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Self-talk in the context of sport and exercise

Alexander T Latinjak
University of Girona, Spain

For over three decades, distinguished researchers in the area of sport science have been interested in the study of the self-talk phenomenon in sports and exercise. Throughout the past decade, studies about self-talk have multiplied and a categorization has been established which divided those studies in two research paradigms: Strategic self-talk interventions and automatic self-talk. I and my team have managed to make a contribution to both. Firstly, we advanced our knowledge regarding strategic self-talk interventions. We illustrated that changes in attention, concentration and thought-content, produced by self-talk, are partly responsible for the interventions' effects on performance. Moreover, we invented, implemented and promoted a new type of self-talk called self-feedback. This type of self-talk consisted of teaching the athlete to give him/herself execution-related feedback after task execution. In regard to automatic self-talk, we were the first to introduce the distinction between goal-directed and spontaneous self-talk in sport psychology. Thereby, we challenged the contemporary definitions and categorizations of self-talk, to the point that we are currently developing a new framework for the study of self-talk in sport and exercise science. In this new approach to the understanding of the self-talk phenomenon, we place a particular emphasis on the common and differential features of self-talk in comparison to other psychological constructs such as thoughts or emotions.

alexander.latinjak@cadscrits.udg.edu

Comparison of mood profiles of athletes with and without the use of anabolic steroids

Ali Hojati¹, Hamideh Abrisham Kar² and Fatemeh Irannezhad²
¹University of Tehran, Iran
²Islamic Azad University, Iran

Athletes and bodybuilders have recognized for several decades that the use of anabolic steroids can promote muscle growth and strength, but nevertheless their efficacy still needs to be demonstrated in terms of improved physical function and quality of life. The purpose of this study was to comparing mood profiles of Athletes with and without the use of anabolic steroids. The researchers embarked on a descriptive survey design and employed the questionnaire method during the data collection process. One hundred and fifty three athletes (97 male, 56 female) in Iran were asked to complete a questionnaire that assesses Mood profile state, Demographic questionnaire, also for identify of athletes with use of steroids in three group (with use of storied, without use of steroids, previously use of the steroid) researchers used of questionnaire construction. After collecting data, descriptive and inferential statistics methods were used. The Multiple one way MANOVA revealed that Athletes with and without use of steroid were different in subscales of anger, tension, and vigor but there is not significant differences on depression and confusion. Results of the present study are encouraging because they serve to highlight the potential importance of use of the steroid on mood profile of athletes.

alihojjati@alumni.ut.ac.ir

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