

A Study In Taiwan College Table Tennis Players' Competition Confidence and Its Inference

Chih-En Chen¹ and Ming-Yueh Wang²

¹Department of Physical Education, National Changhua University of Education, R.O.C
(Tel: +886-4-7211121; E-mail: chense@cc.ncue.edu.tw)

²The General Education Center, Chaoyang University of Technology, R.O.C
(Tel: +886 - 4 - 23323000#3055; E-mail: mywang@cyut.edu.tw)

Abstract: The purpose of this study was to investigate the relationship between the competition confidence and the career development of college table tennis players in Taiwan. A total of 360 players (256 males and 104 females) were surveyed. The competition confidences of different categories are described. The findings include the career exploration, career orientation, career decision and environmental exploration are presented in contrast with the competitor confidence scale. With the positive correlation of competitor confidence and careers development, but player's academic record with negative correlation.

Keywords: Career exploration, Career orientation, Career decision, Environmental exploration

1. INTRODUCTION

1.1 Research motivation and background

An outstanding athlete must go through a number of factors before he achieve his goal! Behind the outstanding performance of an athlete, he needs a long hard training and disbursement, the coach's professional guidance and sacrifice, and the support of the educational administrative units. The physical and technical condition can be detected and distinguished from the appearance while psychological condition is obscure. Exercise factors on psychological differences are subtle and not easily detectable (Zhu-min Liao, 1993). Especially in the tight match with the opponent at the close technical level, an athlete lacking of the self-confidence before the game can lose the game for constant errors. In the short-range, fast and strong confrontational table tennis games, the self-confidence is an important factor in performance. Many studies have pointed out that the self-confidence put the most direct impact on the performance of athletes among the psychological factors (Landers & Petruzzello, 1994; Feltz, 1988; Vealey, 1986; Ying-Che Huang, 1994, Weinberg & Gould, 2003). And Brewer, VanRaalte, and Linder & VanRaalte (1991) explored the performance of athletes in the best psychological perception and found that there are five main factors: 1. a high degree of confidence; 2. a clear focus on paying attention; 3. non-concerned about the outcome of competition; 4. changes in consciousness; 5. there is no feeling of effort. Loehr (1984) interviewed 100 athletes to survey on their feelings and mental process when in their peak performance. As a result, some results are summarized as following: 1. high activity (such as challenges, determination); 2, fun and happy feelings; 3, there is no pressure (low-anxiety state); 4, mental calmness and certainty; 5, a high degree of self-confidence; 6, completely focused. Today, the rules of the table tennis change into 11 points system. It is predictable that

players' psychological aspect is important in the table tennis game. Therefore, an athlete's goal is to control his own mental process in a tight game of table tennis. Self-confidence becomes the key to victory to a table tennis player.

Table tennis players' training at the initial inputs are the beginning of primary stage, cognitive development is not yet ripe, the fewer questions to consider his career, almost to win success as a major objective. Until the high middle para participated easement after the large and small game, are beginning to realize the choice of further education or employment planning issues, in particular, access to tertiary institutions began planning for their future career in thinking to do. Young athletes are the most valuable training ground in the sport, most players pay for the training time, and loss of other skills or academic study of the learning opportunities, can be adjusted by purchase. Should the players did not do a good job in college career planning period, likely to face a great graduation means unemployment dilemma. Individual career development planning better, the future well-being of a higher index (Prapavessiis, 2000; Terry & Lane, 2000). As coaches and educators who can stand in the position of counseling to address the needs of key players, table tennis players to strengthen the understanding of the current status of career planning to table tennis players to have a more sound development, to attract more players are involved in ongoing training incentives, so players will be able to solve the problem of the source of faults and Taiwan billiard player development, and providing information to relevant bodies to promote table tennis, table tennis player can be assisted on the career development, which are worth exploring with the important subject of study.

Tertiary institutions in the table tennis players will retire after the use of the past in the field of table tennis competition of the sport self-confidence? The representative of China's scramble for the licensing of

billiard players, most still are students of identity, therefore, table tennis players confidence for tertiary institutions will affect sports performance? Or players, such as career development-oriented topics are topics I want to explore in order to enact the development of Taiwan billiard sports.

