

The effect of cheerleading chants on time estimation performance

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Abstract

It is not clear how cheering chants affect time perception which can be critical for sport performance. Here we measured the performance participants estimated second-order length of duration using a conventional psychophysical task. In the control condition, five participants were required to produce 1, 3, 5 or 10 seconds of target durations by pressing a button in a gymnasium where nobody except for experimenters came in. In the testing condition, a group of cheerleaders appeared and chanted for 20 seconds after each block. The participants were required to complete otherwise the same task as the control condition. The order of conditions was counterbalanced. The percentages of errors of estimated time was 4.229.58, -24.318.81, -24.9117.06, -22.4921.83 for 1, 3, 5 and 10 second of target durations in the control condition. Those values were 16.1322.54, -10.7716.22, -11.878.95 and -12.385.74 in the testing condition. In summary, the chants increased the duration participants produced.