

## **The Effect of Mental Training on Selected Motor Performance and Skill Performance Variables among Novice Hockey Players**

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### **Abstract**

Fitness is an essential component in the concept of wellness which might be defined as persistent endeavor to achieve highest probability for total well-being. Hockey is a dynamic team game played by both sex requiring high level of skill, excellent conditioning and well co-ordinate team effort. Modern Hockey demands that all the players should be adapted to all the situations whether defending or attacking. Hockey is a game which calls for strenuous, continuous, thrilling action and therefore attracts the youth all over the world. To determine the Effect of mental training on selected field hockey novice players motor performance and skill performance variables. To compare experimental group and control group on motor performance and skill performance variables of field hockey novice players due to mental training. The purpose of the study was to investigate the effect of mental training on selected motor performance and skill performance variables among novice hockey players. For the purpose of the present investigation thirty (N=30) novice players were selected randomly from YMCA College of physical education, Chennai. For this study the researcher had gone through literature and guidance from various experts, the following variables which had selected. Mental training had significantly improved their performance in selected motor performance variables among field hockey novice player. Mental training had significant improved their performance in skill performance in skill performance variables among field hockey novice player.

### **INTRODUCTION**

Fitness is an essential component in the concept of wellness which might be defined as persistent endeavor to achieve highest probability for total well-being. Hockey is a dynamic team game played by both sex requiring high level of skill, excellent conditioning and well co-ordinate team effort. Modern Hockey demands that all the players should be adapted to all the situations whether defending or attacking. Hockey is a game which calls for strenuous, continuous, thrilling action and therefore attracts the youth all over the world.

### **Objectives of the Study**

1. To determine the Effect of mental training on selected field hockey novice players motor performance and skill performance variables.
2. To compare experimental group and control group on motor performance and skill performance variables of field hockey novice players due to mental training.

### **Statement of the Problem**

The purpose of the study was to investigate the effect of mental training on selected motor performance and skill performance variables among novice hockey players.

### **Hypothesis**

It was hypothesized that there would be significant improvement in the selected motor performance and skill performance of novice hockey players due to influence of mental training exercises.

### **Significance of the Study**

1. Mental training improve concentration improve the performance.
2. This type of exercise involves integration of the mind and body, agility, Speed, accuracy hitting and ball with speed.
3. This exercises control the unconscious movement of the player.
4. This exercise would increase the concentration power.
5. This exercise helps coaches to influence the player's cognitive sense for decision making process and skill coordination

### **Delimitations**

1. The study was delimited to 30 field Hockey novice players from YMCA College they were divided into two groups.
2. The training period will be limited to six weeks and five days per week.
3. The age of the subjects ranged between 18 and 25 years.
4. The entire field tests were taken only in the turf ground.
5. Selected motor performance and skill performance variables were assessed by the standardized testing procedure.

### **Limitations**

1. The regular work outs and training of the novice hockey players is considered as one of the limitations of the study.
2. Individual difference and their ability to adjust to the mental training.
3. The subject's food habits will not be taken into consideration.

### **METHODOLOGY**

For the purpose of the present investigation thirty (N=30) novice players were selected randomly from YMCA College of physical education, Chennai. For this study the researcher had gone through literature and guidance from various experts, the following variables which had selected.

#### **a) Motor performance variables**

Agility

Speed

#### **b) Skill Related Variables**

The game field hockey involved many skills but few skills were related to the mental perception, so the researcher selected the following skills related the variables

Accuracy hitting

1. Ball with speed
2. **Independent Variables**
3. **Mental training**

### **ANALYSIS OF DATA AND RESULTS OF THE STUDY**

The obtained data from the experimental group was statistically analyzed by using independent 't' test to find out the significant improvement between the pre and post-test mean values. The level of confidence was fixed at 0.05 levels to test the hypothesis

1. The results of the present study indicate that, the experimental group had significantly improved the selected motor performance variables and skill performance variables among no voice field hockey players.
2. It is inferred from the above literatures and the results of the present study that systematically designed mental training exercises will develop the performance standard as the selected motor performance and skill performance variables. Hence, it is concluded from the results of the present study that systematically and scientifically

designed mental training exercises may give due recognition and be implemented properly in the training programmes of all the disciplines in order to achieve maximum performance.

### **SUMMARY CONCLUSION AND RECOMMENDATIONS**

1. This study was undertaken to determine effect of mental training on selected motor performance and skill performance variables among field hockey novice player. Thirty novice players selected from YMCA College of physical education Chennai, Tamil Nadu, during the academic year 2017-2018 for this study. The subject chosen for the study were divided into two groups namely one control group and one experimental group consisting of fifteen boys in each group.
2. Six weeks of selected mental training were given to the experimental group respectively. The control group was allowed to participating in regular hockey training programmes. The experimental groups underwent the training programme as per the training schedule prepared by the investigator. the training programmes were given three days in a week for one hour. Two groups were tested before and after the training of six weeks with respective standard tests for measuring the motor performance and skill performance variables 1) Speed 2)Agility 3)Accuracy hitting4)Ball with speed . The dada were computed statistically by using (“t” test) to see progressive effects.
3. The results, in general, support the mental training have significant effects on Agility, Speed, ball with speed and hitting accuracy on novice hockey players.

### **CONCLUSIONS**

1. Mental training had significantly improved their performance in selected motor performance variables among field hockey novice player.
2. Mental training had significant improved their performance in skill performance in skill performance variables among field hockey novice player.

### **RECOMMENDATION**

1. In the present study, it was concluded that selected performance variables were improved by selected mental training, hence it is recommended to coaches, trainers and physical educator and adopt these finding to improve the fitness variables.
2. A similar study may be conducted by selection other fitness variables.
3. A similar study may be attempt by selecting the school students.
4. A similar study may be conducted for both men and women students.

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