

# POSTERS ABSTRACTS



séances notre sportif est invité à faire des entraînements seul sur ces techniques.

Comme outil de mesure nous avons utilisé l'Echelle d'Etat d'Anxiété Compétitive (EEAC, Brière, N.M., Vallerand, R.J., Blais, M.R., & Pelletier, L.G., 1995). Elle permet de mesurer la confiance en soi d'état, l'anxiété cognitive d'état et l'anxiété somatique d'état. L'inventaire de la performance psychologique (Jeams Loher, 1983).

Nous avons analysé les résultats obtenus au niveau des scores affichés concernant le profil psychologique et les composantes de l'échelle d'état d'anxiété et ceci à la lumière des propos recueillis lors des entretiens et en fonction des observations faites sur le terrain.

L'analyse du contenu des entretiens a permis de souligner un certain impact positif des exercices de méditation lors de la situation de compétition. Cette stratégie a été décrite par notre athlète comme étant un outil facilitateur de la concentration et de la gestion du stress compétitif. Les scores obtenus lors du pré-test et post-test au niveau des composantes de l'anxiété et au niveau des facteurs psychologiques confirment ces propos.

Les observations faites sur le terrain témoignent elle aussi de l'apport bénéfique de cette technique.

#### POS2-106

##### **The Design, Implementation and Evaluation of a Resilience Enhancement Program for Youth Swimmers**

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A Personal Construct Psychology (Kelly, 1955/1991) framework guided the design, implementation and evaluation of a resilience enhancement intervention for youth swimmers. Thirty-six youth swimmers (mean age = 15 years, *SD* = 1.5 years) averaging 6.6 years competition experience (*SD* = 2.1 years) agreed to participate. Resilience was measured using the Dispositional Resilience Scale (Bartone, Ursano, Wright & Ingraham, 1989) pre and post intervention. Physical performance improvements were also recorded for the 50m, 100m, and 200m freestyle. Treatment group participants received a 12-session intervention, employing contemporary resilience characteristics and situations (Chambers, Gordon & Grove, 2007). Control group participants received basic motivation instruction. Social validation and treatment integrity checks were included to increase intervention validity. Results failed to reveal significant interaction effects for either the experimental ( $F [8, 120] = 1.25, p > .05$ ) or control group ( $F [8, 152] = .65, p > .05$ ). Four experimental

group participants evidenced significant resilience enhancement (HG ( $F [2, 8] = 32.20, p < .05$ ), TC ( $F [2, 8] = 12.07, p < .05$ ), WG ( $F [2, 8] = 7.68, p < .05$ ), and NV ( $F [2, 8] = 6.87, p < .05$ )). One control group participant reported a significant increase in resilience (SM ( $F [2, 8] = 26.81, p < .05$ )). Both experimental ( $F [2, 8] = 7.83, p < .05$ ) and control ( $F [2, 8] = 6.88, p < .05$ ) groups evidenced swimming improvements following the intervention. Therefore, despite not finding group effects, results did evidence some positive individual improvements in resilience.

#### POS2-107

##### **Psychometric properties of the Task and Ego Orientation in Sport Questionnaire (TEOSQ) adapted to the Mexican context.**

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The objective of the study was to analyze the psychometric properties (factor structure and reliability) of the TEOSQ (Task and Ego Orientation in Sport Questionnaire; Duda, 1989) when adapted to the Mexican context, and to ascertain if there are gender-contingent differences. The questionnaire was distributed to 239 athletes (117 girls and 103 boys) competing in the National Children's and Youth Olympiad 2008, with an age range of 12 to 18 years ( $M = 14.56, SD = 1.67$ ), from 14 different sporting disciplines. Exploratory factor analysis supported the structure of the instrument obtained in previous studies. Results indicated two independent subscales, which explained 55.9% of the total variance (34.74% task orientation and 21.13% ego orientation). Furthermore, both the task orientation and ego orientation dimensions showed an acceptable internal consistency ( $\alpha = .85$  and  $\alpha = .85$  respectively). The confirmatory factor analysis revealed satisfactory goodness-of-fit indices:  $\chi^2/df = 2.74, p = .000, RMSEA = .085, GFI = .90, IFI = .91$  y  $CFI = .91$ . The analyses of variance undertaken to ascertain the differences between the gender based on the TEOSQ subscales indicated that the girls exhibited greater task orientation than the boys [ $t (df = 218) = 2.05, p < .05$ ].

