

Abstract

INNER TALK IN ATHLETES

Objectives: The objective of theoretical part is to sum up all important foundations connected with self-talk in athletes and to describe instructions on how to use self-talk in practice. Other objective is to compare triathletes with swimmers, cyclists and long-distance runners in their self talk use. The last objectives are to find out whether sex difference can affect athletes answers and whether the training period affects intensity of self-talk using.

Methods: In this research was used Self-Talk Use Questionnaire (Hardy et al., 2005). We decided to use BoxPlot tables to show results. In other questions which included percentage answers we used 100% Stacked column charts.

Results: The research was investigating differences between triathletes, swimmers, cyclists and long-distance runners. Each group was split according to skill levels of athletes. For this reason our study showed more significant results in each section of questionnaire. The findings showed that athletes were using self-talk more often in relation to competition than training session. The variety of answers for each section of questionnaire didn't allow us to see correlation between positive self-talk and skill level. The results also showed that sex plays a significant role for intensity of self-talk use. Despite the lower number of female respondents in this study we found that female athletes were using self-talk more often than male athletes. Moreover, this research showed important general facts associated with self-talk use during practice session and during competition. Furthermore, this study showed important findings about differences between various types of sports and skill level of athletes.

Key words: Self-Talk, Self-Talk Use Questionnaire, Triathlon.

