



**UNIVERSITI TEKNOLOGI MARA**

**MENTAL SKILLS OF SECONDARY SCHOOL ATHLETES**

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## ABSTRACT

This study aimed to compare mental skills between individual and team sport of adolescents' athletes in a secondary sports school. Participants included  $N=196$  athletes (100 team and 96 individual sports athletes) took part in this study. The questionnaire used for this study was OMSAT-3 which assessed mental skills applied. The finding shows no significant differences of goal setting, competition planning and imagery ( $p > .05$ ) but was significant in relaxation ( $p < .05$ ) between the two types of sports among the athletes. These results will help coaches to understand the athletes' mental skills practice and integrates certain mental skill to improve sports performance among the athletes. It is recommended that future studies should be conducted to explored open skill sports and closed skill sports on the types of mental skills.

**Keyword:** Adolescents, School athletes, Mental Skills, Individual Sports, Team Sports

## **CHAPTER 1**

### **INTRODUCTION**

#### **1.1 BACKGROUND OF STUDY**

The effect of sport psychology has expanded as of late, making the field develop all together. Other than that, sport psychologist and researchers acknowledged for the first-class athletes to achieve their greatest, mental skills and competition planning are basic and connected to accomplish the game (Orlick, 2008 and Mofared, Mosayebi and Durant, 2009).

Mansour (2016) has defined that mental skills are procedure that helps athletes to control their minds efficiently and consistently as they execute in sport. Thus, this technique helps athletes to adjust their action, thoughts, feeling and physical sensation that will improve performance on their games. Similarly, Jahangiri, (2009) indicated that mental skill is essential factor for achievement in competitive rivalries. Therefore, mental skill is known as set of states, abilities via mental imagery and planning such goal setting that will enhanced athlete's accomplishment in addition to developing of psychological wellbeing.

In the other hand, Orlick, (2008) has studied about the high-profile athletes and as indicated by the athletes, the most element to succeed such instance like quality preparing that included day a day goal setting and imagery preparation for the tournament as well involved the prosper of event focusing and refocusing plan. Thus, Devonport, (2006) investigated the mental skills among elite athletes and concluded

## **CHAPTER 2**

### **LITERATURE REVIEW**

#### **2.1 INTRODUCTION**

This chapter reviews the past studies of mental skills by various researchers. This chapter will review the past studies of is about mental skills by various researchers.

#### **2.2 Visuo- Motor Behaviour Rehearsal**

(VMBR) or visuo- motor behaviour rehearsal was known as an augmentation of mental imagery. Thus, it joins the mental part of creating the psychological picture with the criticism from the execution of physical expertise as mentioned by Lane, (1980). Therefore, this strategy has been utilized effectively especially sport that related to closed motor skill such karate, tennis, running, golf and aerobic sport according to Weigberg, Seabourne, & Jakson (1981). There are three level include in visuo-motor behaviour rehearsal (VMBR). On the first level, it was initial relaxation phase to retrieve a psychological state conducive mental imagery. Next level, the visualization of performance through the imagery techniques. For the final level, it was playing out the genuine aptitude under reasonable conditions.