

# **TEM**

## **(TRAJECTORY EQUIFINALITY MODEL)**

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# What is TEM(Trajectory Equifinality Model) ?

- One of qualitative research method.
- The concept of equifinality was introduced into the field of psychology by Jaan Valsiner.
- It is a research method aimed at drawing personal life and experience with irreversible time(Sato 2009).

# Data number of interview

Data number of interview	Merit
1	It is possible to search the depths of personal experiences
4±1	It is possible to research the diversity of experience
9±2	It is possible to grasp the type of the route

(Arakawa, Yasuda Sato 2012)

# TEM Basic term

- **Equifinality Point. EFP**

The points of diversified experiences converging.

- **Bifurcation Point. BFP**

The point where a certain selection diversely divides each action.

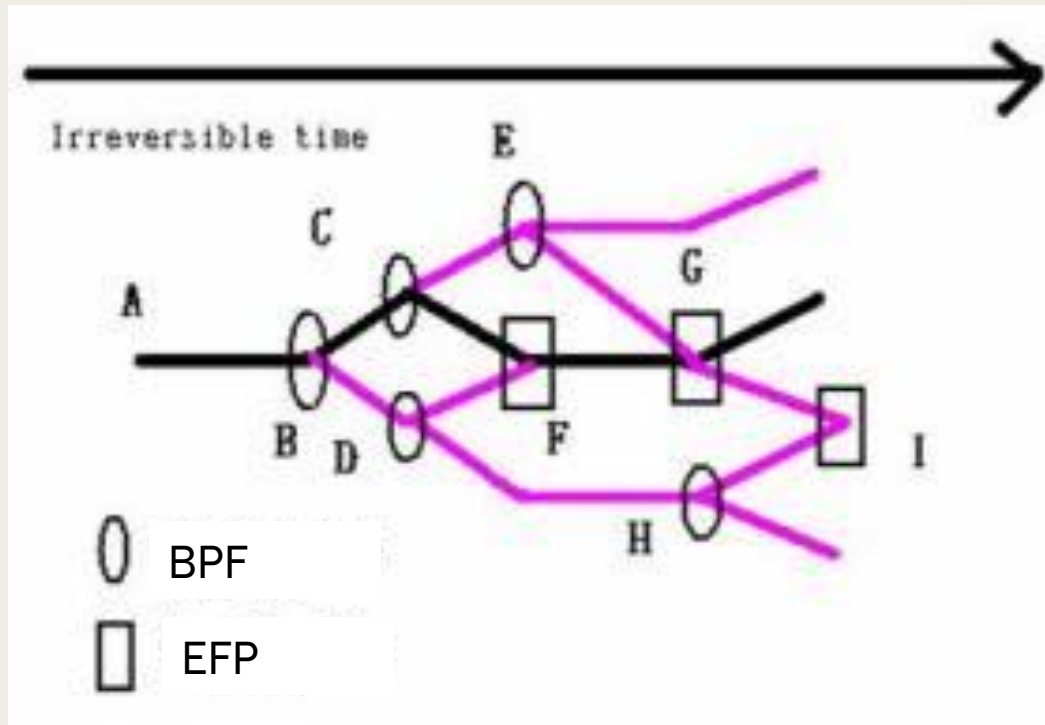
- **Obligatory Passage Point. OPP**

The point where logical, institutional and customary that almost all people must experience.