Key words: TEOSQ (Task and Ego Orientation in Sport Questionnaire), factor analysis, psychometric properties, Mexican athletes.

#### POS2-108

##### **Present Situation and Interrelation of Social Support and Mental Health for Elite Athletes**

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This study, through investigating the present situation of mental health and social support of elite athletes and their correlation, focused on the individual

place engaged personally-prestige motives (46%) and material motives (23%). We are thinking, the result of the second test are more objective and right than in First test so as sportsmen were took excused from social norms, which can prevent frankly answer to questions.

In the same time it are witnessing that young sportsmen have the struggle of motives in process of sport activity, the struggle between personally-prestige motives and perfection motive first of all. Here be dominate at future it will be depend where go the process of forming of youn sportsmen personality. If the lead place will have the motives of interest, self-perfection, socis relation they will secure forming of harmonious and moral orienteering personality. If lead place will have personal-prestige and material motives, it may will expect that will be observe strengthening ego set, aspiration to achievement aim at any price that may lead to personality deformation of young sportsmen.

#### POS4-11

##### **The Relationship between Social Orientations and the Improvement of Communication Skills Through Sports Education Classes**

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The purpose of this study was to examine the relationship between the social orientations of university students and the improvement of their communication skills through their participation in sports education classes. One hundred and ten students participated in two table tennis or two badminton courses. In 6 out of 13 lessons, participants mainly played doubles matches. At the end of each match and at the end of each of the 6 lessons, they were required to answer several questions regarding their performance or communication with their partners or opponents. In addition, they recorded comments regarding their own behaviour and/or thoughts during matches at the end of the lessons.

The participants were also administered three types of questionnaires in order to measure a kind of social orientations or evaluate communication skills at the second and tenth lessons, including the Interpersonal Orientation Scale (Saito & Nakamura, 1987), the Encoding-Decoding Skills Test Ver.2 (Horike, 1994), and the Affective Communication Test (Friedman et al., 1980).

Statistical analyses indicated an overall improvement of the participants' communication skills through the sports education classes. However, while the communication skills of some participants were significantly improved, the skills of the others were not. Further analyses indicated that their perceived interpersonal orientation and/or the types

of the comments made by participants were correlated with the improvement of the communication skills. These results suggest that the psychosocial and/or behavioural orientations of the participants could moderate the improvement of their communication skills through the sports education classes.

#### POS4-12

##### **The Meaning of Being Cut for Teenage Basketball Players – The Brazillian Context**

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A number of studies show that sports have recently achieved the scale of large global industries. What should be reason for celebration could also turn into a source of concern, not only for parents, but also for all of society. For, whilst modern sport activities promote winning through self-improvement, many children and teenagers engage in fierce competition often not based on the initially proposed educational sports values. This essay aims to discuss the meaning of this phase to brazillian's teenage athletes who choose to take part in collective sports. A qualitative approach was taken to conduct the study of the moment when athletes get cut from teams. The methodology was based on group dynamics and on specific techniques, covering 14 male basketball players aged 16 and 17, who had been pre-selected to make the team for one of the units of the Confederation in 2007. The outcomes obtained through speeches and drawings range from ambiguity between emotion and rationalization, dismissal and selection, and stimulate further discussions about the influence of modern sports on our society.

#### POS4-13

##### **The Behaviour of Teachers and Pupils during Physical Education Classes at Primary Level in Mexico. Case Study.**

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The objective of this paper was to compare the behaviour of teachers and pupils during planned and unplanned physical education sessions in order to find out whether there are behavioural differences according to the experience of the teachers and the sex of the students. Two male teachers participated in this study: one teacher with 2 years' experience and one with 8 years' experience. The two teachers gave (1) one 30-minute unplanned lesson, (2) session dedicated to closed tasks, and (3) a session with open activities. The three sessions involved 30 elementary school pupils. Data were gathered by systematic observation. The instrument, Student Observation de

l'Élève/Université de Liège (OBEL/ULg, Piéron and Dohogne, 1980) was checked for reliability. Behaviour was recorded every 5 seconds. Results showed significant differences in favour of planned classes. Teacher gave more thorough presentations and feedback. Pupils paid more attention, showed more motor activity and there was less waiting time. The experienced teacher gave more thorough presentations, more feedback and classes required less organisation. The pupils of the experienced teacher showed more motor activity and less off-task behaviour. Boys displayed more motor activity and less waiting time, whereas the girls paid more attention to the information and showed less off-task behaviour.

