ISI KANDUNGAN

FAKULTI SAINS SUKAN DAN KEJURULATIHAN	MUKA SURAT
Ong Kong Swee	
Tajuk Kajian: The Effects Of Different Imagery Perspectives Training On A Psychomotor Task	1-2
Ahmad bin Hashim	
Tajuk Kajian: Konstruk Bateri Ujian dan Perbandingan Tahap Prestasi Keupayaan Motor Pelajar Sekolah Menegah Malaysia	3-4
Nelfianty bte Mohd Rasyid	
Tajuk Kajian: Motif Penglibatan, Orienatasi Matlamat dan Gaya Kepimpinan Jurulatih Dari Perspektif Atlet Sekolah Sukan Malaysia	5-6

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Tajuk : The Effects Of Different Imagery Perspectives Training On A Psychomotor Task

Abstrak 1 :

Kajian eksperimental ini meneliti perubahan prestasi hasil dari latihan perspektif imagery terhadap kemahiran tertutup (tolakan) hoki. Pemain hoki elit (N=75) dari Sekolah Sukan Bandar Penawar yang berumur antara 14 hingga 17 tahun, telah diagihkan secara rawak ke dalam tiga kumpulan (imagery dalaman, imagery luaran dan kawalan) berdasarkan skor ke dalam VVIQ mereka. Subjek dalam kedua-dua kumpulan eksperimen menjalani latihan perspektif imagery masing-masing selama sepuluh minit bagi tempoh enam minggu (2sesi seminggu). Semenatar kumpulan kawalan hanya melakukan aktiviti fizikal disepanjang tempoh kajian. Di akhir sesi intervensi, semua subjek telah menjalaani ujian pasca yang terdiri daripada sepuluh percubaan kemahiran tertutup hoki. Ujian pra dan pasca terdiri dari sepuluh percubaan tolakan hoki dan soal selidik CSAI-2 akan dilengkapkan oleh semua kumpulan. Statistik deskriptif, ANOVA, dan ujian perbandingan pos hoc Turkey telah digunakan untuk menganalisis data. Kajian ini mendapati bahwa latihan imagery secara signifikannya mempertingkatkan prestasi kemahiran tertutup pukulan tolakan hoki ($p<0.05$). kumpulan imagery luaran menunjukkan perbezaan yang signifikan berbanding kumpulan kawalan bagi komponen pelaksanaan, ketepatan dan kelajuan ($p<0.05$). Walaubagaimanapun, tidak terdapat perbezaan yang signifikan diantara kumpulan imagery dalaman dan kumpulan kawalan untuk kompenen pelaksanaan. Akhir sekali, kumpulan eksperimen menunjukkan kumpulan yang signifikan dalam skor CSAI-2 berbanding dengan kumpulan kawalan ($p<0.05$). Kumpulan eksperimen menunjukkan kemajuan yang signifikan dalam skala gagasan tahap kebimbangan kognitif dan tahap kebimbangan somatik berbanding dengan kumpulan kawala ($p<0.05$). Kumpulan imageri luaran menunjukkan kemajuan yang signifikan dalam skala gagasan keyakinan diri berbanding dengan kumpulan imageri dalaman dan kumpulan kawalan ($p<0.05$). Kajian ini menyimpulkan bahwa latihan imageri mempertingkatkan prestasi kemahiran tertutup, menambahkan keyakinan diri dan mengurangkan kebimbangan kognitif dan somatik di kalangan pemain pemain.

