

SPORCULARDA ZİHİNSEL DAYANIKLILIK

Kendinle Konuşma ve Tutkunluk

Yazar

Dr. Nazmi BAYKÖSE

Editör

Prof. Dr. Latif AYDOS

© Copyright 2020

Bu kitabın, basım, yayın ve satış hakları Akademisyen Kitabevi A.Ş.'ne aittir. Amlan kuruluşun izni alınmadan kitabın tümü ya da bölümleri mekanik, elektronik, fotokopi, manyetik kayıt ve/veya başka yöntemlerle çoğaltılamaz, basılamaz, dağıtılamaz. Tablo, şekil ve grafikler izin alınmadan, ticari amaçlı kullanılamaz. Bu kitap T.C. Kültür Bakanlığı bandrolü ile satılmaktadır.

*Bu Çalışma danışmanlığını Prof. Dr. Latif AYDOS'un yaptığı Nazmi BAYKÖSE'ye ait "Sporcularda Zihinsel Dayanıklılık Kendinle Konuşma ve Tutkunluk" isimli tezinden üretilmiştir.

ISBN

978-625-7679-17-6

Kitap Adı

SPORCULARDA ZİHİNSEL DAYANIKLILIK

Kendinle Konuşma ve Tutkunluk

Yazar

Nazmi BAYKÖSE

Editör

Latif AYDOS

Yayın Koordinatörü

Yasin Dilmen

Sayfa ve Kapak Tasarımı

Akademisyen Dizgi Ünitesi

Yayıncı Sertifika No

47518

Baskı ve Cilt

Vadi Matbaacılık

Bisac Code

SPO000000

DOI

10.37609/akya.1026

GENEL DAĞITIM

Akademisyen Kitabevi A.Ş.

Halk Sokak 5 / A

Yenişehir / Ankara

Tel: 0312 431 16 33

siparis@akademisyen.com

www.akademisyen.com

SİMGELER VE KISALTMALAR LİSTESİ

SBF	Spor Bilimleri Fakültesi
KKA	Kendinle Konuşma Ölçeği
SZDÖ	Sporda Zihinsel Dayanıklılık Ölçeği
STÖ	Sporda Tutkunluk Ölçeği
PPE	Psikolojik Performans Envanteri
APPE	Alternatif Psikolojik Performans Envanteri
ZDÖ	Zihinsel Dayanıklılık Ölçeği
ZDE	Zihinsel Dayanıklılık Envanteri



İÇİNDEKİLER

I. BÖLÜM

GİRİŞ

Problem Durumu	5
Araştırmanın Amacı	7
Araştırmanın Önemi	7
Sayıtlar	9
Sınırlıklar	9
Tanımlar.....	10
Yurt Dışında Yapılan Araştırmalar.....	13
Zihinsel Dayanıklılık Hakkında Yapılan Araştırmalar.....	13

II. BÖLÜM

İLGİLİ ARAŞTIRMALAR

Tutkunluk Hakkında Yapılan Araştırmalar	15
Kendinle Konuşma Hakkında Yapılan Araştırmalar	15
Yurt İçinde Yapılan Araştırmalar	17
Kendinle Konuşma Hakkında Yapılan Araştırmalar	17
Zihinsel Dayanıklılık Hakkında Yapılan Araştırmalar.....	18
Tutkunluk Hakkında Yapılan Araştırmalar	20
Zihinsel Dayanıklılık Kavramı.....	23

III. BÖLÜM

GENEL BİLGİLER

Zihinsel Dayanıklılığın Önemi.....	25
Zihinsel Dayanıklılığın Ölçülmesi	26
Psikolojik Performans Envanteri (PPE)	26
Alternatif Psikolojik Performans Envanteri (APPE)	28
Zihinsel Dayanıklılık Ölçeği 48 (ZDÖ 48).....	29

Zihinsel Dayanıklılık Envanteri (ZDE)	31
Sporda Zihinsel Dayanıklılık Ölçeği (SZDÖ).....	33
Kriket Zihinsel Dayanıklılık Envanteri (KZDE)	35
Avustralya Futbolu Zihinsel Dayanıklılık Envanteri (AFZDE).....	35
Kendinle Konuşma Kavramı.....	38
Dışsal Kendinle Konuşma	40
İçsel Kendinle Konuşma	40
Dil Bilgisi ve Performans.....	41
Tutkunluk Kavramı	42
Uyumlu Tutkunluk.....	42
Takıntılı Tutkunluk	43
Araştırmanın Modeli	45

IV. BÖLÜM YÖNTEM

Araştırma Grubu	46
Veri Toplama Araçları.....	47
Kişisel Bilgi Formu	47
Kendinle Konuşma Ölçeği	48
Sporda Tutkunluk Ölçeği	49
Sporda Zihinsel Dayanıklılık Ölçeği.....	50
Verilerin Toplanması.....	50
Verilerin Çözümlemesi ve Yorumlanması.....	51
Sporcuların Kendinle Konuşma, Tutkunluk ve Zihinsel Dayanıklılık Düzeylerine İlişkin Elde Edilen Puanlarla İlgili	
Betimsel İstatistikler.....	53

