

## The Metacognition Levels of Students: A Research School of Physical Education and Sports at Anadolu University

**Authors :** Dilek Yalız Solmaz

**Abstract :** Meta-cognition is an important factor for educating conscious individuals who are aware of their cognitive processes. With this respect, the purposes of this article is to find out the perceived metacognition level of Physical Education and Sports School students at Anadolu University and to identify whether metacognition levels display significant differences in terms of various variables. 416 Anadolu University Physical Education and Sports School students were formed the research universe. "The Meta-Cognitions Questionnaire (MCQ-30)" developed by Cartwright-Hatton and Wells and later developed the 30-item short form (MCQ-30) was used. The MCQ-30 which was adapted into Turkish by Tosun and Irak is a four-point agreement scale. In the data analysis, arithmetic mean, standard deviation, t-test and ANOVA were used. There is no statistical difference between mean scores of uncontrollableness and danger, cognitive awareness, cognitive confidence and the positive beliefs of girls and boys students. There is a statistical difference between mean scores of the need to control thinking. There is no statistical difference according to departments of students between mean scores of uncontrollableness and danger, cognitive awareness, cognitive confidence, need to control thinking and the positive beliefs. There is no statistical difference according to grade level of students between mean scores of the positive beliefs, cognitive confidence and need to control thinking. There is a statistical difference between mean scores of uncontrollableness and danger and cognitive awareness.

**Keywords :** meta cognition, physical education, sports school students, thinking

**Conference Title :** ICPESS 2014 : International Conference on Physical Education and Sport Science

**Conference Location :** Paris, France

**Conference Dates :** December 30-31, 2014