- **Irreversible Time**

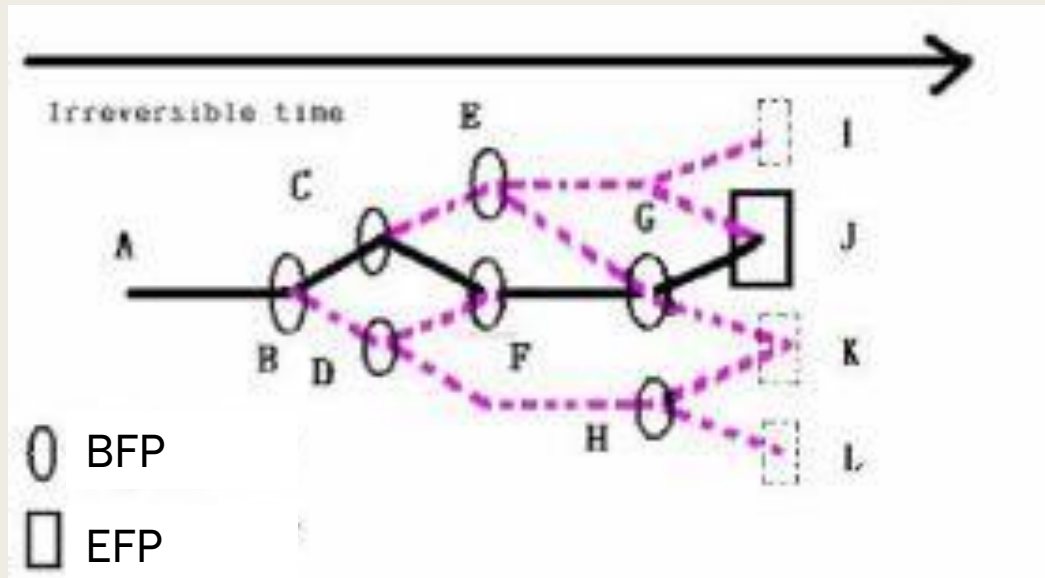
- **Social effect**

# How to create TEM graph



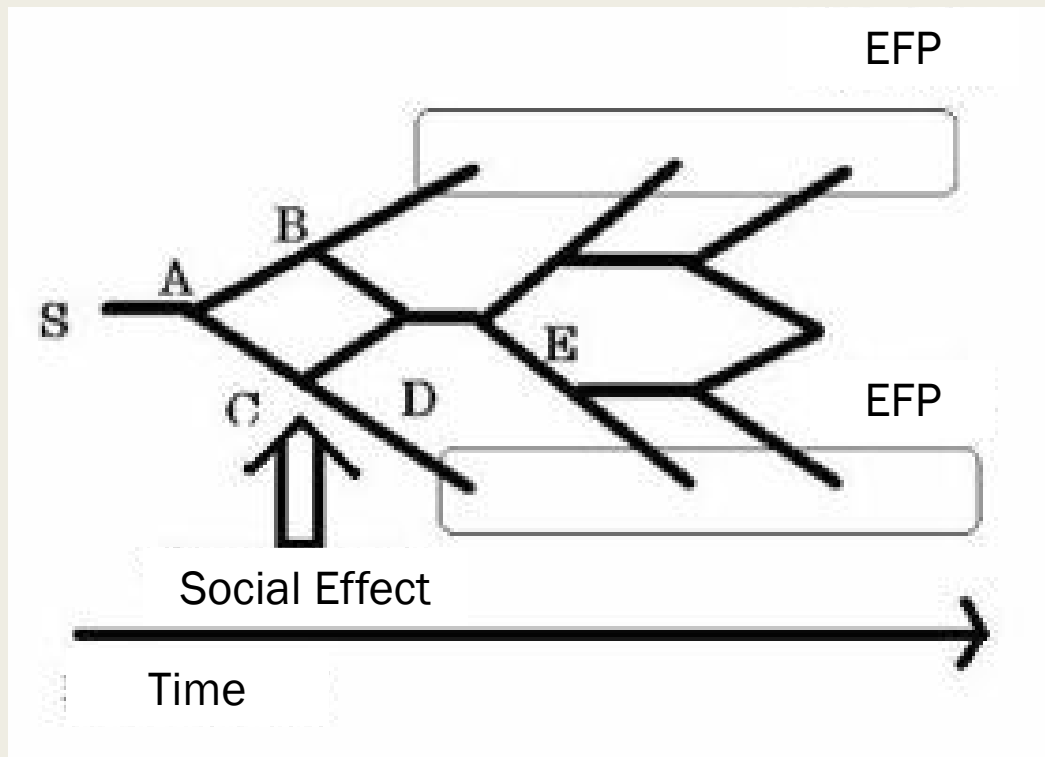
First of all, export all the experience from the data and connect with a line.