V. BÖLÜM

BULGULAR VE YORUM

Sporcuların Kendinle Konuşma Alt Ölçekleri Puanlarının Cinsiyete Göre Tek Yönlü Çok Değişkenli Varyans Analizi Bulguları	55
---	----

Sporcuların Tutkunluk Alt Ölçekleri Puanlarının Cinsiyete Göre Tek Yönlü Çok Değişkenli Varyans Analizi Bulguları	57
Sporcuların Zihinsel Dayanıklılık Alt Ölçekleri Puanlarının Cinsiyete Göre Tek Yönlü Çok Değişkenli Varyans Analizi Bulguları	59
Sporcuların Kendinle Konuşma Alt Ölçekleri Puanlarının Deneyim Göre Tek Yönlü Çok Değişkenli Varyans Analizi Bulguları	61
Sporcuların Tutkunluk Alt Ölçekleri Puanlarının Deneyim Değişkenine Göre Tek Yönlü Çok Değişkenli Varyans Analizi Bulguları	63
Sporcuların Zihinsel Dayanıklılık Alt Ölçekleri Puanlarının Deneyim Değişkenine Göre Tek Yönlü Çok Değişkenli Varyans Analizi Bulguları	65
Zihinsel Dayanıklılık Alt Ölçeklerinden Güven, Devamlılık ve Kontrol Alt Ölçekleri Puanlarının Yordanmasına İlişkin Regresyon Analizi Bulguları	67
Regresyon Analizlerinde Yer Alan Değişkenler Arasındaki İlişkiler	68
Zihinsel Dayanıklılık Alt Ölçeklerinden Güven Alt Ölçeği Puanlarının Yordanmasına İlişkin Regresyon Analizi Bulguları	69
Zihinsel Dayanıklılık Alt Ölçeklerinden Devamlılık Alt Ölçeği Puanlarının Yordanmasına İlişkin Regresyon Analizi Bulguları	73
Zihinsel Dayanıklılık Alt Ölçeklerinden Kontrol Alt Ölçeği Puanlarının Yordanmasına İlişkin Regresyon Analizi Bulguları	76

VI. BÖLÜM

SONUÇ VE TARTIŞMA

Sporcuların Kendinle Konuşma, Tutkunluk ve Zihinsel Dayanıklılık Düzeylerine İlişkin Elde Edilen Puanlara İlişkin Betimsel İstatistik Sonuçları	83
Cinsiyet Değişkenine Göre Uyumlu Tutkunluk ve Takıntılı Tutkunluk Düzeylerine İlişkin Sonuçlar	87
Cinsiyet Değişkenine Göre Zihinsel Dayanıklılık Bileşenlerinden Güven, Devamlılık ve Kontrol Düzeylerine İlişkin Sonuçlar	88
Deneyim Değişkenine göre Motivasyonel Kendinle Konuşma ve Bilişsel Kendinle Konuşma Düzeylerine İlişkin Sonuçlar	90

Deneyim Değişkenine göre Uyumlu Tutkunluk ve Takıntılı Tutkunluk Düzeylerine ilişkin Sonuçlar	91
Deneyim Değişkenine göre Zihinsel Dayanıklılık Bileşenlerinden Güven, Devamlılık ve Kontrol Düzeylerine İlişkin Sonuçlar	92
Araştırmada Yer Alan Değişkenler Arasındaki İlişki Düzeylerine İlişkin Sonuçlar	93
Zihinsel Dayanıklılık Güven Alt Ölçeğinin Yordanan Değişken Olarak Ele Alındığı Aşamalı Çoklu Regresyon Analizi Sonuçları	95
Zihinsel Dayanıklılık Devamlılık Alt Ölçeğinin Yordanan Değişken Olarak Ele Alındığı Aşamalı Çoklu Regresyon Analizi Sonuçları	97
Zihinsel Dayanıklılık Kontrol Alt Ölçeğinin Yordanan Değişken Olarak Ele Alındığı Aşamalı Çoklu Regresyon Analizi Sonuçları	99
Öneriler.....	102
KAYNAKLAR.....	105

