

Resumen

El presente estudio tiene como objetivo la realización de una revisión sistemática sobre las diferencias del uso de la hipnosis en deportes de resistencia aeróbica y anaeróbica. Para ello se ha llevado a cabo una búsqueda a través de la declaración del modelo PRISMA, con ello nos aseguramos que dicha búsqueda se realice con el mayor éxito posible. Primero, se establecieron cuatro criterios en referencia a las bases de datos a utilizar, las palabras clave que debían contener los estudios, el rango de publicación y el idioma. Por último, se recurrió a la estructura Prisma de identificación, cribado, idoneidad e inclusión de revisiones sistemáticas, la cual contiene el nº de registros obtenidos en la fase de identificación, el nº de registros eliminados en la fase de cribado y elegibilidad, y, por último, el nº de artículos que cumplen el objetivo de la revisión. Los resultados obtenidos en el inicio fueron de 802 registros, de los cuales ninguno se seleccionó para incluirlos dentro de la revisión. La gran mayoría de artículos hacía referencia a sólo una de las condiciones del deporte que buscábamos. La conclusión de esta revisión sistemática es que no hay demasiada investigación tanto a nivel internacional como nacional, por lo que deberían desarrollarse nuevas líneas de investigación que comparasen los dos tipos de resistencia en el deporte; no obstante, se ha observado que en dos artículos (Fernández, 2013) y (Lindsay, 2005), ambos con deportes aeróbicos, la hipnosis ha resultado ser un factor crucial para reducir la percepción del esfuerzo y así crear una mayor adherencia.

Palabras clave: deporte, resistencia aeróbica, resistencia anaeróbica, hipnosis y revisión sistemática.