# How to create TEM graph



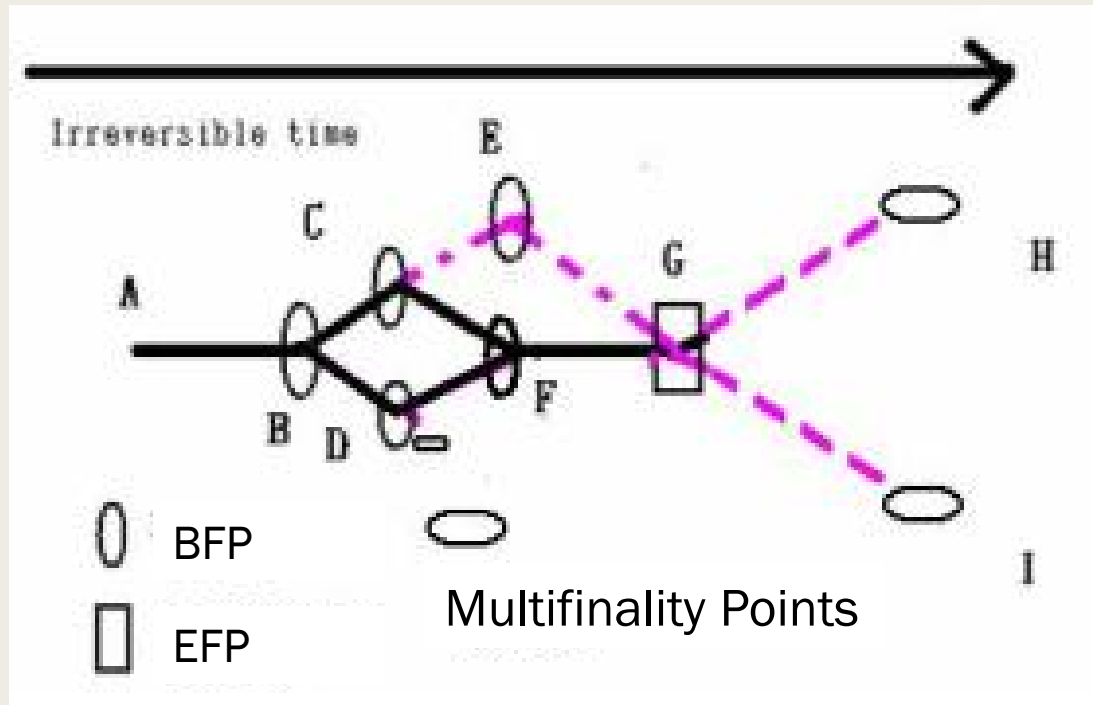
Next, Connect actual experiences with solid lines.

# How to create TEM graph



Write bipolarized equifinality  
and social effects.

# How to create TEM graph



Write Multi-finality.



# Example Research

- Target: 3 athletes

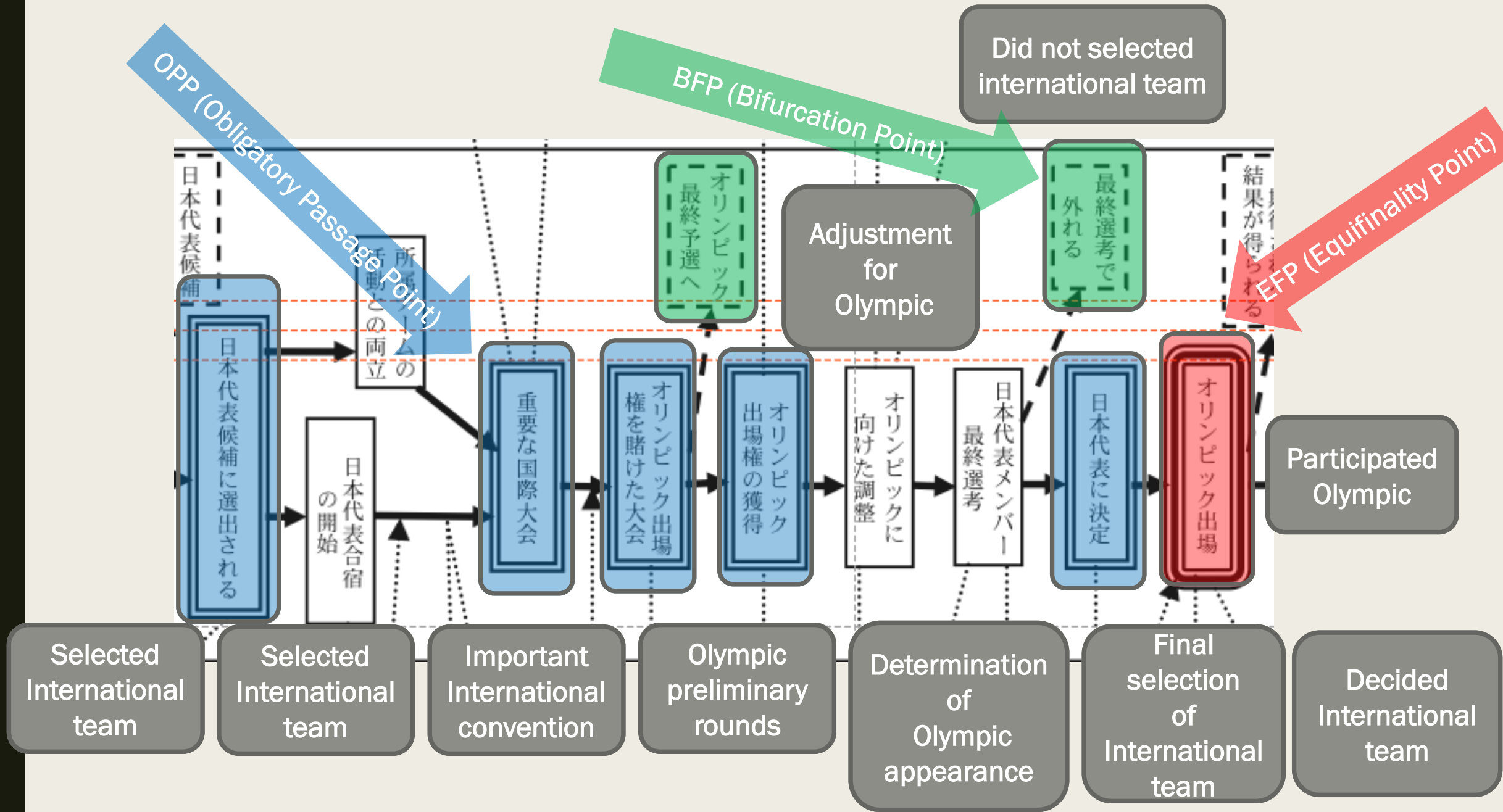
1. *To belong same team*
2. *To continue psychological support*
3. *To participant Olympic twice*

