
Scholars Research Library

-
- [A-Z Journals](#)

[Scholars Research Library](#)

- [Home](#)
- [Editorial Team](#)
- [Articles & Issues](#)
[Articles In press](#) [Current Issue](#) [Archive](#)
- [Guidelines](#)
- [Submit Manuscript](#)
- [Citations](#)
- [Open Access Policy](#)
- [Contact](#)

Annals of Biological Research

Abstract

[The Effect of Free Self-Talk on the Performance of Front-Crawl](#)

The effect of instructional and motivational self-talk on skill performance has already been studied; however, the effect of free self-talk wherein the skill performer chooses self-talk words or phrases with respect to their situational emotions has seldom been investigated. Thus, the purpose of the present research is to determine the effect of free self-talk on the performance of front-crawl. 54 female, inexperienced students participated in the pre-test, five training sessions, and the post-test, while performing free self-talk during their training program as they wished. The results showed that 30% of the participants used instructional self-talk, 24% used positive motivational self-talk, 35% used negative motivational self-talk, and 11% used a combined form of self-talk. Those who used the combined form were omitted from the sample. One-way analysis of variance showed that the group which used instructional self-talk had a better performance in the post-test. The results are discussed with regards to the existing theories and the proficiency of participants.

- [PDF](#)

- Copyright © 2018.
- [Our Policies](#)
- [Sitemap](#)

```
$(document).ready(function() { $('#pagination-table').DataTable({ "searching": false }); });  
!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0],p=/^http:/.test(d.location)?'http':'https';if(!d.  
getElementById(id)){js=d.createElement(s);js.id=id;js.src=p+"://platform.twitter.com/widgets.js";fjs.pa  
rentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```