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# A Habitual D Habitual E L.

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## Abstract

The present study investigated the effects of habit formation on the acquisition of a new skill. Participants were trained on a sequence of 12 actions (A–L) over 20 days. The first 10 days were spent learning the sequence, and the remaining 10 days were spent practicing it. The results showed that participants who practiced the sequence for 10 days performed significantly better than those who practiced for 20 days. This suggests that habit formation can facilitate the acquisition of a new skill. The study also found that the rate of improvement was higher in the first 10 days than in the last 10 days. This is consistent with the idea that habit formation is a gradual process that occurs over time. The results have implications for the design of training programs and the development of new skills.

**Keywords:** Habit; Learning; Skill acquisition; Performance; Practice

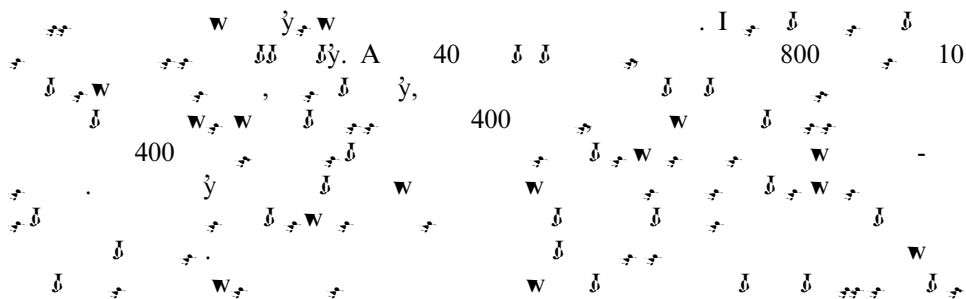
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... ( ... ) w ...  
... ) . , ...  
...  
E ...  
L ... (L ... , 1993; L ... H ... , 1994 , ; G ... L ... , 1997)  
...  
... H w , 2 ...  
w ... L ... 2 ...  
... A ...  
( ... 2- ... ) ...  
... H w , 2 ...  
w ... w ... y ... I , 2 ...  
w ... w ... y . L ... / ... 2 ...  
y ... E (1996) ... y ... w ... 2 ...  
... 2 ... y ...  
E ... y ... H w , ...  
w ... w ... y . I ...  
... y ... y ...  
... (H ... H ... y ... , 1999; H ... , 1999 ) ...  
... w ...  
w ... w ... ( ... w ... ) ,







2.4. ERP recording and analysis

EEG 10/20 F4, F7, F8, 3, 4, C3, C4, 5, 6, 3, 4, 1, 2, F, C, 10  
 C F3/4, C 1/2 10/20 FC1/2 C3/4. A 1 3  
 W 5, 2 ; (I 3)

E	1		w	w <sub>f</sub>	d	d	f
	d	f					
	w	w (f)	d	d	M	M	d
			w	w (f)			
1	80	140	90	130	5, 6, 3, 4, 1, 2, 1, 2, I 3, I 4		
1	130	210	150	200	5, 6, 3, 4, 1, 2, 1, 2, I 3, I 4		
2	160	220	170	210	F3, F4, FC1, FC2, C3, C4		
F	/d	220	360	240	340	F3, F4, FC1, FC2, C3, C4	
2	/dd				5, 6, 3, 4, 1, 2, 1, 2, I 3, I 4		
H	f	200	350	250	320		
f	-	200	350	230	300		
3					C3, C4, 3, 4, 5, 6, 1, 2		
<i>Homogeneous stimuli</i>							
G		300	700	310	430		
L	d d	300	700	380	500		
<i>Pop-out stimuli</i>							
G		300	700	310	430		
L	d d	300	700	370	490		

E	2		d	d	f
	f (f)	f (%)			
	G		L d		
	C f f	I d f f	C f f	I d f f	
<i>Homogeneous stimuli (n = 14)</i>					
	377	379	425	459	
E	f	6.5	6.3	8.9	16.8
<i>Pop-out stimuli (n = 20)</i>					
	375	384	440	465	
E	f	1.2	1.8	1.5	2.6

