

عنوان مقاله:

The Relationship between Cognitive Styles, Attention and Performance of Shooting Skill

محل انتشار:

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نویسندگان:

Alireza Bahrami - *Department of Motor Behavior and Sport Psychology, Faculty of Sport Sciences, Arak University, Arak, Iran*

Jalil Moradi - *Department of Motor Behavior and Sport Psychology, Faculty of Sport Sciences, Arak University, Arak ۳۸۱۵۶-۸-۸۳۴۹, Iran*

Parisa Rasouli - *M.A of Sport Psychology*

خلاصه مقاله:

Background: One of the most important factors in the performance of motor skills is the psychological properties of individuals. In this regard, the relationship between individuals' cognitive styles and attention levels has not been investigated. Objective: The aim of the present study was to investigate the relationship between cognitive styles, attention and performance of shooting skill. Methods: In this research, ۱۵۰ athletes were selected through purposeful sampling. Group Embedded Forms Test (GEFT) attention test according to black and red table and air gun shooting test were used for data collection. Data analysis was handled by Pearson's correlation coefficient. Results: Results showed that correlation between independent and neutral cognitive styles and shooting performance is more than field-dependent cognitive styles. Results also showed participants with higher attention in presence of a disruptive stimulant showed a better performance in shooting skill. Conclusions: Based on results achieved, it may be stated that measures may be taken to improve performance of shooting skill among athletes by using cognitive styles, improving attention, and considering their personal features and training methods.

کلمات کلیدی:

Attention, Cognitive Styles, Performance, Shooting Skill

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