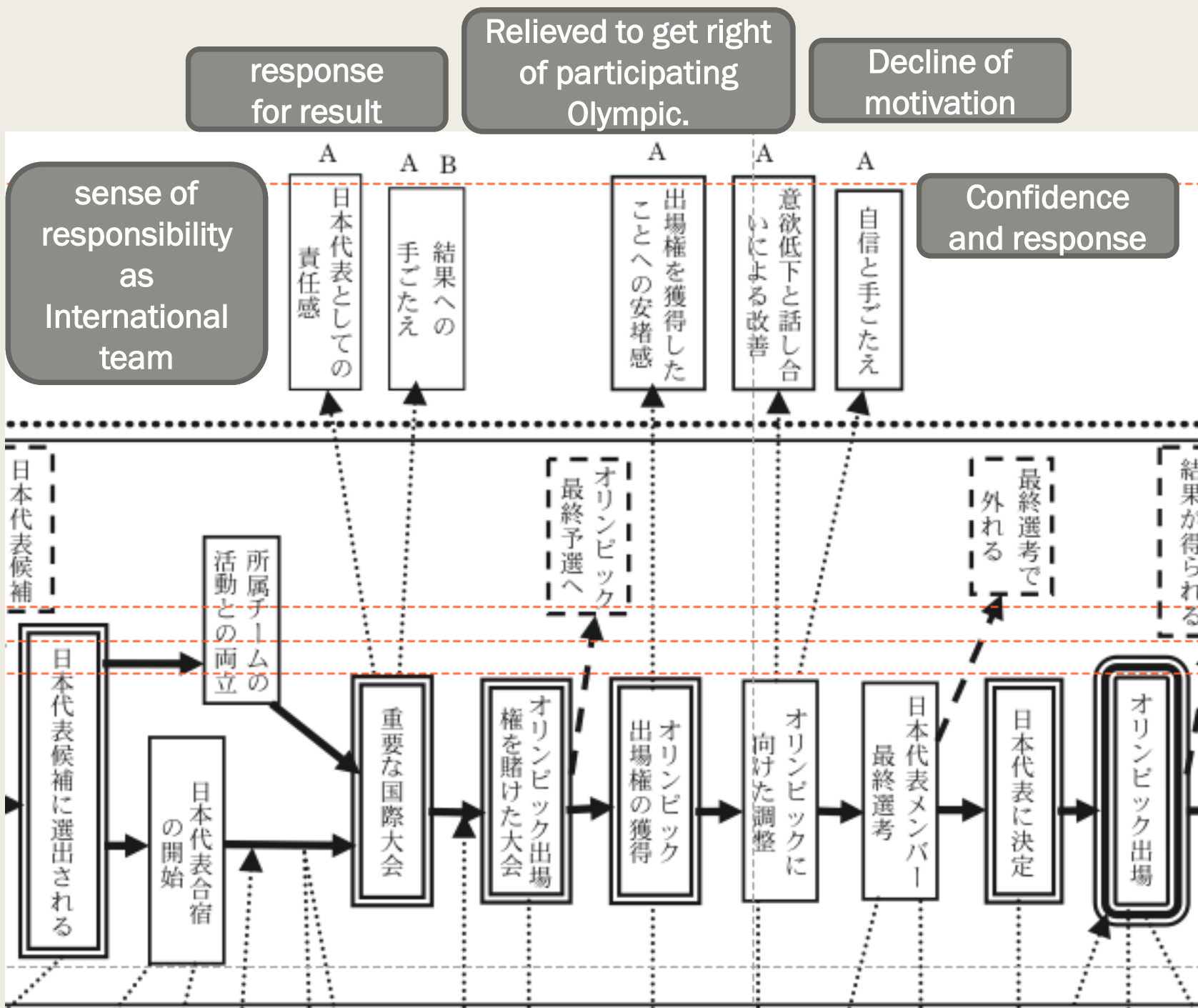
- Common point

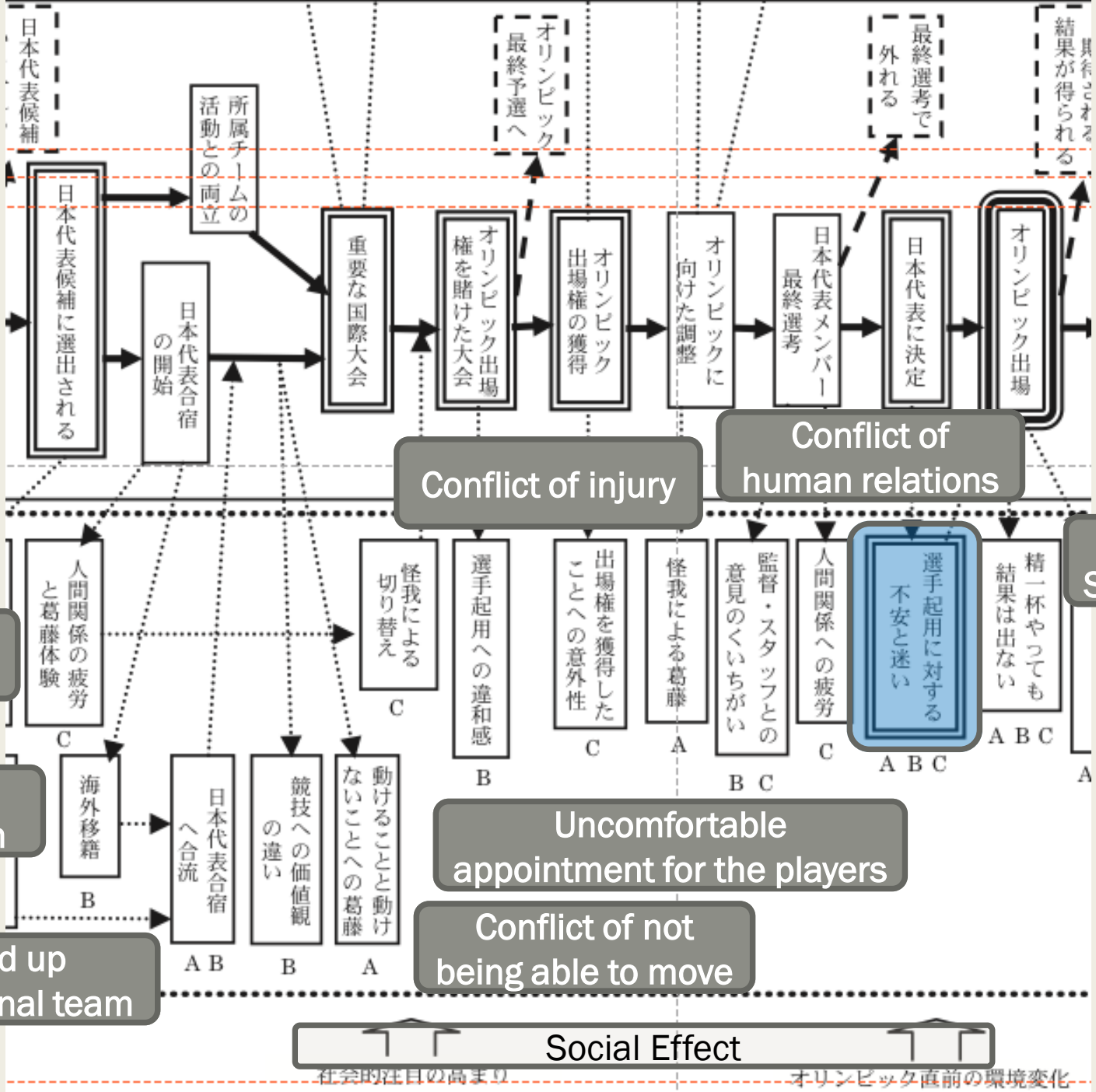
At the first Olympic appearance, they got the expected result. However, at the second Olympic appearance, they could not get the expected result.











