Publikationen zu psychologischen Aspekten des Crosslaufs / Publications discussing psychological aspects of cross-country running

Baycock, C. (SIRC 155971)
Motivation is the key. Cross country tips
(Motivation ist entscheidend. Tips zum Crosslauf)
Coaching Clinic, Princeton (N.J.) 23 (September 1984), 1, pp. 3-5

Bowman, R.W. (SIRC 012838)
Personality traits of cross country runners
(Persönlichkeitsmerkmale von Crossläufern)
Track Tech., Los Altos (Calif.) 65 (September 1976), pp. 2067-2068
Compares the personality profile of college cross-country runners to athletes in other sports and examines the relationship between personality traits and performance. Sixty-five athletes attending nine colleges and universities throughout the midwestern United States completed an information sheet, the ACL and the 16PP questionnaires. Concludes that: cross-country runners tend to differ significantly from athletes in other sports, the relationship between performance (time) and personality traits is very low and certain traits tend to predominate in number one runners.

Brewer, B.W.; Linder, D.E.; Van Raalte, J.L.; Van Raalte, N.S. (SIRC 396288)
Peak performance and the perils of retrospective introspection
(Spitzenleistung und die Gefahren retrospektiver Introspektion)
J. of Sport & Exerc. Psychol., Champaign (Ill.) 13 (September 1991), 3, pp. 227-238
Three experiments were conducted to determine which remembered qualities of the peak performance state are robust and to investigate whether recall biases may affect accounts of peak experiences. In the first experiment, introductory psychology students rated psychological characteristics of their best, average, and worst sport performances. Focused attention and confidence were the qualities most strongly identified with peak performance. The second experiment replicated and extended these findings in a sample of intercollegiate cross-country runners and tennis players. In the third experiment, subjects (a) completed a pursuit rotor task; (b) were randomly assigned to receive success, failure, or no feedback; and (c) rated their psychological state during performance. Results indicated that the bogus performance feedback significantly affected ratings of psychological states exerienced during performance. Subjects given success feedback perceived themselves as being more confident and focused on the task than subjects given failure feedback. Implications of these findings for research and practice are discussed.

Brewer, B.W.; Van Raalte, J.L.; Linder, D.E. (SIRC 404856)
Attentional focus and endurance performance
(Aufmerksamkeitsschwerpunkt und Ausdauerleistung)
Appl. Res. in Coaching & Athletics Ann., Boston (1996), pp. 1-14
In a study of the relationship between attentional focus and endurance performance, 9 intercollegiate cross-country runners and 35 introductory psychology students completed a measure of attentional focus both before and after a 12-minute trial on a stairclimbing apparatus. Pretrial dissociative focusing (r = -.26), pretrial distress focusing (r=-.51), and posttrial associative focusing (r=.37) were significantly related to stairclimbing performance at the p less than .05 level. Compared to introductory psychology students, cross-country runners were more likely to employ associative strategies and less likely to employ dissociative strategies. Female subjects were more likely than male subjects to report focusing their attention on distress cues. The findings highlight the importance of considering task experience and motives for participation when recommending attentional strategies to endurance athletes.

Cockerill, I.M.; Nevill, A.M.; Lyons, N. (SIRC 377699)
Modelling mood states in athletic performance
(Modellierung von Stimmungszuständen und sportliche Leistung)
J. of Sports Sci., London 9 (Summer 1991), 2, pp. 205-212
Because moods are transitory emotional states that can be influenced by a range of personality and environmental factors, the notion that elite athletes will always tend to produce a so-called iceberg profile of mood, and that less successful performers will not, is open to question. Evidence for such a claim is based principally upon descriptive studies. The present experiment used the POMS inventory as a predictor of cross-country running performance among a group of experienced male athletes. Race times from two competitive events were plotted against each of six mood factors. Using data from race 1, a multiple-regression model - incorportating the interdependence of tension, anger and depression - was able to predict rank order of finishing positions for race 2 with acceptable accuracy (rs=0.74, P less than 0.01). The present approach differs from the traditional model of mood research in sport in that it provides a prescriptive, rather than a descriptive, focus. Although the model that has been developed appears promising, it is likely that in

sports where demands on athletes are very different from those made upon cross-country runners, an alternative model may be required.

