

Exposure to, perceptions and levels of mental skills among tertiary institution field hockey players

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B.Sc Hons

12978116

Dissertation submitted in fulfillment of the requirements for the degree
Magister Scientiae in Sport Science at the Potchefstroom
Campus of the North-West University

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Potchefstroom

December 2010

Foreword

First of all I want to thank Prof. Andries Monyeke (my supervisor) and Dr. Heinrich Grobbelaar (my co-supervisor), who has guided me throughout my masters' study. Thank you for your dedication and contribution, I appreciate it sincerely.

I want to thank the men's and woman's hockey teams from the various Universities who participated in my study, as well as the coaches who agreed to subject their players to the study.

To the North-West University's Hockey Academy, thank you for allowing me to do the testing during the University Sport of South Africa tournament in 2008 and for the facilities to do the testing at.

A special word of thanks to my sister Corli, for assisting me during the testing. Your support and assistance is very much appreciated.

To my parents, whose interest, support and understanding supported me throughout my masters' study, thank you for everything, and for always believing in me, and for that matter I appreciate it with all my heart.

To all the very special people in my life (family and friends), thank you for the support and encouragement.

To Celia van der Walt, thank you for the language editing.

Lastly, I want to thank my heavenly Father for the opportunity to do my masters and for the amazing support system He blessed me with.

Declaration

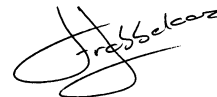
By submitting this dissertation, I declare that the entirety of the work contained therein is my own original work that I am the owner of the copyright thereof (unless to the extent explicitly otherwise stated) and that I have not previously in its entirety or in part submitted it for obtaining any qualification.

Miss Maryke Eloff

December 2010

This dissertation, therefore, serves as partial fulfillment of the requirements for the M.Sc. degree in Human movement Science within the School of Biokinetics, Recreation and Sport Science in the Faculty of Health Sciences at the North-West University (Potchefstroom Campus).

The co-authors of the two articles, which form part of this dissertation, Prof. Andries Monyeki (supervisor) and Dr. Heinrich Grobbelaar (co-supervisor), hereby give permission to the candidate, Miss. Maryke Eloff to include the two articles as part of a Masters dissertation. The contribution (advisory and supportive) of these two co-authors was kept within reasonable limits, thereby enabling the candidate to submit this dissertation for examination purposes.



Prof. Andries Monyeki
Supervisor and co-author

Dr. Heinrich Grobbelaar
Co-supervisor and co-author

Summary

The importance of mental skills training (MST) is emphasized by previous/available research findings which show that by combining MST with physical training it enhances players' ability to cope with the demands of the sport and subsequently results in better sport performance. The main aims of the present study (presented in two articles which can be read independently) were twofold. The first was to determine field hockey players' perceived need for MST, and their perception regarding their ability to prepare psychologically for matches, as well as compile a general profile of their psychological skill for the total group and by gender. The second aim of the study was to determine the possible positional differences in mental skill levels among 91 South African tertiary institutions' male field hockey. A total of one hundred and ninety seven (91 males and 106 females) South African field hockey players who competed in the 2008 University Sport of South Africa tournament participated in the study. The participants completed the Psychological Skills Inventory (PSI) and the Ottawa Mental Skills Assessment Tool-3 (OMSAT-3) questionnaires. The results from Article 1 showed significant gender differences from the Psychological Skills Inventory (PSI) according to which the males outperformed the females in the skills of concentration, activation and activation control. In addition, significant gender differences were observed for mental skills training (MST) measures for goal-setting and commitment in which the females outperformed the males, whilst the males fared better than the females in stress reaction. The hockey players perceived MST as important to enhance performance in field hockey. The players furthermore perceived their ability to prepare psychologically for matches as good, which contradicts the results from the questionnaires as the players showed poor mean scores for five of the six subscales of the PSI questionnaire. The results from article 2 showed that the goalkeepers had the lowest scores for seven of the 12 tested skills, whereas midfielders outperformed the other positions in six of the 12 subscales. It is clear from these results that MST is important for field hockey and therefore warrants the attention of all role players in field hockey.

Key words: mental skills training, sport psychology, field hockey

Opsomming

Die belangrikheid van sportsielkundige vaardighede opleiding word beklemtoon deur vorige navorsing wat toon dat deur sportsielkundige vaardighede opleiding met fisieke oefening te kombineer, die spelers se vermoë om die eise wat die sportsoort stel, te hanteer, verbeter. Die hoofdoel van die studie (voorgelê in twee afsonderlike artikels) was tweevoudig; Die eerste was om te bepaal wat die hokkiespelers se vooropgestelde mening is aangaande die belangrikheid van sportsielkundige vaardighede opleiding en hulle mening rakende hulle vermoë om hulle sielkundig vir wedstryde voor te berei, sowel as om 'n algemene profiel van hulle sportsielkundige vaardighede saam te stel vir die hele groep en vir elke geslag. Die tweede doel was om vas te stel of daar moontlike verskille in die sportsielkundige vaardigheidsvlakke van 91 Suid-Afrikaanse universiteite mans hokkiespelers in verskillende posisies voorkom. 'n Totaal van een-honderd-sewe-en-negentig (91 mans en 106 dames) veld hokkiespelers van Suid-Afrikaanse tersiêre instansies wat aan die Universiteite Sport van Suid-Afrika-toernooi in 2008 deelgeneem het, was deel van die studie. Die deelnemers het die Sielkundige Vaardighede Inventaris (SVI) en die Ottawa Mental Skills Assessment Tool-3 (OMSAT-3) vraelyste ingevul. Die resultate van Artikel 1 het betekenisvolle verskille tussen die geslagte getoon met betrekking tot die Sielkundige Vaardighede Inventaris (SVI) met die mans wat beter waardes getoon het as die vroue in vaardighede soos konsentrasie, aktivering en aktiveringsbeheer. Verdere betekenisvolle geslagsverskille het voorgekom vir sportsielkundige vaardighede soos doelwitstelling en toegewydheid waar die dames beter gevaar het as die mans, alhoewel die mans beter waardes getoon het as die dames ten opsigte van stresreaksie. Verder was die spelers van mening dat hulle vermoë om sielkundig vir 'n wedstryd voor te berei, goed is, wat strydig is met die resultate van die vraelyste omdat die spelers vir vyf van die ses sub-skale van die SVI-vraelys swak waardes getoon het. Die resultate van Artikel 2 het getoon dat die doelwagters in sewe van die 12 sub-skale die swakste waardes getoon het en middelveldspelers het in ses van die 12 sub-skale beter presteer as die spelers in die ander posisies. Uit die resultate is dit duidelik dat sportsielkundige vaardighede opleiding belangrik is vir hokkiespelers en dat alle rolspelers in hokkie hulle aandag hierop moet fokus.

Sleutel terme: sportsielkundige vaardighede opleiding, sport sielkunde, veld hokkie

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List of Abbreviations

MST	Mental skills training
PSI	Psychological Skills Inventory
OMSAT-3	Ottawa Mental Skills Assessment Tool-3
USSA	University Sport of South Africa
ES	Effect sizes
M₁	Mean value of the first positional group
M₂	Mean value of the second positional group
S	Standard deviation
SP	Pooled standard deviation
S₁	Variance of the subjects in the first positional group
S₂	Variance of the subjects in the second positional group
N₁	Number of subjects in the first positional group
N₂	Number of subjects in the second positional group