Makale Hangi Dilde Yazıldıysa O Dildeki Başlık Buraya Yazılmalıdır (Her Kelimenin İlk Harfi Büyük Olmalıdır)

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*İkinci Dildeki Başlık Buraya Yazılmalıdır (Her Kelimenin İlk Harfi Büyük Olmalıdır)*

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Yazar isimleri “Başlık Sayfası” olarak ayrı bir dosyaya yazılarak dergi sistemine yüklenmledir. Burada yazar adları yazılmamalıdır.

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**Abstract:** In the present study, we aimed to investigate whether positive emotional stimuli may affect high and low neuroticism individuals’ maximal voluntary contraction (MVC) level of the biceps brachii muscle, which is considered a motor representation of approach behavior. The sample consisted of 36 right-handed individuals (12 females) ranging in age from 18 to 27 (M= 23.516 [2.120]). Participants completed items from the Big Five Factor Personality Inventory concerning Neuroticism. After completing the psychometric test, we exposed participants to the high valance low arousal pictures selected from the International Affective Picture System (IAPS) via Biotrace+ software during the execution of arm flexions. Participants made 2 MVC attempts for each experimental condition lasting 6 seconds and rested 3 minutes between MVC attempts to eliminate the effect of fatigue. Results of Pearson correlation analysis revealed that the percent change of MVC was positively associated with neuroticism (r= .368, p< .05). The results also showed that the percent change of MVC of the high neuroticism group was significantly greater than the percent change of the low neuroticism group [t(36)= -2.449, p= .020]. Results provided some support for our hypothesis. Hence the data demonstrated that positive emotional stimuli decreased the MVC of the biceps brachii muscle in individuals with low neuroticism. On the contrary, MVC levels of high neuroticism individuals remained almost stable in response to positive emotional stimuli.

**Keywords:** Neuroticism, approach-avoidance motivation, MVC.

***Özet:*** *Bu çalışmada, pozitif duygusal uyaranların, yüksek ve düşük nevrotik bireylerde yaklaşma davranışının motor temsili olarak kabul edilen biceps brachii kasının maksimal istemli kasılma (MVK) düzeyini etkileyip etkilemediğini araştırmayı amaçladık. Örneklem, yaşları 18 ile 27 arasında değişen (M= 23.516 [2.120]) sağ elini kullanan 36 kişiden (12 kadın) oluşuyordu. Katılımcılar, Nevrotiklikle ilgili Beş Büyük Faktör Kişilik Envanteri'ndeki maddeleri tamamladılar. Psikometrik testi tamamladıktan sonra, kol fleksiyonlarının yürütülmesi sırasında katılımcılara Biotrace+ yazılımı aracılığıyla Uluslararası Affektif Resim Sisteminden (IAPS) seçilen yüksek valanslı düşük uyarılmış resimlere maruz bıraktık. Katılımcılar, yorgunluğun etkisini ortadan kaldırmak için her deney koşulu için 6 saniye süren 2 MVC denemesi yaptı ve MVC denemeleri arasında 3 dakika dinlendi. Pearson korelasyon analizi sonuçları, MVC'deki değişim yüzdesinin nevrotiklik ile pozitif ilişkili olduğunu ortaya koydu (r= .368, p< .05). Sonuçlar ayrıca, yüksek nevrotiklik grubunun MVC yüzdesindeki değişimin, düşük nevrotiklik grubunun yüzdesindeki değişimden önemli ölçüde daha büyük olduğunu gösterdi [t(36)= -2.449, p= .020]. Sonuçlar, hipotezimiz için bir miktar destek sağladı. Dolayısıyla veriler, pozitif duygusal uyaranların, düşük nevrotikliğe sahip bireylerde biceps brachii kasının MVC'sini azalttığını göstermiştir. Aksine, yüksek nevrotik bireylerin MVC seviyeleri, olumlu duygusal uyaranlara tepki olarak neredeyse sabit kalmıştır.*

***Anahtar Kelimeler:*** *Nevrotiklik, yaklaşma-kaçınma motivasyonu, MVC.*

INTRODUCTION

Makalenin tamamında dergi yazım kurallarına dikkat edilmelidir. Dergi kaynak gösterme yöntemi **Vancouver stil**’dir (<http://www.osirjournal.net/old/upload/files/2013/VANCOUVER_Reference_guide.pdf>). Yazarlar word dosyalarındaki kaynak gösterimlerini **Mendeley Referans Sistemi** ([www.mendeley.com/download-reference-manager/](http://www.mendeley.com/download-reference-manager/)) ile yaparak dosyalarını dergi sistemine yüklemelidir.

Yazarlar “Giriş” bölümünde ele alınan problemi açık ve net olarak tanımlanmalıdır. Problem durumu literatürden kanıtlarla sunulmalıdır. İlgili literatür eleştirel bir bakış açısıyla değerlendirilerek problemin araştırılmasına neden ihtiyaç duyulduğu ve bu konuda literatürdeki boşluk vurgulanarak belirtilmelidir. Bölüm içerisinde araştırmanın önemi ve araştırmanın amacı, araştırmanın problemi ve varsa alt problemleri ile ilgili bilgiler yer almalıdır.

