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چکیده

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The Effect of Overt and Covert Motivational Self-Talk on the Performance of Coincidence Anticipation Timing

عنوان مقاله [English]

The purpose of this research was to study the effect of overt and covert motivational self-talk on the performance of Coincidence Anticipation Timing Task. Participants included 36 physical education students (9 females and 27 males) with a mean age of 25.06 ± 5.15 years old) right-handed and without visual impairments who participated in the research voluntarily and they assigned randomly into three groups. They performed a Coincidence Anticipation Timing Task under three conditions (overt self-talk, covert self-talk and control). Results showed that both overt and covert motivational self-talk led to improved performance in the Coincidence Anticipation Task and there was no significant difference between the two groups. Also significant difference was not observed in between the male and female students. According to the results of this study, the use of overt and covert motivational self-talk is a psychological strategy for improving Coincidence Anticipation Timing Task.

کلمات کلیدی [English]

Motivational Self-Talk, Coincidence Anticipation Timing, Overt Self-Talk, Covert Self-Talk

مراجع