Donselaar, L. van (SIRC 211542)
Cross-country boredom breaker
(Vermeidung von Langeweile im Crosslauf)
Scholast. Coach, New York (N.Y.) 57 (November 1987), 4, pp. 58, 60, 55

Hanson, T.W.; Gould, D. (SIRC 264831)
Factors affecting the ability of coaches to estimate their athletes' trait and state anxiety levels (Faktoren, die die Fähigkeit von Trainern zur Bestimmung der Merkmals- und Zustandsangst ihrer Sportler beeinflussen)
Sport Psychologist, Champaign (Ill.) 2 (December 1988), 4, pp. 298-313
This study assessed the ability of coaches to estimate their athletes' A-trait and A-state levels, examined variables influencing this ability, and attempted to identify what physical or behavioral cues coaches use in assessing the anxiety levels of their athletes. Collegiate cross-country coaches (N=126) and athletes served as subjects. Overall, the coaches were found to be inaccurate estimators of both levels, accounting for less than 8 percent of the variance. Multiple regression analyses also revealed that the coach's age was a significant predictor of ability to assess an athlete's A-trait level, and the size of the team affected a coach's A-state estimating ability. Coaches of women's teams were significantly more accurate than coaches of men's teams in their estimates of A-trait and A-state levels. Finally, coaches rated changes in athletes' communication levels and behavior patterns as the most important cues to look for when assessing anxiety levels.

Husman, B.F. (SIRC 003281)
Analysis of aggression in boxers, wrestlers and cross country runners as measured by the Rosenzweig P-F study, selected TAT pictures and a sentence completion test
(Analyse der Aggression bei Boxern, Ringern und Crossläufern auf der Basis von Messungen mit Hilfe der Rosenzweig P-F Studie, ausgewählten TAT Bildern und eines Satz-Vervollständigungstests)
Eugene (Ore.): Univ. of Oregon, 1956, 5 fiches

Ivory, R.J. (SIRC 008255)
Psychology of cross-country coaching
(Psychologie des Crosslauf-Coachings)
In: Schwank, W.C. (Ed.): Winning edge, Washington: AAHPER, 1974, pp. 55-59

Kues, Ray (BISp; SIRC 376563)
Leadership in cross country
(Führung im Crosslauf)
Track & Field quart. Rev., Kalamazoo (Mich.) 92 (Summer 1992), 2, p. 41
The author believes that it is important to establish a runner on the cross-country team as a leader for others to follow. There are some points that must be addressed when deciding who should be the captain or leader of the team. He or she must 1. be willing to accept the role and not to be forced into the position, 2. expect some conflicts between their teammates and be able to resolve such conflicts, 3. support the coach in his or her decisions but be willing to make suggestions, and 4. be able to keep the team focused on their goals.

Labbe, Elise E.; Welsh, M. Cay; Coldsmith, Bruce; Hickman, Harry (BISp 9408072546; SIRC 277855)
High school cross country runners: running commitment, health locus of control and performance (High-School-Crossläufer: Einstellung zum Laufen, Locus of control der Gesundheit und Leistung)
J. of Sport Behav., Mobile (Ala.) 14 (1991), 2, pp. 85-92
The purpose of this study was to assess the relationship between running commitment, health locus of control and running behavior. Subjects were 142 high school runners who participated in the camp. Results indicate commitment to running is significantly related to actual running mileage and several other performance factors. Runners with higher weekly mileage had better running times. Runners who had higher health locus of control scores had lower number of injuries and were more likely to report meeting camp goals. Results suggest that athletes with a greater commitment to run may also demonstrate behaviors associated with better racing performance. Verf.-Referat

Lane, Andrew M.; Karageorghis, Costas I. (BISp 970726246; SIRC 420738)

Goal confidence and difficulty as predictors of goal attainment in junior high school cross-country runners
(Ziel-Vertrauen und -Schwierigkeit als Prädikatoren der Ziel-Erreichung bei Junior-High-School-Crossläufern)
Percept. & mot. Skills, Missoula (Mont.), 84 (1997), 3 Part 1, pp. 747-752
This study examined the influence of confidence in a goal and difficulty of the goal on the attainment of self-set goals regarding time and position. 63 junior high school cross-country runners (M age = 13.5 yr., SD = .5 yr.) completed a 6-item Race Goals Questionnaire approximately 24 hr. prior to a 2km race. Attainability of a goal was assessed by categorizing runners into either a performed to expectation (time, position) or an under-performed group (time, position). A 2 x 2 multivariate analysis of variance indicated significant differences between the two groups on time for confidence in goals and on difficulty of goals. There were no differences between the two groups on position. Discriminant function analyses to predict time goal performance indicated that 47 (74.6%) participants could be correctly classified into the groups by time on the basis of confidence in goals, and difficulty of goals. Discriminant function analyses to predict performance in terms of position indicated 38 participants (60.3%) could be correctly classified on the basis of confidence in goals, and difficulty of goals. The results concur with previous proposals that goals regarding time and position have a differential influence on performance. Verf.-Referat

