



Evaluation of the effectiveness of neurofeedback training on improving athletes' performance

Oral Presentation

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Abstract

Introduction: The study evaluated the effectiveness of neurofeedback on optimal performance. According to the relationship between specific brain wave patterns and optimal athletic performance, and one of the effective methods for these changes is neurofeedback training, optimal athletic performance improvements can be expected.

Methods: The research followed a semi-experimental design with pre-test, post-test, and control groups. Participants were 20 male tennis players. Participants completed Sports Anxiety Scale Questionnaire, ITN Performance Test, and then the experimental group received neurofeedback training for six weeks; at the end, participants completed the ITN test again.

Results: In a preliminary analysis, it was found that results of the repeated measure analysis of variance showed that the improvement of athletic performance was significantly higher in the experimental group than in the control group.

Conclusion: Findings of the present study showed significant implications regarding the effect of a neurofeedback training program on improving the performance of tennis players. As a result, sports coaches and sports psychologists can use neurofeedback methods and mental skills to improve sports performance in athletes. According to these findings, we concluded that neurofeedback training is appropriate to and increase the athletic performance of tennis players.

Keywords

Athletes; neurofeedback; performance

Reference:

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