In Taiwan as a coach must pass everything, except the game is responsible for the progress of players, but also served as Health, psychological counselors, such as the important role players in the athletes after the end of his career, but also hope to have the ability to help players find a job, If you can in the school's stage, first seek to understand the career development of the situation, and then given to career planning guidance and assistance, whether it can have better opportunities and to change the arrangement? Pearson & Petitpas (1990) study indicated that, for the majority of university athletes, the most challenging career change into the athletes are from non-athletes. Facing a time when retirement began to take into account their own future, then I do not know what to do, there is a sound career planning, time can only select between the low-skilled labor and high high-nature to replace the non-technical categories of occupational shelter (纪俊 Kyrgyzstan, 苏慧慈, 2006). Athletes after retirement to go to different areas of development, is really hard not to be easy, do a good job in his career before retirement planning, retirement will not be generated because the role of being lost and maladjustment problems. Therefore, table tennis players for tertiary institutions exercise self-confidence and career development whether they have relevance? Players sport their own self-confidence will affect sports performance? Or players, such as career development-oriented issues, the questions are worth exploring. Terry & Slade (1995), Terry & Lane (2000), Beedie (2000), Prapavessis (2000) study shows, such as athlete's overall emotional status, emotional regulation is good or not, will affect the performance of sport. At the same time also shows a positive mood before the game, it is essential to peak performance sports a psychological quality. Increasingly sophisticated technology today, using the results of scientific research to exclude factors that affect the performance of exercise in order to have competition in the most perfect performances are every coach, player by the goal of hope. So of our tertiary institutions to do table tennis players of psychological research, is essential.

1.2 Research purposes

- 1.2.1 To understand the characteristics of table tennis players' background in Taiwan.
- 1.2.2 To understand the relationship between table tennis players' different background variables and self-confidence.
- 1.2.3 To understand the relationship between table tennis players' self-confidence and career development.

1.3 Research questions

- 1.3.1 What are the characteristics of the background which adapt to the table tennis players in Taiwan?
- 1.3.2 Does different characteristics of the background of the table tennis plays affect their self-confidence?
- 1.3.3 What is the relationship between table tennis players' self-confidence and career development in Taiwan?

1.4 Operational definition of the terms

1.4.1 Career development

Career development is a lifelong process; according to individual age, state of physical and mental development, it may differ when we choose and take the role of educational, vocational and other important roles. (Hsin-Tai Lin, Hsiu-Lan Tien, Hsio-fong Chiang, and Der-Chon Chiang, 2003). This study focus on self-confidence and career development in College Group A and B table tennis players, through four dimensions, including "environment exploration," "career exploration", "career orientation" and "career decision".

2. RESEARCH METHODS

The purpose of this study was to explore the college table tennis players of the sport self-confidence and career development. Table tennis player in college for the study sample, using a questionnaire survey method for data collection.

2.1 The Study Subject

In this study, college table tennis players to study the parent group, study ways to facilitate the sampling (convenience sampling) way to collect relevant information, testing time for the July 5, 2007 to July 25, 2007, conducted a questionnaire survey Total payment of 375 copies, 364 were recovered, one of 4 copies of the questionnaire deduction is invalid, 360 valid questionnaires were effective recovery rate of 96%.

Second, research tools

2.1.1 Exercise self-confidence scale

The department cited Scale Vealey (1986) trait self-esteem scale of the exercise (TSCI) of the Chinese version of trait sport confidence scale (Zhuo Guo-hung, 2003) was modeled, and then based on this study need to be amended 『adaptation table tennis players exercise self-confidence』 Scale, Scale Points Scale Mining liker five ways, such as design, were very much agree with the general, agree, somewhat agree, very much do not agree with, respectively, to give the 5,4,3,2,1 Score.

2.1.2 Career Development Scale

The main use of this scale Li Xin Jing (2006), Wang Wenke (2004), such as the establishment of a blueprint, and then based on this study need to be amended into college table tennis players from 『』 career development questionnaire, five liker scale mining Points Scale means, such as design, were very much agree with the general, agree, somewhat agree, very much do not agree

with, respectively, given the scores of 5,4,3,2,1. Table on behalf of subjects scoring higher on the career development of the more excellent; scored lower on behalf of their career development worse.