Abstract 2 :

This experimental study investigate the changes in performence as a results of imagery perspective training on a closed skill in field hockey. Seventy – five elite hockey players aged 14 to 17 years, from Bandar Penawar Sport Schools were randomly assigned to three groups (internal imagery group,

external imagery group and control group) based on their VVIQ scores. The subjects in the experimental group trained 10 minutes in their respective imagery perspective training mode for six weeks (2 sessions per week) while the controlled group performed only physical practice during this period. After the intervention, all the subjects performed a post-test of on the closed skill task. Pre-test and Post-test scores consisted of ten push strokes and CSIA-2 questionnaire were recorded for all groups. Descriptive statistics, ANOVA and the Turkey comparisons test were employed to analyze the data. The findings of this study showed that imagery training significantly enhanced the performence of the performance of the closed skill task ($p<0.05$). The external imagery group performed significantly better than the control group on the execution, accurancy and speed component ($p<0.05$). However, there was no significant difference significantly better than the controlled group on the execution component. Finally, the experimental group showed a significant improvement in CSAI-2 scores as compared to the controlled group ($p<0.05$). The experimental group performed significantly better in the cognitive anxiety and somatic anxiety scale as compared to the control group ($p<0.05$). The external imagery group showed a significant improvement in Self Confidence State Scales compared to internal imagery group and controlled group ($p<0.05$). This study concluded that imagery training enhanced the performence of the closed skill task, increased self-confidence and reduced the cognitive and somatic anxiety among players.

Nama : Ahmad bin Hashim

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Tajuk : Konstruk Bateri Ujian dan Perbandingan Tahap Prestasi Keupayaan Motor Pelajar Sekolah Menegah Malaysia

Abstrak 1 :

Tujuan kajian ini ialah untuk membina bateri ujian dan perbandingan tahap prestasi keupayaan motor bagi pelajar Tingkatan Satu, Dua, Tiga, Empat dan Lima Sekolah menengah Semenanjung Malaysia. Sebanyak 17 jenis ujian ditadbirkan ke atas 1500 orang pelajar (830 orang lelaki dan 670 orang perempuan). Pengukuran prestasi keupayaan motor diperoleh berdasarkan konstruk bateri ujian yang terdiri daripada 12 ujian utama iaitu ujian lompat kuasa menegak, ujian lompat menegak, ujian lari pecut 6 saat, ujian lompat jauh berdiri, ujian melontar bola keranjang, ujian lari pecut 50 ela, ujian kayu bass menegak, ujian kayu bass melintang . ujian tindak balas pilihan, ujian lari ulang alik 30 kaki, ujian kepantasan tangan Nelson dan ujian lompat kuadran. Ujian ANOVA Tiga Hala menunjukan terdapat perbezaan yang signifikan terhadap prestasi keupayaan motor di kalangan pelajar Tingkatan Satu, Dua, Tiga, Empat dan Lima berdasarkan etnik $F(2,1470) = 3.707$, $p < .05$, jantina $F(1,1470) = 1067.65$, $p < .05$ dan tingkatan $F(4,1470) = 21.458$, $p < .05$. Ujian MANOVA menunjukkan terdapat perbezaan yang signifikan di antara etnik $F(12,2984) = 4.41$, $p < .05$ jantina $F(6,1483) = 223.72$, $p < .05$ dan tingkatan $F(24,5199.20) = 9.62$, $p < .05$ terhadap prestasi skor ujian kepantasan, ketangkasan, keseimbangan, masa reaski, kuasa dan koordinasi di kalangan pelajar Tingkatan Satu, Dua, Tiga, Empat dan Lima sekolah menegah di Malaysia. Analisis regresi berganda menunjukkan terdapat kesan pengaruh etnik, jantina, berat badan, ketinggian, tingkatan dan Indeks Jisim Badan yang signifikan ke atas prestasi keupayaan motor, $F(10,1489) = 163.511$, $p < .05$. Sebanyak 53.7% varian dalam keseluruhan prestasi keupayaan motor dapat diterangkan oleh pembolehubah jangkaan tersebut. Daripada jumlah tersebut, pemboleh ubah jantina merupakan pengaruh utama terbesar dan menyumbang senayak 45.3% daripada keseluruhan varian (52.3%) terhadap prestasi skor keupayaan motor. Manakala selebihnya 7% lagi disumbangkan masing – masing oleh pengaruh etnik sebanyak .02%, tingkatan sebanyak 4.6% dan 2.2% lagi disumbangkan oleh pengaruh Indeks Jisim Badan, ketinggian dan berat badan. Kesimpualan kajian ini menunjukkan pelajar perempuan etnik Cina mempunyai prestasi keupayaan motor yang lebih tinggi dan signifikan berbanding dengan pelajar Melayu dan India. Kajian juga menunjukkan prestasi keupayaan motor pelajar lelaki lebih tinggi dan signifikan berbanding perempuan. Bagi pelajar perempuan, tidak terdapat perbezaan prestasi keupayaan motor yang signifikan di antara pelajar Tingkatan Satu, Dua, Tiga, Empat dan Lima. Pelajar lelaki Tingkatan Satu dan Tingkatan Dua serta pelajar

