

# PSYCHOLOGICAL PREPARATION AMONG MALE HOCKEY GOALKEEPERS

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**ABSTRACT:** This study aimed to identify the level of psychology preparation (Self Talk and Imagery) to evaluate the correlation of psychology preparation among men's hockey goalkeeper performance. The sample involved (n=45) male hockey goalkeeper selected through random sampling. A questionnaire was used at the instrument in this study. The questionnaire was divided into two sections. The methodology that is used in this study is quantitative style with survey method and descriptive to see the level of psychological preparation. The findings show overall means self-talk preparation is (M=4.00) and overall means imagery preparation is (M=4.13). These findings show that the psychological preparation of goalkeeper hockey player is good. These findings also show that there is significant correlation between performance and psychological preparation (self-talk and imagery),  $p < .005$ . Since the study is the first in the country, the result will help to improve the level of psychology preparation of the national hockey team, increasing research in this field and also to serve as a guide to the national hockey team athletes, especially men's hockey goalkeeper.

**Keywords:** Self-Talk, Imagery, Psychological preparation, Mental Training, Men's Field Hockey Goal Keeper.

## 1. INTRODUCTION

The game of hockey was initially presented at the international level as right on time as the 1890s. Hockey has turned into an inexorably well-known game after that. The amusement was transparently shown amid the Olympic Games held in Paris in 1990, yet the game has gotten to be one of the rivalries in the Olympic Games in 1928. One hundred years after the fact, the amusement has bit by bit acknowledged the example of progress as far as playing style, guidelines and apparatuses, yet does not change the first values exist in the diversion.

As far as history and time is concerned, this amusement has been around for over 4000 years prior. Around 2000 BC, there was a divider in the lounge area engraved with an etching that demonstrates some method was connected to snatch a ball like a hockey game. In Rome additionally, there had been a divider model that demonstrates the attributes of hockey playing on pretty much the same as in Paris furthermore Greece, this is a state in Sports Exercises Module [9].

On account of Malaysia, the amusement was initially presented in 1948 and it is still not autonomous and Malaysia was still under British organization. By then, the National Hockey Council has worked together with Singapore. Right now, Malaysia has a Malaysian Hockey Team and each state and a formally dressed case must have their own hockey group. In any case, this group still has not achieved the accomplishment and hard to convey the nation to global levels. Malaysian hockey players' execution observed very dull demanding to look into the psychological aspect of hockey goalkeeper and its impact on their performance. [10]. Through the research of sports psychology, psychological elements can be considered with regard to helping athletes prevail in a competition. Such studies have been carried out by Blumenstein et al, and Samulski *et al*, studied the relevant scientific knowledge about the psychological factors that influence and are associated with an increased performance of athletes at Olympic level [1,3]

In addition, Gould & Maynard also conducted research on the psychology of athletes as well as a comprehensive and dynamic approach to identify physiological changes experienced by athletes.[2]. The results showed there were 14

changes the psychology of athletes before the Olympics, eight changes take place during sports and 11 changes in the phase after sports. Clearly shows a change in the psychology of athletes' bigger changes in the phases before and after the match.

Costas, *et al*, have explored the impacts of psychological, psychophysical and ergogenic music in outdoor activities amid preparing. [4] The study found that the ergogenic impacts demonstrate the outcomes that participants swim speedier using music, (no music controls inspiration is 2.1% quicker than the typical control). This study was endorsed by the swimming rivalry at the Olympic Games London 2012, the rated contrast in time between the first and fourth place in the 200m free-form men was 1.8%. So also, in the women, the distinction was 1.9%.

Tate *et al*, explain that the participants who apply psychological training will get similar results or even less to the rate of time amid practice. Participants seem to get more prominent advantages from the utilization of music amid practice.[5]

Sports psychology issues not only from athletes and team, but other parties also play a certain role. Elsewhere [10], studies on athletes or teams are normal, but the study of psychology goalkeeper hockey team still has not been done. Goalkeeper fledged on-screen character concentrated on in light of the fact that they have an indistinguishable obligation and a similar weight from vital players, particularly when the group confronted an extra shot.

For this study, the imagery and self-talk technique will be tested as psychology training such as mental training. The model can be built up is the after effect of utilizing random sampling method. Model sampling refers to the way subjects were selected for study and divided among different groups. Thus, the sampling model is subject to the data.