### 3. Results

#### 3.1. Behavioral performance

$F(1,32) = 123.7, P < 0.0005$ .  $F(1,32) = 140.9, P < 0.0005$ ,  $F(1,32) = 32.0, P < 0.0005$ .  $F < 1$ .  $F(1,32) = 3.93, P < 0.05$ ,  $F(1,13) = 70.4, P < 0.0005$ .  $F(1,13) = 1.25, P > 0.2$ .  $F(1,19) = 5.73, P < 0.0005$ ,  $(F(1,19) = 3.72, P < 0.002)$ .  $F(1,32) = 141.0, P < 0.0005$ ,  $F(1,32) = 35.2, P < 0.0005$ .  $F(1,32) = 126.7, P < 0.0005$ .  $F(1,32) = 12.3, P < 0.002$ ,  $F(1,32) = 13.6, P < 0.001$ ,  $F(1,32) = 8.96, P < 0.005$ .  $F(1,13) = 20.4, P < 0.0005$ .  $F < 1$ .

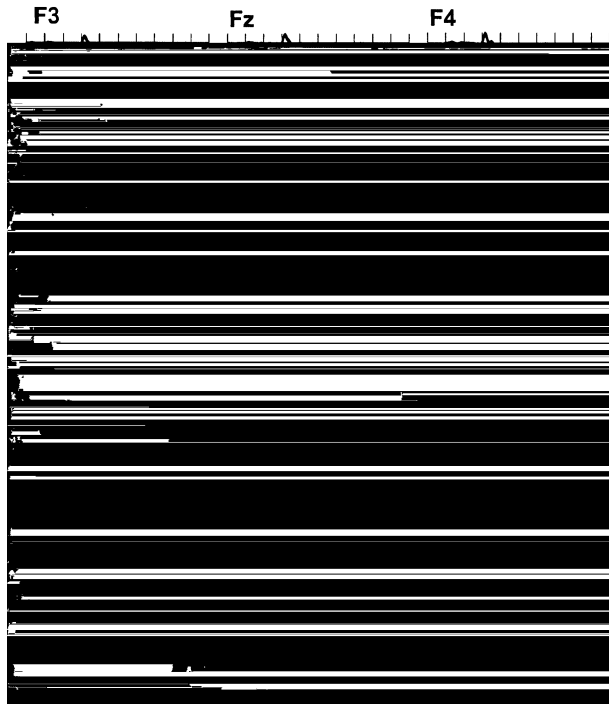
#### 3.2. Electrophysiological data

E,  $F(1,32) = 141.0, P < 0.0005$ ,  $F(1,32) = 35.2, P < 0.0005$ .  $F(1,32) = 126.7, P < 0.0005$ .  $F(1,32) = 12.3, P < 0.002$ ,  $F(1,32) = 13.6, P < 0.001$ ,  $F(1,32) = 8.96, P < 0.005$ .  $F(1,13) = 20.4, P < 0.0005$ .  $F < 1$ .

##### 3.2.1. P1 and N1

$F(1,32) = 15.40, P < 0.0005$ ;  $F(1,32) = 15.28, P < 0.0005$ .





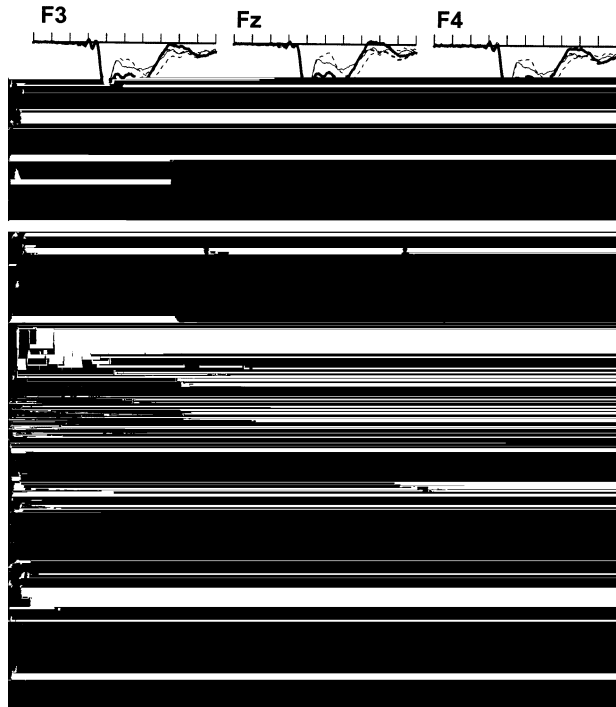
F . 2. G E ; GC, ; GI, , LC, , LI, .  
 0.0005; I 3 I 4:  $F(1,32) = 19.25, P < 0.0005$ ; 3 4 ( $F(1,32) = 10.56, P < 0.003$  .  
 1 W ; C ;  
 ; W ; P > 0.05 . A A ; W ;  
 ; 1 ;