lelaki Tingkatan Tiga, Empat dan Lima tidak menunjukkan perbezaan yang signifikan terhadap keupayaan motor.

Abstract 2 :

The major purpose of the study was to develop test battery and to compare of level of motor performence for Malaysian secondary school students in Form One, Two, Three, Four and Five on their motor ability performences. Seventeen tests were administrated to 1,500 Malaysian secondary school students comprising 830 males and 670 females. Motor ability performences level was determined by six second dash, fifty yard dash, bass stick crosswide, bass stick lengthwise, quadrant jump, shuttle run, standing broad jump, standing vertical jump, vertical power jump, Nelson choice response movement, Nelson speed of movement, and basketball throw for distance. A Three Way ANOVA revealed a significant of Form One, Two, Three, Four and Five of Malaysian secondary school students based on ethnic $F(2,1470) = 3.707$, $p < .05$. gender $F(1,1470) = 1067.65$, $p < .05$ abd level of schooling $F(4,1470) = 21.458$, $p < .05$. MANOVA study results revealed a significanr difference between ethnic $F(12,2984) = 4.41$, $p < .05$ gender $F(6,1483) = 223.72$, $p < .05$ and level of schooling $F(24,5199.20) = 9.62$, $p < .05$ on speed, balance, agility, power, reaction time and coordination of Form One, Two, Three, Four and Five of Malaysian secondary students. A multiple regression analysis results indicared that all the predictors (factors gender, body weight, height, level of schooling and body mass index was significantly related to the motor ability performence $F(6,1493) = 288.790$, $p<.05$. The only useful predictor of motor ability performence is gender. It alone accounts for 45.3% of the variance of the motor ability performence, while the other variables contribute only an additional 7%. Based on the statistical results, it can be concluded that female Chinese students performed significantly better than the Malay and Indian students on motor ability performence. Male students performed significantly better than the female students on motor ability performance. As far as female students are concerned, a major finding is that there was no significant differences in the motor ability performence scores found between Form One, Two, Three, Four and Five. It was also found that male students in Form One and Two did not differ significantly in their motor ability performence and the male students of Form Three, Four and Five were also sho the same result.

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Tajuk : Motif Penglibatan, Orienatasi Matlamat dan Gaya Kepimpinan Jurulatih Dari Perspektif Atlet Sekolah Sukan Malaysia

Abstrak 1 :