The aim this study is to identify the level of 'Self Talk and Imagery' among the goalkeeper and to evaluate the correlation of 'Self Talk and Imagery' among the goalkeeper performance.

As the role of the goalkeeper is very significant so, there are some issues need to be addressed during this study. Among those is to see whether the level of psychological preparation

of the men's hockey goalkeeper will increase with the application of psychological techniques such as self-talk and imagery. The next question is to evaluate the correlation between the psychological preparations among the men's hockey goalkeeper performance.

This study is very significant to help the national hockey team in improving their psychological preparation during competition. This study concentrates just on the goalkeeper simply because the part of the goalkeeper is critical in a diversion when managing rivals. In addition, the result of this study will build up a psychology model that can be utilized as a rule and reference to the coach and goalkeepers whether at school or at the national level and at the universal level.

Actually, this psychological model may likewise be eluded by athletes other than hockey game since it includes the utilization of factors self-talk and imagery to help athletes enhance their athletic execution. The result of this study can likewise be utilized as a scholarly reference that is valuable to scientists in future for research into the mental perspectives identified with hockey goalkeeper is as yet inadequate.

**2. EXPERIMENT DETAILS**

The questionnaire used survey method or descriptive method in this study as the main instrument for collecting quantitative data. A pilot study will be conducted as part of the process of data collection in which a group of individuals must answer a questionnaire that has been provided. This method is more practical because it requires the study of multiple samples. In addition, the study also will be used the interview as the procedures are combined together to obtain high quality data and also to avoid bias in collecting data. [7-8].

The survey questions contained variables that were established in this study will be given to the respondents, the men's hockey goalkeeper. Interview technique also needs to be done to coaches of hockey teams to identify and verify the problems such studies that have been studied. This needs to be done to support the results obtained from the analysis of data in SPSS Version 22.

The sample utilized in this research is goalkeeper hockey player of Malaysian national player. The sampling technique utilized random sampling used 45 male goalkeeper hockey player of Malaysian national player. 45 goalkeeper hockey players were used as a survey to see the level of psychological preparation.

As mentioned above, one of the methods is used in this study is through questionnaires. The questionnaires are divided into two sections: respondents' demographic factors and psychological factors. Demography question includes age, gender and level of training. Psychology question is divided into three parts. The three parts consist of two independent variables that are self-talk and imagery and one independent variable that is performance. The question is adapted from question found in literature and previous studies done by scholar and academicians on a similar topic. The questionnaire has a Likert's scale from 1 to 5.

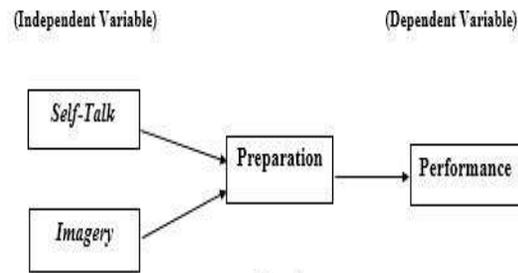


Figure 1

Figure 1: Conceptual framework

**3. RESULT AND DISCUSSION**

Data analysis will include a few stages of storing data, give the code, isolating the data, make an assessment and examine data. All questionnaires that contain the answers will be gathered and coded. Modifications to the questionnaire will be done to guarantee that each answer is finished and as per set up methods. The data structure in this study was a quantitative data including respondent's experience and the act of respondent qualities.

These data are measured as far as genuine numbers according to a ten-point scale of estimation for every variable. The data analysis for this study was led by utilizing Statistical Package for the Social Sciences Version 22.0 descriptive measured were run to see an examination of male means. To see the level of psychological preparation among goalkeeper hockey player through the self-talk and imagery training.

