

המרכז הבינתחומי הרצליה
בית הספר ברוך איבצ'ר לפסיכולוגיה
תכנית תואר מוסמך בפסיכולוגיה חברתית

**השפעת תרגול מינדפולנס על תוצאות ריצת קופר, תחושות אי-נוחות, מאמץ נתפס ומיקוד קשב
בקרב רצים חובבים**

סער גל

עבודה זו מוגשת כחלק מהדרישות לשם קבלת תואר מוסמך
בפסיכולוגיה חברתית בבית הספר ברוך איבצ'ר לפסיכולוגיה של המרכז הבינתחומי הרצליה

פברואר, 2021

עבודה זו נכתבה בהדרכתו של פרופ' גרשון טננבאום מהתוכנית לתואר שני בפסיכולוגיה חברתית
בחטיבת הפסיכולוגיה של הספורט והמאמץ, בית הספר על שם ברוך איבצ'ר לפסיכולוגיה, המרכז
הבינתחומי הרצליה.

תקציר

בשנים האחרונות עולה ומתחדדת המודעות בעולם הספורט לשימוש בכלי עזר בעת פעילות גופנית ובכלל זה, בחינת תהליכים פסיכולוגיים המתרחשים בקרב רצים בעת ריצה. בהקשר זה, מתפתח השימוש בשיטת המינדפולנס (mindfulness). המחקר הנוכחי מתמקד באופן שבו תרגול מינדפולנס משפיע על מדדי המאמץ הנתפס, מיקוד הקשב, תחושת הנעימות, תחושת אי-הנוחות ותוצאת הריצה במהלך ריצת 'קופר' (cooper test; Cooper, 1968). בריצת קופר נדרשים המשתתפים לרוץ את המרחק המרבי אותו הם מסוגלים להשלים בתוך 12 דק'. בבסיס השערות המחקר עומדת ההנחה שיש בכוחו של תרגול המינדפולנס לשפר את תוצאת הריצה תוך הפחתת תחושות שליליות בקרב רצים בשגרה היום יומית, באימונים ובזמן ריצה על ידי אימון של מיקוד הקשב והרחבת המודעות (attention & awareness) בתחושות הפנימיות העולות ב"רגע הנוכחי" באופן מקבל (acceptance) ולא שיפוטי שלהן. במחקר זה, המשתתפים מקבוצת הניסוי לקחו חלק בסדנת מינדפולנס מסוג MSPE (mindful sport performance enhancement; Kaufman, Glass, & Pineau, 2018) בת ארבעה שבועות. כל מפגש בסדנה ארך כשעתיים, שכללו הסבר על עקרונות המינדפולנס ותרגולים מעשיים. משתתפי קבוצות הביקורת השתתפו גם כן בסדנה דומה אך עם תוכן שונה של PST (psychological skill training) בת ארבעה שבועות שהתמקדה בהקניית כלים פסיכולוגיים מעולם פסיכולוגיית הספורט (כגון: הצבת מטרות, ביטחון עצמי וויסות עוררות וחרדה). במהלך המחקר, בוצעו שלוש ריצות קופר: הראשונה, לפני תחילת הסדנאות (מפגש 0), השנייה, בסוף המפגש השני, והשלישית בסוף המפגש הרביעי והאחרון. במהלך ריצות קופר דיווחו הרצים אודות מדדי המאמץ הנתפס, מיקוד הקשב ותחושת הנעימות שלהם. מיד עם סיום הריצה, מלאו הרצים שאלון 'אי-נוחות בריצה', בכדי להעריך את חווית הריצה שלהם. תוצאות המחקר לא הראו אפקט מובהק להתערבות המנטלית ולאינטראקציה שלה עם מועד הריצה על תוצאת הריצה, מאמץ נתפס, מיקוד קשב, מדד הנעימות ותחושת אי-נוחות בריצה, זאת למרות שהמשתתפים אשר לקחו חלק בסדנת המינדפולנס דיווחו על רמות הולכות וגוברות של תחושות מינדפולנס בין הריצות. מתוצאות המחקר עולה המסקנה, שלמרות השפעתה החיובית של שיטת המינדפולנס על ביצוע ספורטיבי ברמות שונות, קיים צורך ממשי בהמשך המחקר בתחום הפסיכולוגיה של המאמץ, בכדי להבין את השפעתו על ביצוע פעולות ברמות מאמץ גבוהות. תרומתו הייחודית של המחקר הנוכחי באה לידי ביטוי בשילוב בין מודלים מעולם הפסיכולוגיה של המאמץ כגון מאמץ נתפס, מיקוד קשב ותחושת נעימות לבין התיאוריה הייחודית של המינדפולנס בעולם הספורט ובבחינת ההשפעות השונות של המינדפולנס על משתתבים אלו ועל תוצאת ריצת הקופר.

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Abstract

Mindfulness is rooted in Buddhist and other contemplative traditions and refers to a state of consciousness in which an individual is attentive to and aware of what is happening in the present moment, with a non-judgmental and non-reactive stance (Kabat-Zinn, 1994). The current study examined the effect of mindfulness practice on running performance, perceived exertion, attention allocation, pleasantness affects and running discomfort on recreational runners. Twenty-one young runners ($M_{age}=16.71$) performed 3 Cooper running test (12 min, max. distance; Cooper, 1968) under two conditions. The experimental condition participants practiced a 4-weeks mindful sport performance enhancement (MSPE; Kaufman, Glass & Pineau, 2018) program. The control condition participants practiced a PST (psychological skill training; Weinberg & Gould, 2011) program for four weeks in a similar setup. Participants in both conditions completed 3 Cooper runs one week before the program, after the 2nd meeting, and after the last session. Perceived Exertion (RPE), Attentional Focus (AFS), and Pleasantness (FS) were measured during the running performances, while Running Discomfort (RDS) and State Mindfulness (SMS) were measured immediately after the running termination. The purpose of the study was to investigate whether mindfulness (MSPE) program will result in faster running time in the cooper test and enhanced psychological benefits than the PST program.

Results indicated that mindfulness participant reported that attention allocation shifted from dissociation to association as workload increased more than PST participants. Significant effect was found in mindfulness levels among the two experimental conditions (manipulation check). Non-significant effect was revealed in running results nor in perceived exertion, pleasantness and running discomfort symptoms. Taken together, the present study suggests that in order to accomplish a

significant impact on highly exertive task results (e.g., Cooper test) and additional psychological-related components, the mindfulness program must be extend for more than four weeks to enable performers better engagement with the mindfulness content and practice.

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**The Effect of Mindfulness Meditation on Running Performance, Running
Discomfort, Perceived Exertion and Attention Allocation in Recreational Runners**

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