Kajian ini bertujuan mengenalpasti motif penglibatan dalam sukan, orientasi matlamat, gaya kepimpinan jurulatih yang digemari atlet serta gaya kepimpinan sebenar yang diamalkan oleh jurulatih di Sekolah Sukan Malaysia. Kajian ini juga bertujuan mengenalpasti perkaitan antara setiap pembolehubah dan pengaruhnya terhadap pencapaian prestasi. Instrumen kajian yang digunakan ialah soal selidik Motif Penglibatan Sukan (MPS), Task and Ego Orientation in Sport Questionnaire (TEOSQ), Leadership Scale for Sport (LSS) versi kegemaran dan persepsi atlet. Subjek kajian adalah populasi atlet di kedua-dua buah Sekolah Sukan Malaysia pada tahun 2007 (N=854 ; SSBJ = 409, SSBP = 445). Dapatan kajian menunjukkan motif penglibatan atlet mengikut urutan kepentingan ialah Kebanggaan Keluarga, Peningkatan Kemahiran, Kesihatan dan Kecergasan, Menaikkan Nama Negara, Inginkan Cabaran, Jaminan Masa Depan, Inginkan Kejayaan, Kestabilan Emosi dan Kebanggaan Diri. Atlet sekolah Sukan Malaysia menggemari gaya kepimpinan jurulatih yang kurang digemeri dan kurang diamalkan ialah autokratik. Analisis Ujian-t dan ANOVA menunjukkan terdapat perbezaan yang signifikan bagi motif penglibatan, orientasi matlamat, gaya kepimpinan yang digemari dan diamalkan berdasarkan jantina, umur, dan jenis sukan yang diceburi. Hasil canonical correlation menunjukkan terdapat perkaitan antara motif penglibatan, gaya kepimpinan yang digemari dan gaya kepimpinan yang diamalkan. Analisis regresi pelbagai menunjukkan atlet yang bermotifkan Peningkatan Kemahiran dan menggemari gaya kepimpinan Maklum Balas Positif berpotensi menjadi atlet yang berjaya dalam sukan. Sebaliknya, atlet yang mengutamakan motif ekstrintik seperti Meningkatkan Nama Negara dan Jaminan Masa Depan memberi kesan yang negatif kepada prestasi pencapaian. Kesimpulannya, bagi meningkatkan penglibatan dan pencapaian atelt remaja dalam sukan, pihak tang terbabit dengan perancangan dan pelaksanaan program latihan perlu mengetahui perkara yang mempengaruhi motivasi atlet dan menyediakan persekitaran latihan yang dapat memupuk motivasi instrintik dalam diri atelt. Berdasarkan dapatan kajian, beberapa implikasi dan cadangan kajian lanjutan dikemukakan untuk menambah pengetahuan kepada pentadbir sukan remaja.

Abstrak 2 :

The purpose of this study was to identify the participation motives, goal orientation, preferred coaching styles of the Malaysian Sport Schools' atheletes and their respective coaches' coaching styles. This study also examined the

relationship between all the variables and their influence on the athletes' performence. Instruments used in this study were Motives for Sports Participation (MPS), Task and Ego Orientation in Sport Questionnaire (TEOSQ), athlete's preferred and perceived version of the Leadership Scale for Sport (LSS). The whole population of the two Malaysian Sports Schools for the year 2007 (N=854 ; SSBJ = 409, SSBP = 445) were recuited for this study. Results of the study showed that motives for participatation ranked accordingly, were Pride for the family, Improving Skill, Health and Physical Fitness, Doing the Country Proud, Yearn for Challanges, Better Future, Eager to Succeed, Emotional Stability and Self Pride. The findings also revealed that the athletes were more inclined towards Task Orientation tah Ego. Coaching styles preferred by the athletes were Training and Instruction, Democratic, Social Support and Postitive Feedback. The present coaching styles practiced by the coaches were similar to the styles preferred by the athletes. Autocratic behaviour was the least preferred coaching styles and seldom practised by the coaches themselves. T- test and ANOVA analyses revealed significant diferences for particatitaion motives, goal orientation, preferred and present coaching styles based on gender age and types pf sports. Canonical correlation showed relationships existed between participatation motives, preferred and present coaching styles. Multiple regression analysis showed that athletes who chose participation motives for Skill Improvement and preferred Positive Feedback coaching styles are more likely to become successful athletes. However, athletes who choose extrinsic motives such as Doing The Country Proud and Better Future as their main motives will negatively affect their achievements. In conclusion, to improve the commitment and achievements of the young athletes in sports the authorities involved in the development and planning of the sport programme should know in depth on what motivates the athletes the athletes and provide training climate that can cultivate the instrintic motivation within them. Several implications and suggestions were highlighted for future research.