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A Comparative Study of Metacognitive Awareness among Sportsmen and Non-Sportsmen.

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Abstract

The present study was conducted to compare the metacognitive awareness among sportsmen and non-sportsmen. A two group research design was used for the study (Group I :non-sportsmen; Group II :sportsmen). A sample of 105 post graduate students (Gr. I: n = 64, Non-Sportsmen and Gr. II: n=41, Sportsmen) was selected and Metacognitive Awareness Inventory (MAI) was administered. Results revealed that the metacognitive awareness of sportsmen was significantly better than non-sportsmen only on one dimension i.e. planning.

Key words: Metacognition, awareness, sportsmen.

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