

الملخص الانجليزي

Relationship between personality variables and efficiency of biofeedback training in learning control of some physiological responses

The study aims at investigating the extent in which some personality and cognitive variables (locus of control, self-awareness, self-efficacy, Field dependency cognitive style, neuroticism, extroversion, suggestibility and anxiety) affect the ability to learn the control of physiological responses (electric skin conductance) using the biofeedback training technique. 60 participants of university students of 29 male and 31 female with mean age of 20.8 years, completed the tests, and received 4 biofeedback training sessions to learn how to control electric skin conductance.

Comparison between means first and last training sessions scores using t-test and MANOVA and correlation analyses between these scores and personality test scores were conducted. Results show that ability to control electric skin conductance is negatively correlated to anxiety, suggestibility and neuroticism. MANOVA results revealed interaction between locus of control, self-efficacy and self-awareness in their effect on electric skin conductance control. There are no differences between males and females in the ability of learning of electric skin conductance control. Research results are discussed in terms of study hypothesis and literature review.