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The effect of a cope modeling intervention course on re -concentration and performance of teenager female taekwondo athletes of Iranian national team

Abstract

Introduction: The purpose of current study was to consider effect of a course of cope modeling intervention on re-concentration and the performance of teenager female taekwondo athletes of Iranian national team in 2009.

Methods: The current study is in tentative type and pre and post test design with control group. 22 people (female) among invited people to the camp of taekwondo national team in teenager level for participation in Asian competition of Kish were randomized into two groups of control (10) and experimental (12). Then both of them completed the OMSAT-3 questionnaires as pre-test for evaluated re-concentration skill and making check list for performance evaluation.

Results: After 4 months of cope modeling post-test was performed. Data was analysed by independent T-test. The results showed that standard deviation and mean of reconcentration ability after cope-modeling course were 6.03 and 3.42, respectively in experimental group and 1.10 and 4.58 in control group, which showed a statistically significant difference between them (P=0.010). Again this difference was obvious between 2 groups in exercise performance after a course of cope modeling in experimental group (P=0.006).

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Conclusion: It seems that constant and regular practice of psychological skills to cope with stress during the period before tournament have a positive effect on athletes who are under pressure for success.

Keywords: cope modeling, re-concentration, performance

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