O'Donnell, Rod (BISp 960316623; SIRC 098980)
The untapped goldmine: Motivation for cross country
(Die unausgeschöpfte Goldmine: Motivation für den Crosslauf)
Track & Field quart. Rev., Kalamazoo (Mich.), 81 (1981), 3, p. 39
Verf. unterstreicht die Bedeutung der Motivation für eine erfolgreiche Crosslauf-Saison und erstellt ein "Motivationsprogramm". Dieses Programm ist entsprechend der Saison selbst gegliedert in eine vorsaisonale Phase, die Phase während der Saison und die Nachsaison-Phase. Ferner wird eingegangen auf die motivatorische Wirkung 1. der Kommunikation zwischen Trainer und Läufern und 2. des Laufens im Verein. -schi-
One of the most important factors in the high school cross-country programme is motivation. The cross-country coach may find that he spends as much time innovating and implementing these motivational tactics as he does in teaching the fundamentals of running. The success of the coach's inducements will be reflected in the overall success of his programme. The incentive programme must begin long before the season or training phase of the programme is started. The stimulus blueprint goes to work at the first meeting of the potential team members. This meeting should be held toward the end of the school year, when the athletes begin thinking of fall sports. The key incentive devices used here are the discussion of the summer programme and the statement of goals for the upcoming season. The success of the summer running programme will go a long way toward determining the success of the fall season. The athletes have no competitive schedule; therefore, immediate stimulus must come from other sources. The next phase of the programme is the actual cross-country season. During this time, motivation is partially handled by the competitiveness of the meets and within the team itself. The goals set at the first meeting are now another device. This coverage should include a story of each meet, post- and pre-season summaries, and photographic reporting. In addition, the results of each meet should be announced on the school public address system and posted on a strategically located bulletin board in the school. The successful programme must never be far removed from some form of motivation. Consequently the post-season is also important: a banquet for team members and their parents, a team picture presented to each boy; a printed summary of the season, giving a meet-by-meet breakdown of each runner's performances. The team must be reminded that cross-country is a year-round sport, not one they can prepare for only in the summer and fall.

Pecor, B. (SIRC 067283)
Developing cross-country running motivation
(Entwicklung der Motivation für den Crosslauf)
Athletic J., Evanston (Ill.) 59 (June 1979), 10, pp. 10, 56-57

Poole, R.C.; Henschen, K. (SIRC 147030; IAT: Microfiche 903981)
Brigham Young's psychological program for women's cross-country and track
(Das psychologische Programm für Cross- und Bahnläuferinnen an der Brigham-Young-Schule)
Scholast. Coach, New York (N.Y.) 53 (March 1984), 8, pp. 52-53, 73-75

Reilly, T. (BISp 9305065059; SIRC 052687)
The state and states of cross-country runners
(Zustand und Zustände von Crossläufern)
Track & Field quart. Rev., Kalamazoo (Mich.) 80 (1980), 3, pp. 6-7
Untersuchungen haben gezeigt, daß Crossläufer hinsichtlich ihrer Persönlichkeit zu Intraversion neigen sowie daß sie intelligent, emotional, wettkampforientiert, lebhaft, sensitiv, selbstbewußt und selbstkritisch sind.

Erfolgreiche Läufer unterscheiden sich von weniger erfolgreichen durch ihren emotionalen Zustand vor dem Wettkampf. Es scheint, als ob gute Läufer ihre psychischen Ressourcen besser für den Wettkampf nützen könnten. -schi-
A recent study of male cross-country runners in a major English club showed that the runners could be described as tending towards introverted, intelligent, emotional, competitive, lively, sensitive, self-opinionated and self-reproaching behaviour. The profile was reasonably consistent with previous results in observations on English cross-country runners. The results of this and other studies also show that more successful athletes tend to differ from those down the field in their pre-race emotional states. It seems the good athletes can better harness their psychological resources for competition.

Reilly, T. (SIRC 033707)
Pre-start moods of cross-country runners and their relationship to performance
(Vorstartstimmungen von Crossläufern und ihr Verhältnis zur Leistung)
Int. J. of Sports Psychol. 8 (1977), 3, pp. 210-217
A mood-adjective check list was administered to 24 cross-country runners prior to starting a major competition. Subjects were high in surgency, concentration, and vigor and had negative results in aggression, fatigue and sadness. Performance was found to correlate significantly with surgency and vigor.