KAYNAKLAR

- Ada, E.N., Zourbanos, N., Papaioannou, A., Kazak Çetinkalp, Z. (2014). A Preliminary Validation Of The Turkish Version Of The Automatic Self-Talk Questionnaire For Physical Education). 13th International Sports Sciences Congress, November 7-9. Konya Selcuk University, Turkey. Oral Presentation.
- Akılveren, P. (2016). *Sporcuların motivasyonel kendinle konuşma ve zihinsel dayanıklılık düzeylerinin incelenmesi*. Yüksek Lisans Tezi, Akdeniz Üniversitesi, Sosyal Bilimler Enstitüsü, Antalya.
- Alderson-Day, B.,& Fernyhough, C. (2015). Inner Speech: Development, Cognitive Functions, Phenomenology, And Neurobiology. *Psychological Bulletin*,141(5), 931.
- Alpar, R. (2003). *Uygulamalı Çok Değişkenli İstatistiksel Yöntemlere Giriş 1*. Ankara: Nobel.
- Altıntaş, A. (2015). *Sporcuların zihinsel dayanıklılıklarının belirlenmesinde optimal performans duygu durumu, güdülenme düzeyi ve hedef yöneliminin rolü*. Doktora Tezi, Ankara Üniversitesi, Sağlık Bilimleri Enstitüsü, Ankara.
- Andersen, M. B. (2011). Who's mental, who's tough and who's both. *Mental toughness in sport: Developments in theory and research*, 69-88.
- Balçı, A. (2005). *Sosyal Bilimlerde Araştırma Yöntem, Teknik Ve İlkeler*. (5. Baskı). Ankara: Pegem.
- Bayköse N., Civar Yavuz S., Çoban M., Şahan H., Certel Z. (2016). Role of self talk in prediction of passion level in physical education class environment. *Turkish Online Journal of Educational Technology, Special Edition*, 445-452.
- Bayköse N., Civar Yavuz S., Özer Ö., Şahin A. (2017) The Role Of Self-Talk And Self-Efficacy Levels Of Athletes Studying At Faculties Of Sport Sciences On Predicting Mental Toughness. *International Conference New Horizons in Education INTE*, Berlin, ALMANYA, 17-19 July , 590-590.
- Bayköse, N. (2014). *Sporcularda kendinle konuşma ve imgeleme düzeyinin optimal performans duygu durumunu belirleyici rolü*. Yüksek Lisans Tezi, Selçuk Üniversitesi, Sağlık Bilimleri Enstitüsü, Konya.

- Bull, S. J., Albinson, J. G., & Shambrook, C. J. (1996). *The mental game plan: Getting psyched for sport*. Sports Dynamics.
- Bull, S. J., Shambrook, C. J., James, W. and Brooks, J. E. (2005). Towards and understanding of mental toughness in elite English cricketers. *Journal of Applied Sport Psychology*, 17,209-227.
- Butt, J., Weinberg, R., & Culp, B. (2010). Exploring mental toughness in NCAA athletes. *Journal of intercollegiate sport*, 3(2), 316-332.
- Büyüköztürk, Ş. (2006). *Sosyal Bilimler İçin Veri Analizi El Kitabı*. (6. Baskı). Ankara: Pegem.
- Büyüköztürk, Ş., Çakmak, E. K., Akgün, Ö. E., Karadeniz, Ş. ve Demirel, F. (2012). *Bilimsel Araştırma Yöntemleri*. (13. Baskı). Ankara: Pegem.
- Calvete E. & Cardeoso O. (2005). Gender Differences in Cognitive Vulnerability to Depression and Behavior Problems in Adolescents. *Journal of Abnormal Child Psychology*,33, 2, 179-192.
- Cattell, R. B. (1957). *Personality and motivation structure and measurement*. New York: Harcourt, Brace and World.
- Clough P. J., Newton S., Bruen P., Earle K., Earle F., Benuzzi F. & Veneri A. (2010). *Mental toughness and brain structure*. Poster presented at the 16th Annual meeting of the Organisation for Human Brain Mapping, Barcelona, Spain.
- Clough, P., Earle, K., & Sewell, D. (2002). Mental Toughness: The Concept And Its Measurement. *Solutions In Sport Psychology*, 32-45.
- Connaughton, D., Hanton, S., & Jones, G. (2010). The Development And Maintenance Of Mental Toughness In The World's Best Performers. *The Sport Psychologist*, 24, 168-193.
- Connaughton, D., Hanton, S., Jones, G., & Wadey, R. (2008). Mental Toughness Research: Key Issues In This Area. *International Journal Of Sport Psychology*, 39(3), 192-204.
- Connaughton, D., Wadey, R., Hanton, S., & Jones, G. (2008). The Development And Maintenance Of Mental Toughness: Perceptions Of Elite Performers. *Journal Of Sports Sciences*, 26(1), 83-95.
- Crust, L. (2007). Mental toughness in sport: A review. *International Journal of Sport and Exercise Psychology*, 5(3), 270-290.
- Crust, L. (2008). A Review And Conceptual Re-Examination Of Mental Toughness: Implications For Future Researchers. *Personality And Individual Differences*,45(7), 576-583.
- Crust, L., & Swann, C. (2011). Comparing two measures of mental toughness. *Personality and Individual Differences*, 50(2), 217-221.