Conflict of injury

Conflict of human relations

Could not get Satisfactory results

Conflict of human relations

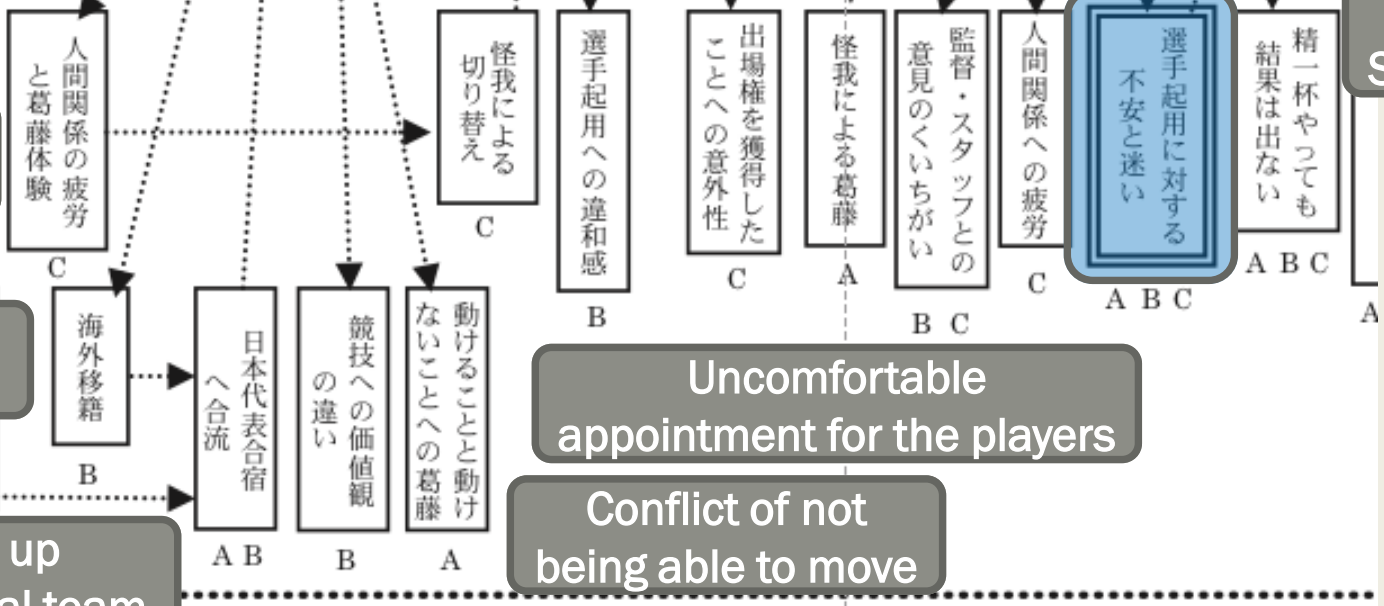
Transfers overseas team

Linked up international team

Uncomfortable appointment for the players

Conflict of not being able to move

Social Effect



社会的注目の高まり

オリンピック直前の環境変化

# Important Point

- Qualitative research tends to be an arbitrary result of researchers.

Therefore, the method is better to verify results with multiple researchers.



**THANK YOU FOR LISTENING**