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T Murugesan
Ph.D., Research Scholar,
Dravidian University, Agaram,
Andhra Pradesh, India

Dr. K Jothi
Assistant Professor of Physical,
Education, Y.M.C. A College of
Physical Education, Nandanam,
Tamil Nadu, India

Effect mental training on achievement motivation of state level fencers

T Murugesan and Dr. K Jothi

Abstract

The study was designed to investigate the effect of mental training on Achievement motivation State level fencers of Tamil Nadu. For this 30 state level fencers were selected randomly from Tamil Nadu. Their age ranged from 18 to 25 years. They were divided into two equal groups namely Experimental Group and control group. Five days in a week, for three months, Experimental Group underwent mental training, and control group was not given any specific training. The criterion variables chosen was, namely achievement motivation. The subjects were assessed before and after the training period of three months. The analysis of covariance was used to determine any significant difference present among the two groups of the dependent variables. The study revealed that the selected psychological variable achievement motivation significantly improved due to the influence of mental training among state level fencers.

Keywords: Mental training, achievement motivation, state level fencers

Introduction

Sports have become an important part of nations cultural as well as of other cultures throughout the world. Sports provide society to such an extent that it has been described by many as a microcosm of society. In other words, sports mirror the values structures and dynamics of our society. As such sports reflect characteristics of society, to achieve excellence in any sport or athletic competition, it is important to focus on mind just as much as body. "A healthy mind is what drives good practice, preparation, and focus before enter a game. Any successful athlete will tell the importance of their mental approach when it comes to improving physical skills and performance. Sports psychology is a fast-growing branch of science that seeks to learn more about how our minds can improve athletic ability and maximize our performance in different sports" Andy Gillham (2017) [5]. Vallerand (2004) [6] explains that Achievement motivation represents the "hypothetical construct used to describe the internal and/or external forces that lead to the initiation, direction, intensity, and persistence of behavior". Bill Cole (2008) [1] The mental demands of competitive fencing require strong control over mind, body and emotions, and any fencer wishing to succeed under fire needs calmness, poise and mental toughness.

Methodology

Subjects

The study was designed to investigate the effect of mental training on Achievement motivation State level fencers of Tamil Nadu. For this 30 state level fencers were selected randomly from Tamil Nadu. Their age ranged from 18 to 25 years. They were divided into two equal groups namely Experimental Group and control group.

Training Protocol

The training session includes Self talking, Mental imagery, goal setting, Programme speeches, Meditation. The training was conducted Five days a week last for 45minutes for three months. Group-1 Experimental group underwent the training and group 2 control group did not under go any training. The level of achievement motivation before and after the training period was measured using M.L. Kamlesh Sports Achievement Motivation inventory.

Correspondence
T Murugesan
Ph.D., Research Scholar,
Dravidian University, Agaram,
Andhra Pradesh, India

Statistical Technique

The data collected from the two groups prior to and post experimentation were statistically analyzed to find out the significant difference if any, by applying the analysis of

covariance (ANCOVA). Statistical significance was fixed at .05 levels

Result of the study

Table 1: Analysis of Covariance for Pre and Post Test Data of Achievement Motivation on Mental Training for Experimental Group and Control Group

	Control Group	Experimental Group	S O V	Sum of Squares	df	Mean squares	'F' ratio
Pre test Mean	24.13	24.26	B	0.13	1	0.13	0.091
SD	1.30	1.03	W	38.6	28	1.38	
Post test Mean	24.86	37.06	B	116.30	1	116.30	162.23*
SD	1.18	3.51	W	192.66	28	6.88	
Adjusted Post test Mean	24.91	37.01	B	1093.67	2	1093.67	174.32*
			W	169.39	27	6.27	

Significant at 0.05 level of confidence. The table value required for 2 and 27 for significance is 3.35*.

The adjusted post-test mean on Achievement motivation for experimental group is 37.01, and control group is 24.91. The obtained 'F' ratio of 174.93 for adjusted post-test mean is more than the table value of 3.35 required for significance at

0.05 level for df 2 and 27. The results of the study showed that there was significant difference among three groups on Achievement motivation.

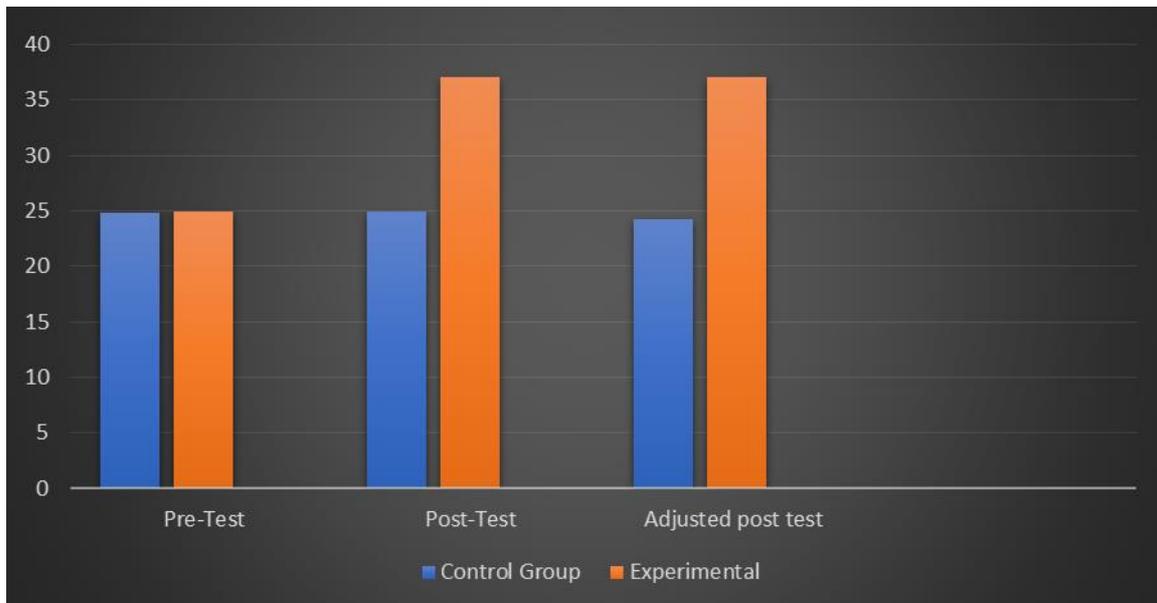


Fig 1: Achievement Motivation

Discussion on Finding

The Achievement motivation have increased significantly for mental training group as compared to control group. These results demonstrate that mental training as part of the overall training process, can be considered a useful tool for the improvement of Achievement motivation among fencers. The statistical analysis of the study stated that the mental training had significantly improved the Achievement motivation of subjects. Similar results were founded in the study carried out by Jianshe *et al.*, (2012) [2] outcome of Mental training is the major training method of the competitive sports and the main factor of athletes skill and tactics level. The results are also in conformity with the study carried out by Winneba *et al.*, (2016) [4]. This study investigated impact of mental training on sport motivation on athlete's sports participation at Ghana Universities Sports Association held in Winneba Hence, motivation is the foundation of all athletic effort and

accomplishment. It is recommended that the sports administrators/school authorities, coaches and stakeholders should be educated on the different types of motivational approaches in order to help in sports participation and improve athlete's performance.

Conclusion

The result of study reveals that there was significant improvement after the three months of mental training in the experimental group on Achievement motivation as compare with the control group.

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