

SID



ابزارهای
پژوهش



سرویس ترجمه
تخصصی



کارگاه های
آموزشی



بلاگ
مرکز اطلاعات علمی



سامانه ویراستاری
STES



فیلم های
آموزشی

کارگاه های آموزشی مرکز اطلاعات علمی



آموزش مهارت های کاربردی در تدوین و چاپ مقالات ISI

آموزش مهارت های کاربردی
در تدوین و چاپ مقالات ISI



روش تحقیق کمی

روش تحقیق کمی



آموزش نرم افزار Word برای پژوهشگران

آموزش نرم افزار Word
برای پژوهشگران

HARAKAT
No.32,Summer 2007

:
/ / :
/ / :

The Effect of Relaxation and Mental Imagery on Self – Efficacy and Sportive Performance

M. Narimani¹ (Ph.D)
S. Ariapuran (M.A)
A.Abolgasemi (Ph.D)
M. Ganji (Ph.D)
University of Mohaghegh Ardebili

Abstract: The purpose of this study was to study the effect of relaxation and mental imagery (mastery imagery) on self – efficacy and in tae kwon do athletes. 92 tekvando (15-18 years old) athletes were randomly assigned to three groups: relaxation training (30 athletes), imagery training (30 athletes) and control group (32 athletes) in Ardebil. Group 1 performed mental imagery in 8 sessions (session1: pre-test and primary mental imagery, session 2 : mental imagery about , session 3 and 4 : mental imagery about mastery, sessions 5,6 and 7: mental imagery about failed-mastery and session 8 : post-test), and group 2 performed progressive relaxation in 8 sessions (session 1 : pre-test and primary relaxation, sessions 2,3,4,5,6 and 7 : Jacobson progressive relaxation and session 8 : Post-test). But 3 group (control) did not perform any training. The instruments were Sherer self-efficacy (17 items) and (20 items) scales. Results of ANOVA indicated a meaningful difference between pre-and post-test scores for self-efficacy and in the three groups ($P<0.01$).

Key words

Mental imagery, Relaxation, Self –
Efficacy. Sportive Performance.

1 - Narimani@Uma.ac.ir

,)
(
(,)
,)
(,)
()
(,)
(,)

-
- 1 - The Well & Greenlees
 - 2 - Vealoy & Greenleaf
 - 3 - Sylvie Bernier
 - 4 - Self-efficacy
 - 5 - Bandura

()

)

()

() ()

()

()

()

()

()

()

()

-
- 1 - Feltz & Roissinger
 - 2 - Biuchamp, Bray & Albinson
 - 3 - Winter
 - 4 - Sanjose State
 - 5 - Deckner

()

()

(,)

()

)

(

()

-

(

() ()

(,)

/ /

/

/

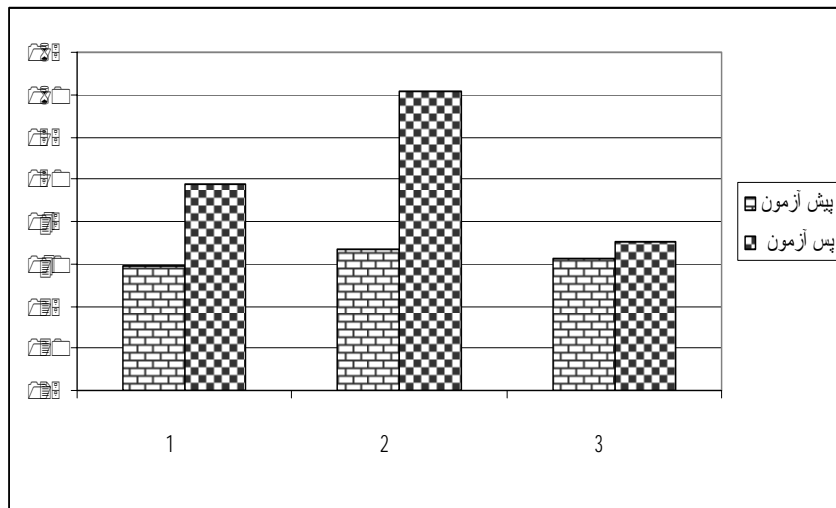
(

/

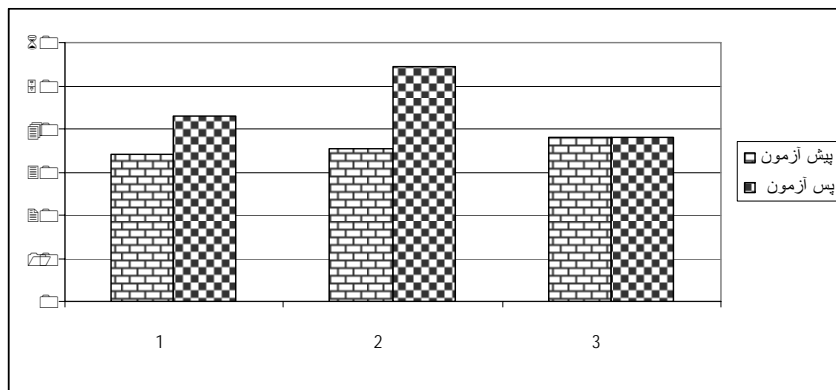
()

