



Who experiences more cognitive interference? A study of athlete's personality traits

Poster Presentation

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Abstract

Introduction: Attention research is one of the most attractive areas of sports psychology. It helps us understand how voluntary control and mental experience arise from our behavior and regulate it. Concentration, or the ability to pay attention to what is most important while ignoring distractions, is a vital component of successful performance in sports. Cognitive interference is known as one of the items that lead to attention distraction. Guiding and managing the athlete's attention considering individual differences improves their performance in various situations. This study aimed to investigate the relationship between personality traits and cognitive interference in athletes. We examined those athletes with which personality traits experience more distracting thoughts during competition.

Methods: In the present study, 200 athletes who participated in sports competitions in a recent year were studied. A cognitive interference questionnaire and a personality traits questionnaire were used to collect data. Data were analyzed by Pearson correlation coefficient using SPSS software.

Results: Data analysis results show that cognitive interference has a strong positive correlation with neuroticism and a negative correlation with conscientiousness, agreeableness, and extraversion.

Conclusion: According to this study, a meaningful relationship between athletes' personality traits and cognitive interference is concluded. Athletes with less neuroticism, extraversion, and agreement experience less cognitive interference during competitions.

Keywords

Cognitive Interference; Personality Traits; Athletes; Attention

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