event this week and what I thought about it” (eight times in total). The subject's baseline measurements were taken during the first three speeches. The subjects performed the physicalizing exercise before and after the following five speeches. The results showed a decrease in the VAS score of the “aversive tension” of the participants. This result was caused by the effect of exposure, and it was necessary to reexamine the experiment's design. The VAS score for “willingness” increased in two out of three participants during times when the physicalizing exercise was performed. This result suggests that the physicalizing exercise affected the participants' “willingness.”