Richards, Pam (BISp 9206054079)
Go for the goal: strategies for peak performance
(Strebe nach dem Ziel: Strategien für Spitzenleistungen)
Strategies, Reston (Virg.) 5 (1991), 1, pp. 26-28
Die richtige Zielsetzung ist eine der effektivsten Techniken zur Steigerung der Motivation. Die Zielsetzung sollte folgenden Kriterien gerecht werden: 1. Sportler sollten sich kurz- und langfristige Ziele setzen. 2. Ziele sollten realistisch und gleichzeitig herausfordernd sein. 3. Ziele sollten spezifisch und verhaltensorientiert sein. 4. Prozeß- bzw. leistungsorientierte Ziele sollten ergebnisorientierten Zielen vorgezogen werden (so ist es besser, sich vorzunehmen, beim nächsten Wettkampf 15 sec schneller zu laufen, als sich vorzunehmen, das Rennen zu gewinnen). 5. Das Erreichen von Zielen sollte systematisch kontrolliert werden. Verf. exemplifiziert seine Thesen am Beispiel des Crosslaufs. Schiffer
Coaches of every sport face the challenge of developing motivational techniques that are effective for teams with a wide range of skill and performance levels. In this article a goal setting and incentive programme is outlined that addresses this issue in very creative way. The model is based on experience with a cross-country team.

Sanderson, F.H.; Reilly, T. (BISp 840700264; SIRC 136180)
Trait and state anxiety in male and female cross-country runners
(Merkmals- und Zustandsangst von Crossläufern und -läuferinnen)
Brit. J. of Sports Med., Loughborough 17 (1983), 1, pp. 24-26
The purpose of this study was to explore the relationships between state/trait anxiety and competitive cross-country performance for males and females. A-trait and A-state pre- and post-competition were monitored in 38 females and 26 males at major meetings. The females A-trait was correlated with pre-race A-state which was itself correlated significantly with race performance. A significant post-race A-state reduction occurred only with the better runners. The correlation between A-trait and pre-race A-state was also found in the male athletes while A-trait significantly correlated with race performance. A-state was significantly reduced post-race, the greatest decrease being observed in the top performers. It is concluded that trait as well as transient dispositions are relevant when psychological determinants of performance are considered. Verf.-Referat

Sanderson, F.H.; Reilly, T. (SIRC 156765)
Trait and state anxiety of cross-country runners
(Merkmals- und Zustandsangst von Crossläufern)
In: Sanderson, F.H. (Ed.): Miscellaneous papers in sports psychology, s.l., British Society of Sports Psychology, 1980?, p. 70

Taylor, J. (SIRC 217186)
Predicting athletic performance with self-confidence and somatic and cognitive anxiety as a function of motor and physiological requirements in six sports
(Voraussage der sportlichen Leistung mit Hilfe des Selbstvertrauens sowie der somatischen und kognitiven Angst als Funktion der motorischen und physiologischen Anforderungen in sechs Sportarten)
J. of Personality, Durham (N.C.) 55 (March 1987), 1, pp. 139-153
Examines the ability of certain psychological attributes to predict performance in six NCAA Division I collegiate sports. One week before the competitive season, athletes (n=84) from the varsity sports teams of

cross-country running, alpine and nordic skiing, tennis, basketball, and track and field at the University of Colorado complete six self-report scales that measure the trait and state dimensions of self-confidence and cognitive and somatic anxiety. In addition, at three to six competitions during the season, the members of the cross-country running and tennis teams fill out a state measure of the three attributes from one to two hours prior to the competition. Following each competition, subjective and objective ratings of performance are obtained, as well as seasonal performance measures. Dichotomizes the sports along motor and physiological dimensions. Results indicate that all three psychological attributes are significant predictors of performance in both fine motor/anaerobic sports and gross motor/aerobic sports. Clear differences in these relationships emerge as a function of the dichotomization, and unexpected sex differences emerge.

Wing, S.M. (SIRC 002535)
How to build a winning attitude in cross-country
(Wie man eine Siegeseinstellung im Crosslauf aufbaut)
Coaching Clinic, Princeton (N.J.) (September 1975), pp. 28-29

Wittkowski, B. (SIRC 141695)
Cross-country interest stimulators
(Interesse-Stimulatoren im Crosslauf)
Scholast. Coach, New York (N.Y.) 53 (December 1983), 5, pp. 12-13

Woody, E.Z. (SIRC 272608)
Final report for research project entitled: Psychological and training variables and their relation to athletic performance in university cross-country and track athletes
(Abschlußbericht des Forschungsprojekts mit dem Titel: Psychologische und Trainings-Variablen und ihre Beziehung zur sportlichen Leistung von Hochschul-Cross- und -Bahnläufern)
Waterloo: University of Waterloo, 1989 (11) l

Zinkowicz, J. (SIRC 110987)
Motivating high school cross-country runners
(Motivation von High-School-Crossläufern)
Women's Coaching Clinic, Great Neck (N.Y.) 5 (June 1982), 10, pp. 16-18

Zinkowicz, J. (SIRC 186380)
Motivating high school cross-country runners
(Motivation von High-School-Crossläufern)
Women's Coaching Clinic, Great Neck (N.Y.) 9 (June 1986), 10, pp. 4-8