3.2.2. Frontal/central N2

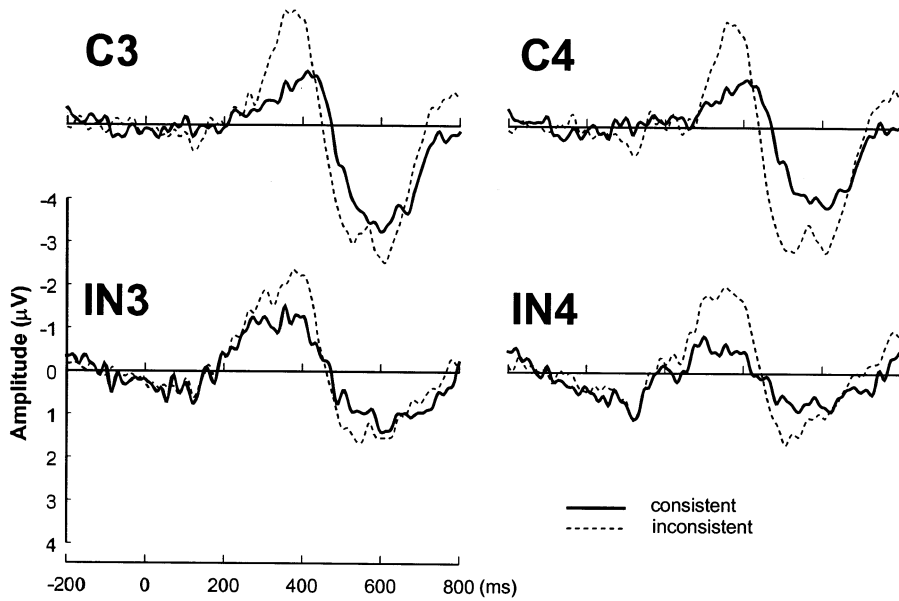
/ 2 W ;  
 F3 F4:  $F(1,32) = 18.16, P < 0.001$ ; FC1 FC2:  $F(1,32) = 32.13, P < 0.001$ ; C3 C4:  $F(1,32) = 36.68, P < 0.001$  . I , W  
 × G ( F3 F4:  $F(1,32) = 8.13, P < 0.007$ ; FC1  
 FC2:  $F(1,32) = 8.66, P < 0.006$ ; C3 C4:  $F(1,32) = 8.77, P < 0.006$  ,  
 / 2 ; W ; - /

1 ;  
 (P < 0.03) 1 ; / (P > 0.1),  
 ; H W , ; W ;  
 ; 1 ; W ; W ;

$P > 0.1$ ,  $F_3$   $F_4$ :  $F(1,19) = 27.92$ ,  $P < 0.001$ ;  $FC_1$   $FC_2$ :  $F(1,19) = 43.76$ ,  $P < 0.001$ ;  $C_3$   $C_4$ :  $F(1,19) = 41.12$ ,  $P < 0.001$ .  
 $G$   $\dot{y} \times C$   $F_3$   $F_4$ :  $F(1,32) = 8.43$ ,  $P < 0.007$ ;  $FC_1$   $FC_2$ :  $F(1,32) = 10.75$ ,  $P < 0.003$ ;  $C_3$   $C_4$ :  $F(1,32) = 9.96$ ,  $P < 0.004$ .  
 $F_3$   $F_4$ :  $F(1,32) = 8.15$ ,  $P < 0.007$ ;  $FC_1$   $FC_2$ :  $F(1,32) = 4.58$ ,  $P < 0.04$ ;  $C_3$   $C_4$ :  $F(1,32) = 7.69$ ,  $P < 0.009$ .  
 $G$   $\dot{y} \times C$   $FC_1$   $FC_2$ :  $F(1,32) = 4.19$ ,  $P < 0.05$ ;  $C_3$   $C_4$ :  $F(1,32) = 4.70$ ,  $P < 0.05$ .  
 $\dot{y} \times G$   $F_3$   $F_4$ :  $F(1,32) = 6.06$ ,  $P < 0.02$ .  
 $\dot{y} \times G$   $\dot{y} \times C$   $F_3$   $F_4$ :  $F(1,32) = 7.24$ ,  $P < 0.01$ .



