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Poster Presentation Research

Effect of Attentional Focus of Self-Statements in Basketball Practice on State Anxiety of Novice Players before Free Throw in front of Audience

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Abstract

The purpose of present study was investigation of the effect of attentional focus of novice players' self-statements in basketball free throw practice on their state anxiety in transfer test with spectators' presence. Therefore, 38 novice females (mean of the age=22 yrs.) who had intermediate trait anxiety were selected randomly by sports competitive anxiety test (SCAT). The participants were assigned to 3 matched groups according to the pretest and performed 120 basketball free throws with repetition of the words "wrist" (self-statement with internal focus) and "center of ring" (self-statement with external focus) and without self-statement (control) during 6 sessions. Transfer test was performed 2 days after the acquisition phase with spectators' presence. Throw accuracy and trait anxiety in pretest, last session of acquisition and transfer test were measured by a 5-point scale and Illinois self-evaluation questionnaire (CASI-2), respectively. Results of mix 2-factor MANOVA did not indicate significant difference among trait anxiety of groups in different phases (P>0.05). Thus, variation of attention direction of novice players' self-statements during basketball free throw practice has not considerable effect on their state anxiety before throw in front of audience and coaches can entrust the selection of instructional self-statements to players without spending time and energy for it but these results show that we need to more researches in the future.

Keywords: Basketball Free Throw, Focus of Attention, Novice, Self-Statement, State Anxiety.

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