

# SPORDA KAYGI VE BAŞARI FAKTÖRÜ

Editör

Övünç ERDEVECİLER

Yazar

Erdem ÇAKALOĞLU



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# ÖNSÖZ

Bu kitapta spor psikolojisinin temel konularından biri olan yarışma kaygısının ve durumun öneminin incelenmesi amaçlanmaktadır. Bu doğrultuda, bu kitabın alanyazına katkı sağlaması ve daha sonrasında sporcularda yarışma kaygısı üzerine yapılacak çalışmalar için faydalı olması beklenmektedir.

Tüm öğrenim hayatım boyunca elinden gelen en iyi şekilde yönlendiren, spor psikolojisi alanında kendimi geliştirebilmem için gerek kişisel, gerek kurumsal tüm bağlantılarını kullanarak en iyi hocalardan en iyi eğitimleri almamı sağlayan her konuda bana destek ve yardımcı olan değerli hocam Prof. Dr. Perican BAYAR'a bana sağladığı katkıları, güveni ve sonsuz sabrı için teşekkürlerimi sunarım.

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Bu günlere geleceğime dair en ufak şüphesi olmayan ve tüm süreçlerde maddi-manevi desteğini bir an olsun esirgemeyen değerli aileme teşekkürlerimi sunarım.

Son olarak içimi sevgi ve neşe ile dolduran oğlum Uzay'a teşekkür ederim.

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