ABSTRACT

TRAIT - ANXIETY AND SELF - CONTROL OF KNOWLEDGE OF RESULTS IN THE LEARNING OF THE OVERHEAD SERVE IN VOLLEYBALL

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The goal of the study was to investigate the relationship of the self-controlled frequency of knowledge of results in adolescents with extreme levels of trait - anxiety in the acquisition of the overhead serve in Volleyball. Forty-eight female students, between 12 and 14 years of age, were divided into four groups according to their levels of anxiety (high and low), and the frequency of knowledge of results (self-controlled and yoked). The experiment consisted of five phases: pre-test (5 trials), the acquisition phase (240 trials), immediate and late transfer phases, and the retention phase (8 trials each). The results, based upon the accuracy of the serve on the target, showed that there was no significant difference between the high-anxiety and low-anxiety groups in terms of self-controlled and yoked knowledge of results. This was as much the case in the acquisition phase as in the tests of transfer and retention. However, two discrete tendencies are worthy of closer examination: (1) the high-anxiety girls demonstrated better performance in the acquisition phase as well as in the tests of transfer/retention and requested more knowledge of results than those with low-anxiety during acquisition; (2) the groups with a frequency of self-controlled knowledge of results had better results in the acquisition and transfer phases then the
yoked groups. Furthermore, the performance of all participants was better in the trials with knowledge of results when compared to the trials without, and the majority of adolescents in the self-controlled group chose to receive knowledge of results after good trials.

**Key Words:** Trait - Anxiety, Motor Learning, *Feedback*, Knowledge of Results, Serve, Volleyball.