/	/	/	/		
/	/	/	/		
/	/	/	/		
/	/	/	/		
/	/	/	/		
/	/	/	/		

.(P< /)



—



—

P	f			df		
< /	/	/	/			
< /	/	/	/			

.(P< /)

/ (P = /)	/ (P = /)	*		
/ (P = /)	*	*		
/ (P = /)	/ (P = /)	*		
/ (P = /)	*	*		

, ()

, ()

, ()

()

()

()

.(,)

()

(,)

.((,))

) (,)
.((,)

) ()
.

() ,() ()

()

()

(MIQ)

"()".

2. Bandura, A. (1977). "Self – efficacy: toward a unifying theory of behavioral change", *psychological review* 2, PP: 191-215.

3. Beauchamp, M.R., Bray, S.R. Eys, M.A., and carron. A.V. (2002). "Role ambiguity, role efficacy, and role performance: multidimensional and mediational relationships within interdependent sport teams, *Group dynamics*": theory, research, and practice 6, PP: 229-242.

4. Feltz, D.L. and Chase, M.A., (1998). "The measurement of self – efficacy and confidence in sport". In: *duda, J.L., editor, 1998. advances in sport and exercise psychology measurement, FIT press, morgantown, WV, PP: 65-80.*

5. Hall, C.R., Mack, D., Paivio, A and Hausenblas, H.A. (1998). "Imagery use by athletes. Development of the sport imagery questionnaire". *International journal of sport psychology* 29, PP: 73-89.

6. Jacobson, E. 1938. *Progressive relaxation*. Chicago, IL: university of chicago.

7. Kukla, K.J. (1976). "The effects of progressive relaxation training upon athletic performance during stress". *Dissertation abstracts international*, 37, PP: 63-92.

8. Landers, D.M., and Boucher, S.H. (1986). "Arousal – performance relationships". In *J.M. Williams (Ed). Applied sport psychology*. Mountain view, CA: mayfield.

9. Lanning, W., and Hisanaga, N. (1983). "A study of the relation between the reduction of competition anxiety and an increase in athletic performance". *International journal of sport psychology*. 14, PP: 219-227.

10. Martin, K.A. Moritz, S.E. and Hall, C.R. (1999). "Imagery use in sport: a literature review and applied model". *The sport psychologist* 13, PP: 245-268.
11. Nideffer, R.M. and Deckner, C.W, (1970). "A case of improved athletic performance following use of relaxation procedures". *Perceptual and motor skills*, 30. PP:821-822.
12. Rotella, R.J (1985). "Strategies for controlling anxiety and arousal". In L.K. Bunker, R.J. Rotella, and A. Reilly (Eds.), *sport psychology, ann arbor, MI: McNaughton and Gunn*.
13. Thel well, R.C,m and Greenles, L.A. (2003). "Developing comptative endurance performance using mental skills training". *The sport psychology*. 17, PP: 318-337.
14. Vealey, R.S., and greenleaf., C.A, (1998). "Seeing is believing: understanding and using imagery in sport". In J.M. williams (ed.), *applied sport psychology: personal growth to peak performance*, 237-269. Mountain view, CA: mayfield (3rd ed).
15. Woolfolk, R.L., Murphy, S.M. Gottesfeld, D. and Aiken, D. (1985). "The effects of mental practice of task and mental depiction of task outcome on motor performance". *Journal of sport psychology*, 7, PP: 191-197.

SID



ابزارهای
پژوهش



سرویس ترجمه
تخصصی



کارگاه های
آموزشی



بلاگ
مرکز اطلاعات علمی



سامانه ویراستاری
STES



فیلم های
آموزشی

کارگاه های آموزشی مرکز اطلاعات علمی



تازه های آموزش
آموزش مهارت های کاربردی در تدوین و چاپ مقالات ISI

آموزش مهارت های کاربردی
در تدوین و چاپ مقالات ISI



تازه های آموزش
روش تحقیق کمی

روش تحقیق کمی



تازه های آموزش
آموزش نرم افزار Word برای پژوهشگران

آموزش نرم افزار Word
برای پژوهشگران