F . 3. G E ; GI, LC, LI, GC,



F . 4. D    ̂ w    ̂    ̂ E    ̂    ̂ E    ̂  
 ̂ ̂    ̂ ̂    ̂ ̂ ̂ ̂    ̂ ̂    ̂ ̂ ̂ ̂    ̂ ̂ ̂ ̂  
 w    ̂ ̂ ̂ ̂    ̂ ̂ ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂ ̂ ̂  
 ̂    ̂.

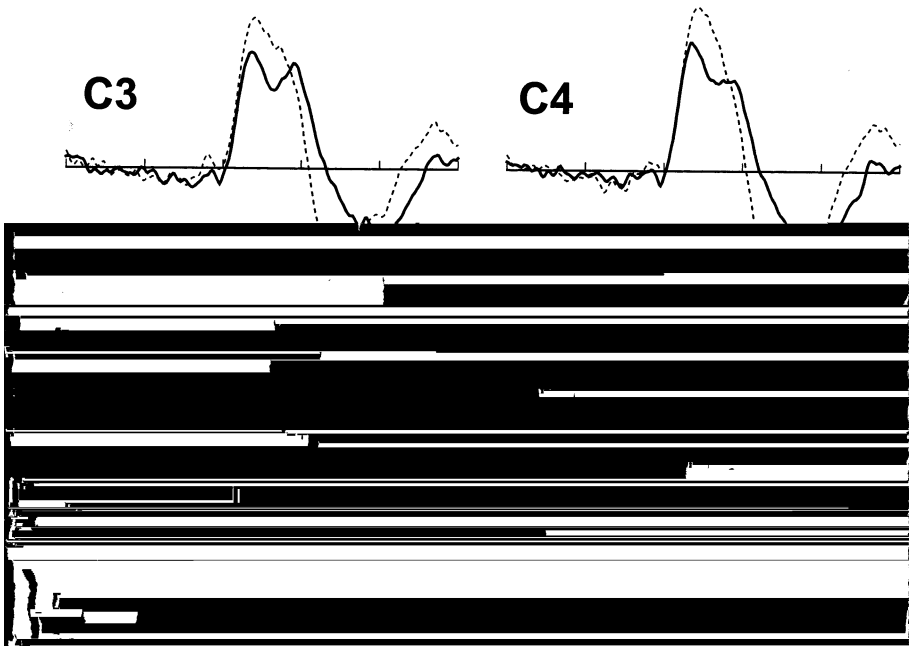
3.2.3. Temporal/occipital N2

̂ ̂ ̂    2 w    ̂    ̂  
 ̂ ̂    ̂ ̂    5 6:  $F(1,32) = 17.05, P < 0.001$ ;    1 2:  $F(1,32) =$   
 $7.43, P < 0.01$ ; I 3 I 4:  $F(1,32) = 5.08, P < 0.03$  .    ̂ ̂ ̂ ̂    2 ̂  
 ̂ w    ̂    ̂    ̂    ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂  
 $F(1,32) = 12.63, P < 0.002$ ;    1 2:  $F(1,32) = 4.64, P < 0.04$  .    ̂    ̂ ̂  
 w    ̂    ̂    ̂    ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂  
 5 6:  $F(1,32) = 26.63, P < 0.001$ ;    1 2:  $F(1,32) = 28.45, P < 0.001$ ; 1  
 2:  $F(1,32) = 31.46, P < 0.001$ ; I 3 I 4:  $F(1,32) = 48.89, P < 0.001$  .    ̂ -  
 ̂ ̂ w    ̂    ̂    ̂    ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂  
 ̂ ̂    G    ̂ × C    ̂ ̂ ̂ ̂    ̂ ̂    5 6:  $F(1,32) = 4.94, P < 0.03$ ;    1  
 2:  $F(1,32) = 5.07, P < 0.03$  . I    ̂ ̂    w    ̂ ̂    ̂ ̂    ̂ ̂  
 ̂    × G    ̂ I 3 I 4  $F(1,32) = 4.39, P < 0.04$ ; ,    ̂    ̂  
 ̂    ̂    ̂ ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂  
 ̂    w    ̂    -    ̂    w    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂  
 ̂ ̂    ̂ ̂    2    ̂ w    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂  
 ̂    5 6:  $F(1,32) = 11.64, P < 0.002$ ; I 3 I 4:  $F(1,32) = 6.42, P < 0.02$  .  
 ̂    ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂  
 2    ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂    ̂ ̂  
 w    w    ̂    ̂    E    ̂    ̂    ̂

E (F = 4.5, p = .03). F(1, 32) = 8.02, p < 0.008; FC1 (F = 3.2, p = .08), FC2 (F = 3.2, p = .08). F(1, 32) = 8.02, p < 0.008; FC1 (F = 3.2, p = .08), FC2 (F = 3.2, p = .08).