Table 1: Methods of data analysis

Part	Analysis type	Measurement tool
A	Background data of respondent	Frequency, percentage
B	The level of preparation of self-talk and imagery	Means
C	The correlation between psychological preparation and performance	correlation

Table 2: Overall mean and standard deviation of self -talk preparation among national goalkeeper hockey

Gender	Mean	N	Std. Deviation
Male	4.0020	45	.31461
Total	4.0020	45	.31461

Table 3: Overall mean and standard deviation of imagery preparation among national goalkeeper hockey

Gender	Mean	N	Std. Deviation
Male	4.1399	45	.40721
Total	4.1399	45	.40721

**Table 4: Correlation between psychological preparation and performance among national goalkeeper hockey**

		Imagery	Self-talk	Performance
Imagery	Pearson Correlation	1	.606**	.486**
	Sig. (2-tailed)		.000	.001
	N	45	45	45
Self-talk	Pearson Correlation	.606**	1	.429**
	Sig. (2-tailed)	.000		.003
	N	45	45	45
Performance	Pearson Correlation	.486**	.429**	1
	Sig. (2-tailed)	.001	.003	
	N	45	45	45

\*\* . Correlation is significant at the 0.005 level (2-tailed).

**4. CONCLUSIONS**

This study is a premise in the build-up another structure or model to be utilized by the national hockey team to enhance their execution through the goalkeepers' parts. However, this study aims and particularly focuses on male hockey goalkeepers just in term of psychology preparation such as self- talk and imagery.

This study uses to look into an instrument which is survey. In the wake of recognizing the factors and build up the questionnaire session, a pilot study will be directed to pre-test the instrument and give helpless bits of knowledge to make the examination achievement.

The adequacy of the factors that have been set up to look for the relationship between the psychological preparation and the execution of the men's hockey goalkeeper is additionally examined through the pilot study.

The total number of respondents for this study is 45 people. The discoveries from the survey will be utilized the relationship between the two aspects. The respondents for the interview incorporate coaches for men's hockey team to get the entire situation of the problem statement and research question. In the event that their reacts have similitudes with the discoveries acquires from the survey, then it can be concluded that this study is exceptionally applicable and ought to be done and finished so as to improve our games accomplishment at the global level.

Greater importance should be placed on the review of the coach education program to ensure the effectiveness of the program in producing competent coaches and quality players in future. [8] In addition, Kassim. M, stated that training and competition are elements of the coaching process and become important indicators for the hard work undertaken by the players to enhance performance. [8]

All things considered, the physical, strategic and specialized preparing completed by the coaches was implied for the players to build up their abilities and set themselves up physically and in fact for national and worldwide competitions.

In addition, Kassim. M, in the coaching process, apart from the coaches, the players, as the coaching recipients are the other important element in the process. The transfer of knowledge to the players is very important in the coaching process. [8]

Coaches can't depend on their insight yet they ought to know how to perceive and apply or make utilization of their insight in a specific game. In the event that coaches failed, it will influence the nature of training. This has been supported by Gould and Maynard, expressed that their insight especially identified with the experience of the coaches. [2]

Henceforth the present study offers huge commitments to hockey advancement in Malaysia. This study develops the past research on hockey goalkeeper since there is next to no writing that explains the effect of learning and conducts of coaches the execution of players. None of the past creators took a gander at the hockey goalkeeper execution and past models of the honing procedure.

This concentrate additionally fills a vital research crevice on the Malaysian hockey team since to date no exploration has been completed in Malaysia in the area of goalkeeper execution, especially at the national level. Along these lines, the investigation of the hockey goalkeeper in this study will include the writing goalkeeper execution in the nation. The procurement and advancement of hockey goalkeeper should be given genuine consideration in training practice and execution of the Malaysian hockey team in.

The adjustments in the syllabus and substance of the coach education program likewise should be made by the Malaysian Hockey Council to incorporate more useful guiding substance, including the tutoring program.

This would understand the idea of reflection on activity and learn through involvement which is pivotal with regards to the training procedure. [11] This implies the execution of the coach education program for the hockey team should be enhanced, including the fuse of reasonable guiding angles in the instructing manual, the prolongation of the hockey season and the advancement of the formalized tutoring program among the mentors at the national level.

The time has sought the Malaysian Hockey Council as the representing body to understand the significance of real change and adjustment to be made to the coach education program, beginning with the program at the foundation level. More concentration ought to be made to create fruitful players through quality honing programs and able mentors in the foundation for the advantage of the advancement of the game in the nation, especially hockey.

More prominent significance ought to be set on the survey of the coach education program to guarantee the viability of the program in creating equipped mentors and quality players in future. Future research ought to likewise keep on examining the part an association of more gatherings or agencies in the improvement of the mentor training program in the nation.

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