2.2. Scale discrimination and reliability analysis

2.2.1 Identification Scale Analysis

1. exercise self-confidence scale

Juice valid questionnaires of this study, in the "exercise self-confidence scale," a total of 13 topics, samples recovered after item analysis data, delete the value of less than 3 and the determination to achieve a significant level of the subject, and its scale by the above-mentioned pretests Ways to be two kinds of tests and found that a high degree of identification, the preparation of 13 topics are the subject effectively.

2. Career Development Scale

"Career Development Scale" A total of 23 topics, samples recovered after item analysis data, delete the value of less than 3 and the determination to achieve a significant level of the subject, and its scale as the pretest method of the above-mentioned two kinds of tests, found the establishment of 23 topic title apart from the seventeenth, eighteenth title, title XIX, the twenty-second title, the twenty-third extraneous topics are valid.

2.2.2 Scale Reliability test

Scale of this study is to test its reliability coefficient of internal consistency Cronbach α values measured by the Tests of whether the content tended to be consistency and stability reliability coefficient above 0.7 with the reliability, it is an acceptable standard; if less than 0.35 must be rejected (Nunnally, 1978).

1. exercise self-confidence scale

Table tennis players exercise their self-confidence Scale total table Cronbach α coefficient of .9346.

2. Career Development Scale

Table tennis player career development scale, the test results of total α coefficient table Tatsu .894; while the dimensions of the α coefficients were: .764, .764, .758, .713. Shows that the scale of good internal consistency can be said to have good reliability.

2.3 Data processing

In this study, questionnaires recovered, and collate all the information coding, omissions answer incomplete volumes of waste, the use of SPSS for Window 12.0 version statistical data processing software, and $p = .05$ for the significant level.

3. RESULT AND DISCUSSION

3.1 Taiwan table tennis players of the background characteristics of the situation

Table tennis players in the Taiwan region for the

subjects after the questionnaire survey in different background variables, demographic characteristics, in order to describe the frequency distribution and percentage, as shown

in table 1:

Table1 The characteristics of subjects billiard table

Variance	Category	Amount of people	Percentage
Gender	Male	256	71.1
	Female	104	28.9
Year	Freshman	110	30.6
	Sophomore	101	28.1
	Junior	64	17.8
	Senior	46	12.8
	Institute	39	10.8
Group Categories	College A	110	30.6
	College B	250	69.4
Academic Performance	Tertiary		
	More than 90 points	24	6.7
	More than 85 points	66	18.3
	More than 80 points	107	29.7
	More than 70 points	116	32.2
	More than 60 points	42	11.7
Scholarship	Failure	5	1.4
	Yes	77	21.4
	No	283	78.6

3.2 compare the characteristics of table tennis players of different backgrounds confidence difference

3.2.1table tennis players of different gender differences in self-confidence in the comparison exercise

The results from Table 2 that the Taiwan table tennis players of different gender in the "exercise self-confidence scale" different scores, with independent samples t test results showed that subjects of different gender, self-confidence in the sport has yet to reach significant differences. The results of this study with Zhang language Chambers (2002), Wu Su-Quing(2002) study different possible causes for the Billiards Sports Net belong to the following, and a stronger emphasis should be placed on the skills of sport, and Zhang language Chambers (2002) , Wu Su-Quing (2002) object separately Taekwondo and soccer for the project, the research object in the game in the phenomenon of physical contact, and for high school athletes may be gender personality differences still maturity. Billiard sports organizations and the nature of organizational culture, and other ball games than different, leading to male, female other in the "exercise self-confidence" and no significant difference.

Table 2 Table tennis players of different gender self-confidence of the exercise of independent samples t test summary table

Sample Name	Gender	Average	Standard Dviation	t value	p value
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Exercise	male	72.89	14.99	-1.383	.268
Self-Confidence	female	77.15	16.89		

3.2.2 table tennis players at different levels in the comparison of differences in exercise self-confidence

Table 3 was informed by the Taiwan table tennis players at different levels in different sports self-esteem scale scores by one-way ANOVA results showed that table tennis players of different levels of exercise self-confidence does not meet the significant differences. Reason may lie in universities and research institutes in the table tennis players score in sports performance has tended to be relatively stable stage, because of table tennis technical maturity also around at the university stage, and Khan University Institute for players in age and mental period also are more sophisticated, so universities and research institutes in the table tennis players in the mental maturity is also tend to mature stage, so the exercise of self-confidence may also have better performance and stability.