- Crust, L., & Azadi, K. (2010). Mental Toughness And Athletes' Use Of Psychological Strategies. *European Journal Of Sport Science*, 10(1), 43-51.
- Crust, L., & Clough, P. J. (2005). Relationship Between Mental Toughness And Physical Endurance. *Perceptual And Motor Skills*, 100(1), 192-194.
- Csikszentmihalyi, M. (1978). Intrinsic Rewards And Emergent Motivation. *The Hidden Costs Of Reward: New Perspectives On The Psychology Of Human Motivation*, 205-216
- Curran, T., Appleton, P. R., Hill, A. P., & Hall, H. K. (2013). The Mediating Role Of Psychological Need Satisfaction In Relationships Between Types Of Passion For Sport And Athlete Burnout. *Journal Of Sports Sciences*, 31(6), 597-606.
- Deci, E. L., & Ryan, R. M. (2000). The 'what' and 'why' of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11, 227-268.
- Dolcos, S., & Albarracin, D. (2015). The inner speech of behavioral regulation: intentions and task performance strengthen when you talk to yourself as a you. *European Journal of Social Psychology*, 44, 636-642.
- Donahue, E. G., Rip, B., & Vallerand, R. J. (2009). When winning is everything: On passion, identity, and aggression in sport. *Psychology of Sport and Exercise*, 10(5), 526-534.
- Duda, J.L., & Whitehead, J. (1998). Measurement of goal perspectives in the physical domain. In J.L. Duda (Ed.), *Advances in sport and exercise psychology measurement*, s.21-48. Morgantown, WV: Fitness Information Technology, Inc.
- Engür, M. (2011). *Performans başarısızlığı değerlendirme envanteri ve kendinle konuşma anketinin türk sporcu popülasyonu'na uyarlanması ve uygulanması*. Doktora Tezi, Ege Üniversitesi, Sağlık Bilimleri Enstitüsü, İzmir.
- Fawcett, T. (2005). Perceptions of mental toughness from adventurer/explorer/medal winning elite athlete and elite coach perspectives: A grounded theory analysis. In *Psychology promoting health & performance for life: Proceedings of the ISSP11th world congress of sport*. Sydney: International Society of Sport Psychology (ISBN 1877040363).
- Fawcett, T. (2011). Mental toughness: A phenomenological perspective. *Mental toughness in sport: Developments in theory and research*, 69-88.

- Field, A. (2009). *Discovering Statistics Using SPSS* (third edition). London: SAGE Publications Ltd.
- Fourie, S., & Potgieter, J. R. (2001). The nature of mental toughness in sport. *South African Journal for Research in Sport, Physical Education and Recreation*, 23(2), 63-72.
- Fourie, S., & Potgieter, J. R. (2001). The nature of mental toughness in sport. *South African Journal for Research in Sport, Physical Education and Recreation*, 23(2), 63-72.
- Gammage, K. L., Hardy, J., & Hall, C. R. (2001). A description of self-talk in exercise. *Psychology of Sport and Exercise*, 2(4), 233-247.
- Gibson, A. (1998). *Mental Toughness*. New York: Vantage.
- Golby, J., & Sheard, M. (2004). Mental toughness and hardiness at different levels of rugby league. *Personality and individual differences*, 37(5), 933-942.
- Golby, J., Sheard, M., & Lavalley, D. (2003). A cognitive-behavioural analysis of mental toughness in national rugby league football teams. *Perceptual and Motor skills*, 96, 455-462.
- Golby, J., Sheard, M., & Van Wersch, A. (2007). Evaluating the factor structure of the psychological performance inventory. *Perceptual and Motor Skills*, 105(1), 309-325.
- Goldberg A.S. (1998) Sport slump busting: 10 steps to mental toughness and peak performance. Champaign, IL: Human Kinetics.
- Gordon, S., Gucciardi, D., & Chambers, T. (2007). A personal construct psychology perspective on sport and exercise psychology research: The example of mental toughness. In T. Morris, P. Terry, & S. Gordon (Eds.), *Sport psychology and exercise psychology: International perspectives* (pp. 43-55). Morgantown, WV: Fitness Information Technology.
- Gould, D., Dieffenbach, K., & Moffett, A. (2002). Psychological characteristics and their development in Olympic champions. *Journal of applied sport psychology*, 14(3), 172-204.
- Gucciardi, D. F. (2012). Measuring mental toughness in sport: a psychometric examination of the Psychological Performance Inventory-A and its predecessor. *Journal of personality assessment*, 94(4), 393-403.
- Gucciardi, D. F. and Gordon, S. (2009). Development and preliminary validation of the cricket mental toughness inventory (CMTI). *Journal of Sport Sciences*, 27,1293-1310.

- Gucciardi, D. F., & Gordon, S. (2009). Development and preliminary validation of the Cricket Mental Toughness Inventory (CMTI). *Journal of sports sciences*, 27(12), 1293-1310.
- Gucciardi, D. F., & Mallett, C. J. (2010). Understanding and developing mental toughness in sport. In S. J. Hanrahan & M. B. Andersen (Eds.), *Handbook of applied sport psychology* (pp. 547-556). London: Routledge.
- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2008). Towards An Understanding Of Mental Toughness In Australian Football. *Journal Of Applied Sport Psychology*, 20(3), 261-281.
- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2009a). Advancing mental toughness research and theory using personal construct psychology. *International Review of Sport and Exercise Psychology*, 2(1), 54-72.
- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2009b). Evaluation of a mental toughness training program for youth-aged Australian footballers: I. A quantitative analysis. *Journal of applied sport psychology*, 21(3), 307-323.
- Gucciardi, D. F., Gordon, S., & Dimmock, J. A. (2009c). Development and preliminary validation of a mental toughness inventory for Australian football. *Psychology of Sport and Exercise*, 10(1), 201-209.
- Gucciardi, D. F., Gordon, S., Dimmock, J., & Mallett, C. J. (2009). Understanding the coach's role in the development of mental toughness: Perspectives of elite Australian football coaches. *Journal of Sport Sciences*, 27, 1483-1496.
- Gucciardi, D. F., Mallett, C. J., Hanrahan, S. J., & Gordon, S. (2011). Measuring Mental Toughness In Sport: Current Status And Future Directions. In D. F. Gucciardi & S. Gordon (Eds.), *Mental Toughness In Sport: Developments In Theory And Research* (Pp. 108-132). Abingdon: Routledge.
- Gucciardi, D. F., Mallett, C. J., Hanrahan, S. J., & Gordon, S. (2011). 7 Measuring mental toughness in sport. *Mental toughness in sport: Developments in theory and research*, 108.
- Gucciardi, D., & Gordon, S. (Eds.). (2011). *Mental toughness in sport: Developments in theory and research*. Routledge.
- Gucciardi, D., & Gordon, S. (Eds.). (2011). *Mental toughness in sport: Developments in theory and research*. Routledge.

