

# International Journal of Sport Studies for Health

Journal Homepage



## The Impact of the Type of Sport on the Adolescents' Self-Control

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|--|---|
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### 1. Round 1

#### 1.1 Reviewer 1

Reviewer:

"The definition of self-control in paragraph 2 ("The ability to exert control...") needs further clarity. Consider incorporating definitions from key literature to enhance the conceptual understanding. Additionally, provide specific examples of real-life applications where self-control plays a critical role."

"In the 'Methods' section, the participant selection criteria are mentioned briefly. Please elaborate on how the purposive sampling method was implemented and provide justification for the sample size of 48 participants. Clarifying these details will strengthen the study's methodological rigor."

"The description of the quasi-experimental design in paragraph 1 lacks details regarding the random assignment process. Specify the randomization procedure used and how it ensures the comparability of groups at baseline."

"The discussion on the mechanisms by which middle-distance running improves self-control (Paragraph 5) is speculative. Consider integrating findings from neuroscience or psychology literature that explain the physiological or cognitive processes involved."

Author revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

"The Self-Control Scale (2004) by Tangney et al. is mentioned in the 'Measures' section. It would be beneficial to include information on the scale's psychometric properties, such as validity and reliability, particularly within the context of the study's population."

"The 'Middle-distance Running Protocol' lacks specific details about how training intensity (e.g., % VO<sub>2</sub>max) was monitored and adjusted for participants. Please provide information on the tools and methods used to measure and control exercise intensity."

"Table 4 presents descriptive statistics but lacks clarity in terms of data presentation. Consider providing confidence intervals for mean scores to give a better sense of the variability and precision of the measurements."

"The 'Results' section mentions the use of repeated-measures ANOVA. Please include a justification for using this statistical method and discuss the assumptions of sphericity and how they were tested and addressed."

"The multivariate test results in Table 5 are significant, but there is no discussion on effect sizes. Including effect size measures (e.g., partial eta squared) would provide insight into the practical significance of the findings."

"In the 'Discussion' section, the comparison with studies by Krenn et al. (2018) and Wang et al. (2013) is informative. However, a deeper analysis of how the current study's findings align or contrast with existing literature would strengthen the discussion. Include more recent studies and meta-analyses where applicable."

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.