

Working Memory Performance and Intentions: Wading Through Cognitive Flexibility and Cognitive Load Limitations

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Abstract

The study in hand sought to probe the impact of goal and implementation intentions on working memory performance of high and low cognitive flexibility males (N=190, with mean age= 16.09 yrs., S.D. = 1.09 years) under conditions of high and low cognitive load. The sample was taken from Government model schools of Chandigarh. The results brought out a significant impact of intentions on performance for both the cognitive flexibility groups under both levels of cognitive load. Three way repeated measures ANOVA and t-ratios were used for analyses.

Keywords: Cognitive flexibility, levels of cognitive load, goal intentions, implementation intentions.

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