- Gucciardi, D.F., Gordon, S., & Dimmock, J.A. (2008). Towards an understanding of mental toughness in Australian football. *Journal of Applied Sport Psychology, 20*, 261-281.
- Gucciardi, D.F., Hanton, S., & Mallett, C.J. (2012). Progressing measurement in mental toughness: A case example of the Mental Toughness Questionnaire 48. *Sport, Exercise and Performance Psychology, 1*, 194-214.
- Gucciardi, D.F., Jackson, B., Coulter, T.J., & Mallett, C.J. (2011). The Connor-Davidson Resilience Scale (CD-RISC): Dimensionality and age-related measurement invariance with Australian cricketers. *Psychology of Sport and Exercise, 12*, 423-433.
- Hardy, J. (2006). Speaking Clearly: A Critical Review Of The Self-Talk Literature. *Psychology Of Sport And Exercise, 7*, 81-97.
- Hardy, J. (2006). Speaking clearly: A critical review of the self-talk literature. *Psychology of Sport and Exercise, 7*(1), 81-97.
- Hardy, J., Gammage, K., & Hall, C. R. (2001). A Descriptive Study Of Athletes Self-Talk. *The Sport Psychologist, 15*, 306-318.
- Hardy, J., Hall, C. R., & Hardy, L. (2005). Quantifying athlete self-talk. *Journal of Sports Sciences, 23*(9), 905-917.
- Hardy, J., Hall, C. R., Gibbs, C. & Greenslade, C. (2005). Self-Talk and Gross Motor Skill
- Hardy, J., Hall, C. R., Gibbs, C. & Greenslade, C. (2005). Self-Talk and Gross Motor Skill Performance: An Experimental Approach. *Athletic Insight, 7*(2):1-11.
- Hardy, L., Roberts, R., Thomas, P. R., & Murphy, S. M. (2010). Test Of Performance Strategies (TOPS): Instrument Refinement Using Confirmatory Factor Analysis. *Psychology Of Sport And Exercise, 11*(1), 27-35.
- Harwood, C., Cumming, J., & Fletcher, D. (2004). Motivational Profiles And Psychological Skills Use Within Elite Youth Sport. *Journal Of Applied Sport Psychology, 16*(4), 318-332.
- Hatzigeorgiadis, A., Theodorakis, Y., & Zourbanos, N. (2004). Self-Talk İn The Swimming Pool: The Effects Of Self-Talk On Thought Content And Performance On Water-Polo Tasks. *Journal Of Applied Sport Psychology, 16*(2), 138-150.
- Hatzigeorgiadis, A., Zourbanos, N., Goltsios, C., & Theodorakis, Y. (2008). Investigating the functions of self-talk: The effects of motivational self-talk on self-efficacy and performance in young tennis players. *The Sport Psychologist, 22*(4), 458-471.