Abstract

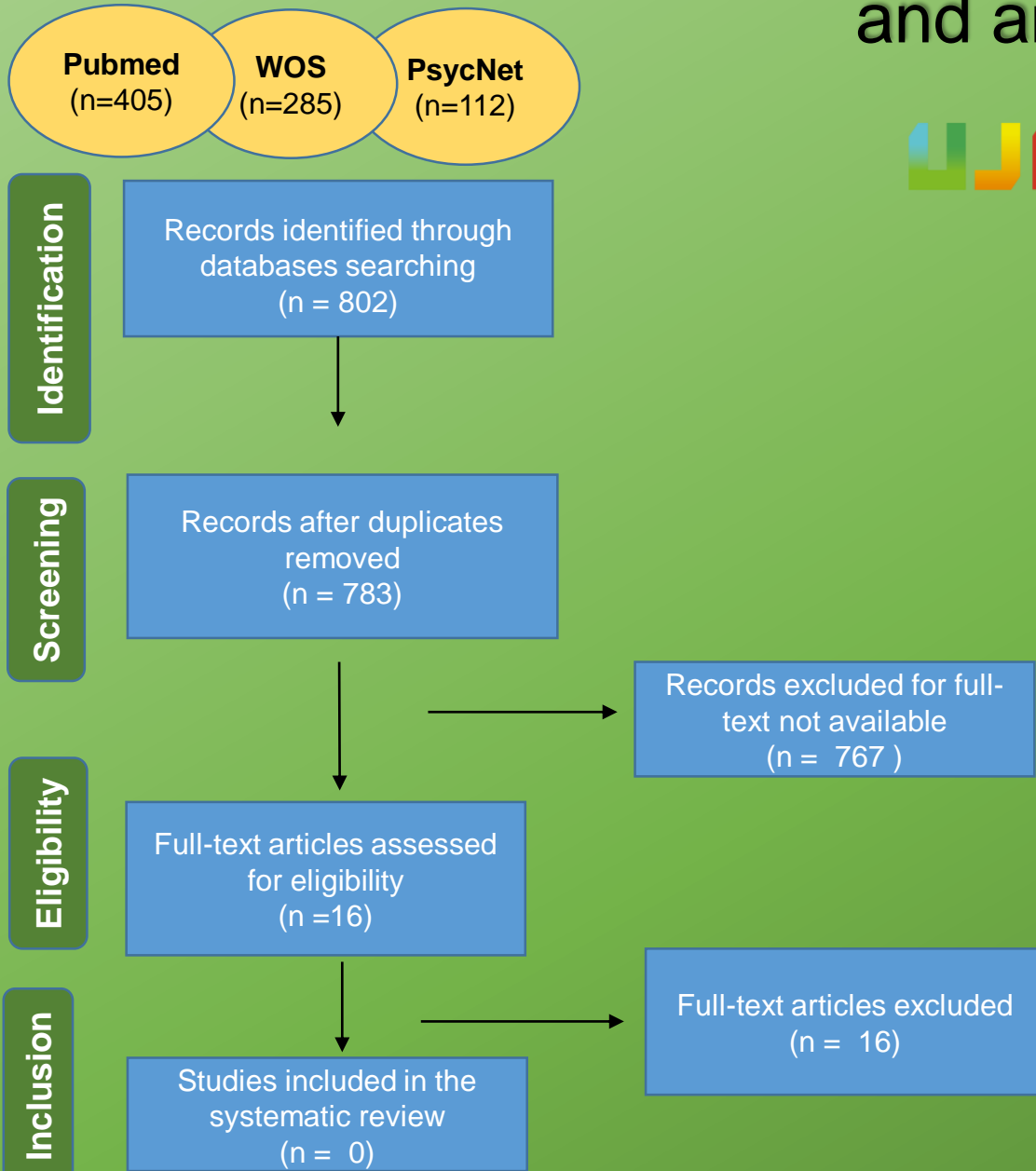
The present study aims to carry out a systematic review on the differences in the use of hypnosis in aerobic and anaerobic resistance sports. For this, a search has been carried out through the declaration of the PRISMA model, with this we ensure that this search is carried out with the greatest possible success. First, four criteria were established in reference to the databases to be used, the keywords that the studies should contain, the publication range and the language. Lastly, the Prism structure for identification, screening, suitability and inclusion of systematic reviews was used, which contains the number of records obtained in the identification phase, the number of records eliminated in the screening and eligibility phase, and by Lastly, the number of articles that meet the objective of the review. The results obtained at baseline were 802 records, of which none were selected for inclusion in the review. The vast majority of articles referred to only one of the conditions of the sport we were looking for. The conclusion of this systematic review is that there is not much research at both international and national level, so new lines of research should be developed comparing the two types of resistance in sport; However, it has been observed that in two articles (Fernández, 2013) and (Lindsay, 2005), both with aerobic sports, hypnosis has turned out to be a crucial factor in reducing the perception of effort and thus creating greater adherence.

Keywords: sport, aerobic resistance, anaerobic resistance, hipnosis and systematic review.

A systematic review: Difference of the use of hypnosis in aerobic and anaerobic sports

Iván Porqueras Jiménez – Tutora: Ana Hermenegilda Alarcón

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INTRODUCTION

There are plenty of cases in endorsed and referenced literature on hypnosis. On the contrary, in the sport's technique the use of it is less. However, it has been realized studies of the hypnosis' efficacy in the sports; Hernández-Mendo (1994) about the hypnosis and the recovery in sports injuries or Naruse (1965) on the improvement of the concentration during competition. These studies prove the importance in the hypnosis in the different psychology variables that underlie the athlete.

METHODS

Prisma declaration.
The criteria of the review were the database; Pubmed, WOS, PsycNet; palabras clave , "Exercise" , "High-Intensity Interval Training" , "Resistance Training" , "Endurance Training" , "Physical Endurance" , "Hypnosis" . Published date 2000-2020 and language, spanish and english.

CONCLUSION

It rarely exists investigation about comparision between aerobic and anaerobic resistance sports, both level national or international. Although, it has been observed that in these two articles (Fernández, 2013) and (Lidsay, 2005), both with aerobic sports, hypnosis has appeared as a crucial factor to reduce the effort perception and create a greater adherence.

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