

-
:
/ / :
/ / :

- -
- -

n =) (n = n = n =

(ANOVA)

SASI Psych

(F = / P< /)

(P< /)

)

(

.()

.()

(SASI Psych)

.()

.()

.()

.()

SASI Psych

.()



.()

.()

.()

.()

.()

.()

()

.()

()

SASI Psych

()

SASI Psych

.()

.()

...



()
()
()

SASI Psych

- (:)
()

) **ANOVA**
SASI Psych
(

- - -



(SASI Psych)

SASI Psych

() -

/	/	/	/		/		
/	/	/	/	/	/		
/	/	/	/	/	/		
/					/		
			/				
	/						
/				/			

SASI PSYCH



() -

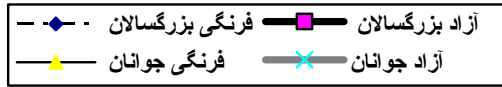
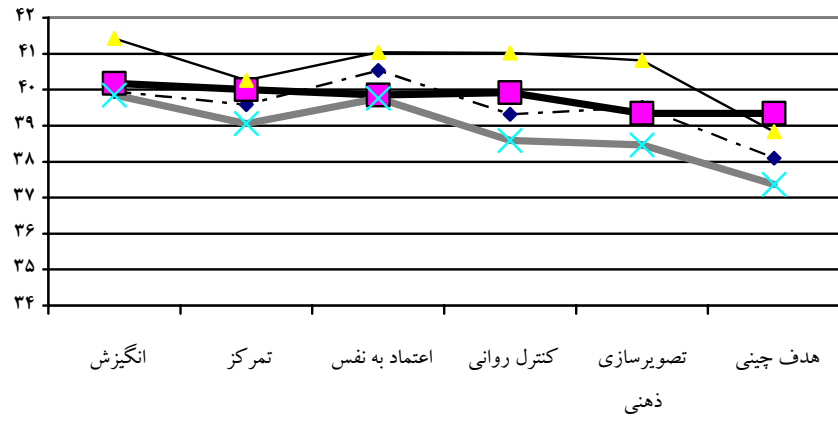
/	/	/	/	/	/			
/	/	/	/	/	/			
		/						

SASI PSYCH

...

() -

/	/	/	/	/	/			
/	/	/	/	/	/			
/								
			/	/				
		/						
			/	/				
	/							



(ANOVA)

/	/	/	/	/	/	F
/	/	/	/	/	/	Sig.

...



SASI Psych

()

()

.()

.()

SASI Psych

()

.)
.()

(

(-)

() (F = / P < /)

(P < /)

SASI Psych

()

()

()

)

(

" () .

" () .

" () .

" () .

" () .

-
9. Feltz, D.L. (1987). "Self – efficacy as a cognitive mediator of athletic performance". In w. F. Straub J.M Williams (Eds.), *cognitive sport psychology* (PP: 191-198).
10. Feltz, D.L. and Landers, D.M. (1983). "The effects of mental practice on motor skill learning and performance: a meta – analysis". *Journal of sport psychology*, 5, PP: 25-57. Lansing, NY: sport science associates.
11. Fulgham, A. (1999). "Implementing a psychological skills training program in high school volleyball athletes", department of psychology set briar college.
12. Gould, D and Weinberg, R. (1995). *Foundation of sport and exercise psychology*. Champaign, IL: human kinetics.
13. Mahoney, M.J. (1989). "The psychological skills inventory for sport" (R_5). 5 edition, Goleta, CA: Health science system.
14. Martin, K., Moritz, S., and Hall, C. (1999). "Imagery use in sport: a literature review and applied model". *Sport psychologist*, 13, PP:245-268.
15. May, J.R., Veach, T.L., Reed, M.W. and Griffey, M.S. (1995). "A psychological study of health, injury and performance in athletes on the us alpine ski team". *Physician and sport medicine*, 13, PP:771-175.
16. Meyers, M.C., Bourgeois, A.E., Murry, N. and Leunes, A. (1993). "Comparison of psychological characteristics and skills of elite and sub – elite equestrian athletes", *medicine and science in sport and exercise*, 25, 152.
17. Morgan, W.P. and Pollock, M.L. (1977). "Psychologic characterization at the elite distance runner". *Annals at the new your academy at sciences*, 301, PP:382-403.
18. Munroe, K., Giacobbi, P., Hall, C., Q and Weinberg, R. (2000). "The 4 W s of imagery use: Where, When, Why, and What". *Sport psychologist*, 14, PP: 119-137.
19. Murphy, S., Jowdy, D., Durtschi, S. (1990). "Report on the U.S. olympic committee survey on imagery use in sport". Colorado springs, Co: U.S. Olympic training center.
20. Murphy, S., and Jowdy, D. (1992). "Imagery and mental practice". In T. Horn (Ed), *Advance in sport psychology*. Champaign, IL: Human kinetics.
21. Murphy, S., and Martin, K. (2002). "Athletic imagery". In T. Horn Led., *Advance in sport psychology*, 2nd ed., PP: 405-440. Champaign, IL: Human kinetics.

-
22. Orlick, T., and Partington, J. (1988). "Mental links to excellence". *Sport psychologist*, 2, PP:105-130.
 23. Vealey, R. (2001). "Understanding and enhancing self – confidence in athletes". In R. Inger, H. Hauselblas and C. Janelle (Eds.), *Handbook of sport psychology*, 2nd ed, PP: 550-565. New York, Wiley.
 24. Vealey, R.S. (1988). "Future direction in psychological skills training", *the sport psychologist*, 2 : PP:318-338.
 25. Weinberg, R. Gould, Baniel, (2003). "Foundations of sport and exercise psychology". Champaign, IL: Human Kinetics.
 26. White, A., and Hardy, L. (1998). "An in – depth analysis of the uses of imagery by high level slalom Canoeists and artistic gymnasts". *Sport psychologist*, j 2, PP: 387-403.
 27. Winter, G. and Martin, C. (1993). "Sport psych. Sport psychology Basic training program". South Australian sport institute (SASI).
 28. Trininics S, Dizard D, Luksic E. (2002). "Differences between winning and defeated top quality basketball teams in final tournaments of European club championship". *Coll Antropol. Dec*, 26(2): PP: 521-31.