- Hatzigeorgiadis, A., Zourbanos, N., Mpoumpaki, S., & Theodorakis, Y. (2009). Mechanisms Underlying The Self-Talk-Performance Relationship: The Effects Of Motivational Self-Talk On Self-Confidence And Anxiety. *Psychology Of Sport And Exercise*, 10(1), 186-192.
- Horsburgh, V. A., Schermer, J. A., Veselka, L., & Vernon, P. A. (2009). A Behavioural Genetic Study Of Mental Toughness And Personality. *Personality And Individual Differences*, 46(2), 100-105.
- Horsburgh, V. A., Schermer, J. A., Veselka, L., & Vernon, P. A. (2009). A behavioural genetic study of mental toughness and personality. *Personality and individual differences*, 46(2), 100-105.
- Horsburgh, Vanessa A., Et Al. "A Behavioural Genetic Study Of Mental Toughness And Personality." *Personality And Individual Differences* 46.2 (2009): 100-105.
- Jackson, S. A., & Eklund, R. C. (2004). The flow scale manual. Morgantown, WV: Fitness Information Technology
- Jackson, S. A., & Marsh, H. W. (1996). Development And Validation Of A Scale To Measure Optimal Experience: The Flow State Scale. *Journal Of Sport And Exercise Psychology*, 18, 17-35.
- Jones, G. (2002). What is this thing called mental toughness? An investigation of elite sport performers. *Journal of applied sport psychology*, 14(3), 205-218.
- Jones, G., Hanton, S., & Connaughton, D. (2002). What Is This Thing Called Mental Toughness? An Investigation Of Elite Sport Performers. *Journal Of Applied Sport Psychology*, 14 (3), 205-218.
- Jones, G., Hanton, S., & Connaughton, D. (2002). What is this thing called mental toughness? An investigation of elite sport performers. *Journal of Applied Sport Psychology*, 14, 205-21.
- Jones, G., Hanton, S., & Connaughton, D. (2007). A framework of mental toughness in the world's best performers. *The Sport Psychologist*, 21(2), 243-264.
- Kaiseler, M., Polman, R., & Nicholls, A. (2009). Mental Toughness, Stress, Stress Appraisal, Coping And Coping Effectiveness In Sport. *Personality And Individual Differences*, 47(7), 728-733.
- Kalaycı, Ş. (2006). *SPSS Uygulamalı Çok Değişkenli İstatistik Teknikleri*. Ankara: Asil.
- Katsikas, C., Argeitaki, P., & Smirniotou, A. (2009). Performance strategies of greek track and field athletes: Gender and level differences. *Biology of exercise*, 5(1).

- Kelecek, S. (2013). *Sporcuların tutkunluk düzeylerinin; optimal performans duygu durumu, güdüsel yönelim ve hedef yönelimini belirlemedeki rolü*. Yüksek Lisans Tezi, Başkent Üniversitesi, Sağlık Bilimleri Enstitüsü, Ankara.
- Kelecek, S., & Aşçı, F. H. (2013). "Tutkunluk Ölçeği" nin Üniversite Sporcuları İçin Geçerlilik Ve Güvenilirlik Çalışması. *Türkiye Klinikleri Spor Bilimleri*, 5(2).
- Kroll, W. (1967). Sixteen personality factor profiles of collegiate wrestlers. *Research Quarterly*, 49-57.
- Kross, E., Bruehlman-Senecal, E., Park, J., Burson, A., Dougherty, A., Shablack, H., et al. (2014). Self-talk as a regulatory mechanism: how you do it matters. *Journal of Personality and Social Psychology*, 106, 304-324.
- Kuan, G., & Roy, J. (2007). Goal profiles, mental toughness and its influence on performance outcomes among Wushu athletes. *Journal of sports science & medicine*, 6(CSSI-2), 28.
- Landin, D., & Hebert, E. P. (1999). The influence of self-talk on the performance of skilled female tennis players. *Journal of applied sport psychology*, 11(2), 263-282.
- Landin, D., & Hebert, E. P. (1999). The Influence Of Self-Talk On The Performance Of Skilled Female Tennis Players. *Journal Of Applied Sport Psychology*, 11(2), 263-282.
- Larrain, A., & Haye, A. (2012). The discursive nature of inner speech. *Theory & Psychology*, 22(1), 3-22.
- Lee, K., Shin, D. S., Han, M., & Lee, E. (1994). Developing the norm of Korean table tennis players' mental toughness. *Korean Journal of Sport Science*, 6, 103-120.
- Loehr, J. E. (1986). *Mental toughness training for sports: Achieving athletic excellence*. Lexington, MA: Stephen Greene.
- Loehr, J. E. (1995). *The new mental toughness training for sports*. New York: Plume.
- Maddi, S. R., & Khoshaba, D. M. (2001). Personal views survey III-R: Internet instruction manual. *Newport Beach, CA: Hardiness Institute*.
- Mageau, G. A., & Vallerand, R. J. (2007). The moderating effect of passion on the relation between activity engagement and positive affect. *Motivation and Emotion*, 31(4), 312-321.
- Mageau, G. A., Vallerand, R. J., Charest, J., Salvy, S., Lacaille, N., Boufford T. & Koestner R. (2009). On the development of harmonious