3.2.4. P2 and P3

2 (F = 8.02, p < 0.008; FC1 (F = 3.2, p = .08), FC2 (F = 3.2, p = .08). F(1, 32) = 8.02, p < 0.008; FC1 (F = 3.2, p = .08), FC2 (F = 3.2, p = .08). F(1, 32) = 8.02, p < 0.008; FC1 (F = 3.2, p = .08), FC2 (F = 3.2, p = .08).



F. 5. D (F = 4.5, p = .03). E (F = 4.5, p = .03). F(1, 32) = 8.02, p < 0.008; FC1 (F = 3.2, p = .08), FC2 (F = 3.2, p = .08).

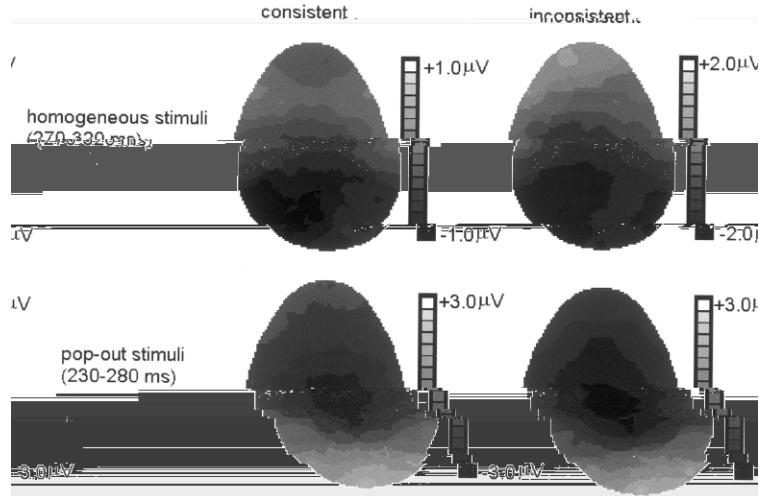


Fig. 6. ERP waveforms for consistent and inconsistent trials. The top row shows homogeneous stimuli (270–320 ms) and the bottom row shows pop-out stimuli (230–280 ms). The left column shows consistent trials and the right column shows inconsistent trials. The y-axis represents voltage in microvolts (μV).

#### 4. Discussion

The present study investigated the neural mechanisms underlying the pop-out effect in a visual search task. The results showed that the pop-out effect was associated with a larger P3 amplitude and shorter P3 latency compared to the consistent trials. This suggests that the pop-out effect is mediated by a more efficient attentional mechanism that requires less time to detect the target. The results also showed that the pop-out effect was associated with a larger P3 amplitude and shorter P3 latency compared to the inconsistent trials. This suggests that the pop-out effect is mediated by a more efficient attentional mechanism that requires less time to detect the target. The results also showed that the pop-out effect was associated with a larger P3 amplitude and shorter P3 latency compared to the inconsistent trials. This suggests that the pop-out effect is mediated by a more efficient attentional mechanism that requires less time to detect the target.

	G	C	G × C
<i>P3 amplitudes</i>			
C3 C4	0.002	0.003	0.003
3 4	0.001	0.003	0.003
5 6	0.001	0.017	0.017
1 2	0.001	0.002	0.002
<i>P3 latencies</i>			
C3 C4	0.001	0.001	0.001
3 4	0.001	0.002	0.001
5 6	0.001	0.001	0.001
1 2	0.001	0.001	0.001

G, G; C, C; G × C, G; C × G, C; G × C, G; C × G, C.

$$\frac{\delta \dot{y}}{\delta y} - \frac{\delta}{\delta y} \left( \frac{\delta \dot{y}}{\delta y} \right) = \frac{\delta}{\delta y} \left( \frac{\delta \dot{y}}{\delta y} \right) - \frac{\delta}{\delta y} \left( \frac{\delta \dot{y}}{\delta y} \right) = 1 \quad 2$$









M&C G., D., E., 1981. A : 300 . 211, 77–80.