Table 3 Different grades in the exercise self-confidence one-way ANOVA summary table

Sample Name	Variance	Average	Standard Deviation	Variance Analysis					
				Variance Source	SS	Degree of Freedom	MS	F Value	p Value
Exercise	Freshman	72.15	15.58	Between	2118.862	4	529.7	2.284	0.64
Self-Confidence	Sophomore	77.06	15.95	Group	30842.913	133	16		
	Junior	74.00	14.87	Within	32961.775	137	231.9		
	Senior	66.37	14.66	Group			02		
	Institute	79.71	13.94	Total					

3.2.3 different categories table tennis players in the comparison of differences in exercise self-confidence

Table 4 from the Taiwan area was informed that the table tennis players of different categories in different sports self-esteem scale scores by one-way ANOVA results showed that different categories of sport table tennis player does not meet the significant differences in self-confidence. Although the meaning of different technical standards level, but the performance of self-confidence in sports are not. The results of this study with Weinderg & Gould (2003), Jones & Hardy (1990) do not conform. Weinderg & Gould (2003), Jones & Hardy (1990) of the 63 most outstanding athletes of the sports interviews, found that nearly 90% of the athletes that he has very high self-confidence, self-confidence so exercise will directly affect the athletes The exercise performance, and relative technical score of outstanding sports players will have a higher exercise self-confidence, because the subjects were college students in groups A and B of table tennis players in the performance of subjects may not score Weinderg & Gould (2003), Jones & Hardy (1990) study referred to the most outstanding athletes of various sports items, so the result has been different. By comparison of the different categories does not make table tennis players have different self-confidence sports exist.

Table 4 Table tennis players of different gender

self-confidence of the exercise of independent samples t test summary table

Sample Name	Gender	Average	Standard Deviation	t Value	p Value
Exercise	Male	72.48	16.35	-0.838	.401
Self-Confidence	Female	74.77	15.01		

3.2.4 table tennis players of different academic self-confidence in sports compare differences

From Table 5 that table tennis players of different academic self-confidence in sports scores, with one-way ANOVA results showed that different grades of table tennis players in the sport to achieve significant differences in self-confidence by the Scheffe method (Scheffe 's method) compared to later that academic performance of more than 85 points higher than the exercise self-confidence more than 80 players, with the results of this study Weinderg & Gould (2003) coincides, Weinderg & Gould (2003) of 63 the most outstanding athletes of various sports interviews, found that nearly 90% of the athletes that he has very high self-confidence, self-confidence so exercise will directly affect the performance of athletes of the sport, and the relative academic performance good players will have more high exercise self-confidence, academic subjects of this study for 85 hours or more table tennis players have a higher self-confidence of the performance of sport.

Table 5 Different academic exercise self-confidence in one-way ANOVA summary table

Sample Name	Variance	Average	Standard Deviation	Variance Analysis					Unplanned Comparison	
				Variance Source	SS	Degree of Freedom	MS	F Value		p Value
Exercise	Freshman	72.86	10.69	Between	2857.873	5	571.575	2.506	0.03	b>c
Self-Confidence	Sophomore	82.87	18.69	Group						
	Junior	69.66	13.54	Within	30103.903	132	228.060			
	Senior	73.78	13.39	Group						
	Institute	75.94	17.68	Total	32961.775	137				
		6.8	32.53							

* P<.05 a. More than 90 points ; b. More than 90 points ; c. More than 90 points ; d. More than 90 points ; e. More than 90 points ; f. Fail

3.2.5 Scholarships table tennis players in the comparison of differences in exercise self-confidence

Table 6 from the Taiwan area was informed that the table tennis players table tennis players in the sport scholarships confidence different scoring scale, with one-way ANOVA found that whether there is a scholarship sport of table tennis player was no significant difference between self-confidence, express Billiards players will not see if they have received scholarships because of their self-confidence have a different sport. Scholarships may be due to the Taiwan table tennis players, it is added value, not the main purpose of the availability of scholarships and thus self-confidence of the players do not have a significant impact on performance.