- and obsessive passion: the role of autonomy support, activity specialization and identification in the activity. *Journal of Personality*, 77(3), 601-645.
- Mageau, G. A., & Vallerand, R. J. (2007). The Moderating Effect Of Passion On The Relation Between Activity Engagement And Positive Affect. *Motivation And Emotion*, 31(4), 312-321.
- Mahoney, J., Ntoumanis, N., Mallett, C., & Gucciardi, D. (2014). The motivational antecedents of the development of mental toughness: A self-determination theory perspective. *International Review of Sport and Exercise Psychology*, 7(1), 184-197.
- Mallett, C. J., & Coulter, T. J. (2011). Understanding and developing the will to win: Perceptions of parents, coaches, and players. In D. F. Gucciardi & S. Gordon (Eds.), *Mental toughness in sport: Developments in research and theory* (pp. 187-211). Abingdon: Routledge
- Masum, R. (2014). A mixed method analysis of mental toughness in elite and sub-elite male and female tennis players in Pakistan. *Advances in Social Sciences Research Journal*, 1, 110-122.
- Middleton S. C., Marsh H.W., Martin A.J., Richards G. E., Savis J., Perry Jr,C., Brown R. (2004). The Psychological Performance Inventory: Is the mental toughness test tough enough? *International Journal of Sport Psychology*. 35(2): 91-108.
- Middleton, S. C., Marsh, H. W., Martin, A. J., Richards, G. E., & Perry, C. (2004b). *Developing The Mental Toughness Inventory (MTI)*. Self Research Centre Biannual Conference, Berlin. http://Self.Uws.Edu.Au/Conferences/2004_Middleton_Marsh_Martin_Richards_Perry.Pdf sayfasından erişilmiştir.
- Morin, A. (1993). Self-Talk And Self-Awareness: On The Nature Of The Relation. *Journal Of Mind And Behavior*, 14(3), 223-234.
- Morin, A. (2011). Self-awareness part 2: neuroanatomy and importance of inner speech. *Social and Personality Psychology Compass*, 5, 1004-1017.
- Nergiz, S., Bayköse, N. Yıldız, M. (2015) Self Talk: The Self-Talk Status Among Modern And Folk Dances. *Niğde University Journal Of Physical Education And Sport Sciences* Vol 9, Special Issue.
- Nesti, M. (2004). *Existential psychology and sport: Implications for research and practice*. London: Routledge.
- Nicholls, A. R., Polman, R. C., Levy, A. R., & Backhouse, S. H. (2009). *Mental Toughness In Sport: Achievement Level, Gender, Age, Ex-*

- perience, And Sport Type Differences. *Personality And Individual Differences*, 47(1), 73-75.
- Nicholls, A. R., Polman, R. C., Levy, A. R., & Backhouse, S. H. (2008). Mental Toughness, Optimism, Pessimism, And Coping Among Athletes. *Personality And Individual Differences*, 44(5), 1182-1192.
- Ntoumanis, N. (2001). A self-determination approach to the understanding of motivation in physical education. *British Journal of Educational Psychology*, 71, 225-242.
- Oppenheim, G. M., & Dell, G. S. (2010). Motor movement matters: The flexible abstractness of inner speech. *Memory & cognition*, 38(8), 1147-1160.
- Patrick, V. M., & Hagtvedt, H. (2012). How to say "No": Conviction and identity attributions in persuasive refusal. *International Journal of Research in Marketing*, 29(4), 390-394.
- Pelletier, L. G., Fortier, M. S., Vallerand, R. J., & Brière, N. M. (2001). Associations among perceived autonomy support forms of self-regulation and persistence: A prospective study. *Motivation and Emotion*, 25, 279-306.
- Pelletier, L. G., Tuson, K. M., Fortier, M. S., Vallerand, R. J., Briere, N. M., & Blais, M. R. (1995). Toward a new measure of intrinsic motivation, extrinsic motivation, and amotivation in sports: The Sport Motivation Scale (SMS). *Journal of sport and Exercise Psychology*, 17(1), 35-53.
- Philippe, F. L., Vallerand, R. J. & Lavigne, G. L. (2009b). Passion does make a difference in people's lives: a look at well-being in passionate and non-passionate individuals. *Applied Psychology: Health and Well-Being*, 1(1), 3-22.
- Philippe, F. L., Vallerand, R. J., Houliort, N., Lavigne, G. L., & Donahue, E. G. (2010). Passion for an activity and quality of interpersonal relationships: The mediating role of emotions. *Journal of personality and social psychology*, 98(6), 917.
- Puchalska-Wasył, M. M. (2014). When Interrogative Self-talk Improves Task Performance: The Role of Answers to Self-posed Questions. *Applied Cognitive Psychology*, 28(3), 374-381.
- Seguin-Levesque, C., Lyne, M., Laliberte, N., Pelletier, L. G., Blanchard, C., & Vallerand, R. J. (2003). Harmonious And Obsessive Passion For The Internet: Their Associations With The Couple's Relationship. *Journal Of Applied Social Psychology*, 33(1), 197-221.