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*The authors should define the problem addressed in the "Introduction" section clearly and precisely. The problem situation should be presented with evidence from the literature. The relevant literature should be evaluated from a critical point of view and it should be stated why the problem is needed to be investigated and the gap in the literature on this subject should be emphasized. The section should include information about the importance of the research and the purpose of the research, the problem of the research and, if any, its sub-problems.*

Örnek Metin / *Example Text*:

From past to present, every living thing that exists on earth is in a constant exchange of information with both animate beings like itself and inanimate. Thanks to this exchange of information, communication has emerged. Human, by nature, is in communication with their environment. The need for individuals to communicate by exchanging information has brought along different types of communication according to the possibilities of the age they are in. The emerging types of communication were examined in three groups as verbal, non-verbal and written communication. Through non-verbal communication channels, which is one of the types of communication and the subject of the current research, people can reflect their internal states such as their emotions, thoughts, reactions, and attitudes. Throughout evolutionary history, these expressive behaviors in humans have gained a communicative value as they provide information to others about the individual's internal state (1).

Researchers who examine non-verbal behavior from an evolutionary perspective suggest that humans have evolved to be well-equipped to communicate their emotions, social intentions, and important internal states nonverbally and to interpret these messages (2–4). In addition to this information, Darwin (2021) reported that certain non-verbal behaviors are remnants of our habits that used to have adaptive functions. For example, the wrinkling of the nose when disgusted reduces the inhalation of a potentially toxic odor. Another example is to show teeth and squint when angry. In an animal attack, the prey will eventually be shredded by the attacker's teeth. Therefore, the teeth give the message of threat to the reseptors. Animals also squint to focus on its prey, narrowing their field of vision. Today, non-verbal expressions such as wrinkling the nose, showing teeth, and squinting continue to exist in humans, even though they no longer serve their original purpose (2). People still exhibit similar actions when faced with a threat. This is an indication that certain non-verbal behaviors free themselves from their original biological functions (1).

In particular, the motive of maintaining its existence in environments that illustrate the competition in nature, such as sports, pushes the athlete to display an image that indicates that they are strong and a threat to the outside. It has a similar purpose to the behavior of some animals that fluff their feathers to make themselves look bigger. An example of this is when an athlete walks with open arms to show themselves bigger when they enter the arena. Considering that athletes try to deceive their opponents about the intentions of their behavior, the idea of examining NVB in the context of sports becomes even more important (5,6).

There is evidence in the literature showing that effects such as pressure and fatigue shift in the balance between conscious and unconscious control of NVB towards unconscious control (7). Sports competitions, on the other hand, provide researchers with a conflict environment where NVBs are tried to be controlled and where there is intense pressure.

It is not known for certain whether non-verbal behaviors exhibited in the sports environment provide information about the prediction of performance. When the literature is examined, researches generally focus on NVBs made as a result of performance. Or research has been done on positive and negative emotions. In the research conducted by Vast et al. (2010), the concentration and performance of the athletes in the competition were examined according to the scales they filled before and after the competition. It was found that the performance and concentration of the athletes who were in a positive mood were better than the others. Considering the knowledge that internal states such as emotions are reflected in non-verbal behaviors, a prediction can be made between non-verbal behaviors before performance and competition. Another study is an NVB study on whether the celebration behaviors of footballers after successful penalty shootouts affect the outcome of the match (9). As a result of the research, it was seen that the teams exhibiting celebration behaviors with their teammates were victorious at the end of the match. Such studies can be multiplied. However, no study has been found that reveals a direct correlation between performance and NVB.

In the light of this information, the aim of this research is to analyse the non-verbal behaviors of sprinters before the competition by coding them with the BAP system and to examine the effect on the performance of the athlete.

**METHODS / YÖNTEM**

**Research Model / Araştırma Modeli**

Yazar araştırmanın modelini belirtmelidir.

*The author should specify the model of the research.*

**Purpose of the research / Araştırmanın Amacı**

Yazar araştırmanın amacını detaylı açıklamalıdır.

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**RESULTS / BULGULAR**

Araştırmada elde edilen bulgular; çalışmanın amacını ve problemini destekler nitelikte olmalıdır. Bulgular kısmında sadece bulgular sunulup açıklanmalıdır.

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| entry 4 | data | data | data |
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\* Tables may have a footer.

DISCUSSION / TARTIŞMA

Yazarlar sonuçları ve bunların önceki çalışmalar ve çalışan hipotezler açısından nasıl yorumlanabileceğini tartışmalıdır. Bulgular ve sonuçları mümkün olan en geniş bağlamda tartışılmalıdır. Gelecekteki araştırma yönleri de vurgulanabilir.

*Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses. The findings and their implications should be discussed in the broadest context possible. Future research directions may also be highlighted* (10–20)

Conclusions / Sonuç

Bu bölüm zorunlu değildir ancak tartışma alışılmadık derecede uzun veya karmaşıksa makaleye eklenebilir.

*This section is not mandatory but can be added to the manuscript if the discussion is unusually long or complex.*

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