Table 6 Table tennis players of sports scholarships

confidence independent samples t test summary table.

Sample Name	Scholarship	Average	Standard Deviation	t Value	p Value
Exercise	Yes	72.27	17.99	-5.96	.283
Self-Confidence	No	74.29	14.94		

3.3 Comparison table tennis players of the difference in career development

Taiwan college career, the development of table tennis players of the current situation such as shown in table 7, post-secondary career development of table tennis players of the subscale average scores were "career exploration" 3.57; "environment to explore," 3.52; "career orientation" 2.43. Scores are in moderate circumstances, show that Taiwan's college career, the development of table tennis players generally good situation. In career development factors, the "career exploration" factor scores higher than the "environment to explore" possible for college table tennis players for their future career development has a certain degree of awareness and understanding, so in the "career exploration" factor for the case of higher scores.

Table 7 College table tennis player in the career development of all dimensions of the scoring summary table

Factor Orientations	Questionnaire No.	Average	Standard Deviation
Career Exploration	12, 13, 14, 2, 21	3.57	.47
Environmental Exploration	15, 16, 1, 17	3.52	.41
Career Orientation	3, 9, 4, 20, 8	2.96	.59
Career Decision Making	10, 11, 5, 6	2.43	.45

3.4 To understand Taiwan's table tennis players self-confidence and the relationship between career development

From Table 8 we can see that, Pearson product-moment correlation analysis of the exercise of outstanding table tennis players confidence and career development of the relevant circumstances, "to explore the environment" and exercise self-confidence; "career orientation", "career decision" and "career exploration"; "career decision" and "career orientation" are showing a significant positive relationship exist. Table tennis player so the higher exercise self-confidence to explore the environment they are, the more good, career-oriented while the more good the better career exploration, career decision making, the better are the more excellent career exploration and career decision making career orientation is the more the better good.

Table 8 Table tennis players exercise self-confidence and career development of product-moment correlation

Self-Confidence	Career Exploration	Environment Exploration	Career Oriented	Career Decision
Self-Confidence	1.00			

Career Exploration	.016	1.00			
Environment Exploration	-.433 **	.085	1.00		
Career Oriented	-.086	-.524 **	-.087	1.00	
Career Decision	-.054	.530 **	.052	.600 **	1.00

4. CONCLUSIONS AND SUGGESTIONS

4.1 The conclusion

Weinberg et al. (1999) study indicated that self-confidence will trust their own athletes, and make themselves believe they have the ability to complete work or goals, through the statistical description and analysis, this study was caused by the following major empirical dis-covery:

4.1.1

table tennis player in Taiwan's background characteristics, in addition to whether a scholarship from an outside, its no special gap.

4.1.2

table tennis player in Taiwan's background characteristics, the academic performance of the confidence in the sport, reaching a significant correlation; and more than 85 points than 80 points above the academic achievement of the table tennis players have a higher confidence exercise heart orientation, the remaining background variables related to the development of sport self-confidence, are not significantly related.

4.1.3

exercise self-confidence and "to explore the environment"; "career decision" and "career orientation" were significant positive correlation.

4.2 SUGGESTIONS

4.2.1 Research applications

Table tennis coaches and players in the planning of training prescription, the player can keep abreast of the psychological state, such as can suit the remedy to even be able to reach a multiplier effect, a player to engage in intense exercise, have to dry entry from the basic moves to start to develop, successive Jin-Sheng, and finally to the sophisticated skills and tactics, training, performance has outstanding score, which complete the entire training process, if they do not have any good and firm support to do sport psychology, it is difficult for the continued training of one of the difficult burden, then Do not go on even more excited to talk about demands a more active driving force for progress. These mental activities are easy to match teams have a favorable and unfavorable effects of an outstanding outstanding coaches, should be like an experienced psychology as team members can keep abreast of the psychological state, such as to prescribe the right remedy, the players adjust emotions and state of competition in order to maintain the smooth conduct of competition and play, it is recommended the coach of China's table tennis players can be found in the light of this study with

psychological guidance.

4.2.2 Follow-up research proposals

Researchers think table tennis players of sport self-confidence and other factors affect each other, so for the above-mentioned factors can be quite in depth to explore the West, must have access to more complete skills, should enable the study of the depth of better.

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