- Senay, I., Albarracín, D., & Noguchi, K. (2010). Motivating goal-directed behavior through introspective self-talk: The role of the interrogative form of simple future tense. *Psychological Science, 21*(4), 499-504.
- Sheard, M. (2010). *Mental toughness: The mindset behind sporting achievement*. Routledge.
- Sheard, M. (2012). *Mental Toughness: The Mindset Behind Sporting Achievement*. Routledge
- Sheard, M., Golby, J., & Van Wersch, A. (2009). Progress Toward Construct Validation Of The Sports Mental Toughness Questionnaire (SMTQ). *European Journal Of Psychological Assessment, 25*(3), 186-193.
- Sheldon, K. M., & Elliot, A. J. (1999). Goal striving, need satisfaction, and logitudinal well-being: The self-concordance model. *Journal of Personality and Social Psychology, 76*, 482-297.
- Son, V., Jackson, B., Grove, J. R., & Feltz, D. L. (2011). "I am" versus "we are": Effects of distinctive variants of self-talk on efficacy beliefs and motor performance. *Journal of sports sciences, 29*(13), 1417-1424.
- Southam-Gerow, M. A. (2013). *Emotion Regulation In Children And Adolescents: A Practitioner's Guide*. Guilford.
- Stenseng, F., Rise, J., & Kraft, P. (2011). The dark side of leisure: Obsessive passion and its covariates and outcomes. *Leisure Studies, 30*(1), 49-62.
- Tanrıoğen, A.(Ed). (2011). *Bilimsel Araştırma Yöntemleri*. (2. Baskı). Ankara: Anı.
- Thelwell, R., Weston, N., & Greenlees, I. (2005). Defining and understanding mental toughness within soccer. *Journal of Applied Sport Psychology, 17*(4), 326-332.
- Thomas, P. R., Murphy, S. M., & Hardy, L. E. W. (1999). Test of performance strategies: Development and preliminary validation of a comprehensive measure of athletes' psychological skills. *Journal of sports sciences, 17*(9), 697-711.
- Thompson, B. (2004). *Exploratory and confirmatory factor analysis: Understanding concepts and applications*. American Psychological Association.
- Unterrainer, J. M., & Owen, A. M. (2006). Planning and problem solving: from neuropsychology to functional neuroimaging. *Journal of Physiology, Paris, 99*, 308-317.

- Vallerand, R. J. (1997). Toward a hierarchical model of intrinsic and extrinsic motivation. In M. P. Zanna (Ed.), *Advances in experimental social psychology* (pp. 271–360). San Diego: Academic.
- Vallerand, R. J., Blanchard, C., Mageau, G. A., Koestner, R., Ratelle, C., Léonard, M., ... & Marsolais, J. (2003). Les Passions De L'ame: On Obsessive And Harmonious Passion. *Journal Of Personality And Social Psychology*, 85(4), 756.
- Vallerand, R. J., Rousseau, F. L., Grouzet, F. M., Dumais, A., Grenier, S., & Blanchard, C. M. (2006). Passion İn Sport: A Look At Determinants And Affective Experiences. *Journal Of Sport And Exercise Psychology*, 28(4), 454.;
- Vallerand, R. J., Salvy, S. J., Mageau, G. A., Elliot, A. J., Denis, P. L., Grouzet, F. M., & Blanchard, C. (2007). On The Role Of Passion İn Performance. *Journal Of Personality*, 75(3), 505-534.
- Vallerand, R. J., Salvy, S. J., Mageau, G. A., Elliot, A. J., Denis, P. L., Grouzet, F. M., & Blanchard, C. (2007). On the role of passion in performance. *Journal of personality*, 75(3), 505-534.
- Vallerand, R.J., Mageau, G. A., Elliot, A., Dumais, A., Demers, M-A., & Rousseau, F. L. (2008). Passion and performance attainment in sport. *Psychology of Sport & Exercise*, 9, 373-392.
- Van Raalte, J. L., Vincent, A., & Brewer, B. W. (2016a). Self-talk: Review and sport-specific model. *Psychology of Sport and Exercise*, 22, 139-148.
- Van Raalte, J. L., Vincent, A., & Brewer, B. W. (2016b). Self-talk interventions for athletes: A theoretically grounded approach. *Journal of Sport Psychology in Action*, 1-11.
- Weinberg, R. S., & Gould, D. (2014). *Foundations Of Sport And Exercise Psychology*, 6E. Human Kinetics.
- Werner, A. C. (1960). Physical education and the development of leadership characteristics of cadets at the U.S. military academy. *Microcard Psychology*. Unpublished doctoral thesis: Springfield College, MA.
- Werner, A. C. and Gottheil, E. (1966). Personality development and participation in collegiate athletics. *Research Quarterly*, 126-131.
- Yazıcı, A. (2016). *Profesyonel basketbol oyuncularında zihinsel dayanıklılık ve duygusal zekânın çeşitli değişkenler açısından incelenmesi*. Yüksek Lisans Tezi, Gazi Üniversitesi, Eğitim Bilimleri Enstitüsü, Ankara.
- Yıldırım, A. ve Şimşek, H. (2011). *Sosyal Bilimlerde Nitel Araştırma Yöntemleri*. (8.Baskı). Ankara: Seçkin.

- Zell, E., Warriner, A. B., & Albarracín, D. (2012). Splitting of the mind: When the you I talk to is me and needs commands. *Social psychological and personality science*, 3(5), 549-555.
- Zervas, Y., Stavrou, N. A., & Psychountaki, M. (2007). Development and validation of the self-talk questionnaire (S-TQ) for sports. *Journal of Applied Sport Psychology*, 19(2), 142-159.
- Zinsser, N., Bunker, L., & Williams, J. M. (2006). Cognitive Techniques For Building Confidence And Enhancing Performance. In J. M. Williams (Ed.), *Applied Sportpsychology: Personal Growth To Peak Performance* (5th Ed.) (Pp. 349–381). New York, NY: Mcgraw-Hill Companies, Inc, Higher Education.
- Zinsser, N., Bunker, L., & Williams, J. M. (2006). Cognitive Techniques For Building Confidence And Enhancing Performance. *Applied Sport Psychology: Personal Growth To Peak Performance*, 5, 349-381.