Key words: behaviour, situations and planning with closed and open tasks.

#### POS4-14

##### **Young Champions: Study of the Sport trajectory of Children indoor Soccer Players From paran  State-Brazil.**

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The objective of this study was to investigate the sport trajectory of indoor soccer athletes young champions from the State of Paran -Brazil, seeking the detection of motives of persistence or desistance from the sport context, the time of permanence in sport and which are the intervening elements in the athletes' sport career. Participated on the study 118 indoor soccer athletes champions in young categories (under-07, under-09, under-11, under-13 and under-15) in the years 1996 and 1997. The instruments used were: a 10 years retrospective document analysis (within the Indoor Soccer Federation from Paran  State) and a structured interview. Data analysis was conducted through descriptive statistics, qui-square test and categorical contempt analysis. The results evidenced: the desistance rate of indoor soccer practice in the State of Paran  of the young champions athletes through the years (1996-2006; 1997-2007) was 89,75%; it was observed that for the categories under-11 and under-15 the higher prevalence of desistance (64,18% and 53,52%, respectively) occurred in the ages 14/15 ( $P < 0,05$ ). The determinant factors for persistence of the athletes in the context were: family support, financial support, social interaction and emotional support; the coach's role is highlighted, emphasizing the technical, tactical and affective support with children/athletes. So it is concluded: being champion in young categories is not a guarantee to become a sport talent in adult life. What seems to be more significant to the permanence of children in the sport context is the formation process and the adult's affective support.

#### POS4-15

##### **Psychosocial Correlates of Physical Activity in 14-Year old Boys and Girls**

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The purpose of this study was to examine the longitudinal relationships between psychosocial variables and physical activity in adolescence. A total of 203 14-year old boys and girls were studied. A follow-up measurement was carried out with the same subjects one year later. The variables assessed included self-reported moderate-to-vigorous physical activity (MVPA) and psychosocial variables. Results indicated that time barriers, body satisfaction, friends' attitude, grade point average and enjoyment of physical activities were significant predictors of physical activity for boys in the first measurement. Mother's level of physical activity, enjoyment of physical activity, time barriers, friends' and coach's attitude emerged as predictors for girls. In follow-up measurement, enjoyment of physical activity, fees paid by parent, fathers' attitude, friends' attitude, time barriers and home environment were consistent predictors of physical activity for boys. For girls, time barriers, body satisfaction, use of afternoon time, enjoyment of physical activities, friend's attitudes, and parents' level of physical activity were significant predictors of physical activity. The relative importance of determinants seems to differ for girls and boys and the pattern of these determinants appears to change over time.

#### POS4-16

##### **The Effects of Relaxation Techniques on Baseball Game Performances of Japanese High School Athletes**

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The effects of relaxation techniques have been investigated in some sport psychology field studies that often employ single-subject designs. In single-subject designs, researchers may find out small but consistent and practically significant changes without overlooking important intervention strategies. However, studies testing the effects of mental practices and adopting a single-subject design were very few in Japan. Hence, the purpose of this study was to assess the effects of relaxation techniques on the performances of two high school baseball players. According to their wishes of something to do on their batting performance when they would get tense, we gave some examples of players taking a progressive muscle relaxation before stepping up to the plate or watching a focal point when something goes wrong, and made suggestions that they should train relaxation techniques and employ them as pre-

On the grounds of the achieved results and the disclosed interactions between the researched indexes, general directions were drawn aimed at elaboration of a model for training of psychological skills in the elite sport.

#### POS4-75

##### **Measuring Imagery Ability and Athlete Skill**

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The primary purpose of this study was to examine the relationship between the skill level of the athlete and imagery ability. The secondary purpose was to examine predictive validity of three imagery ability tests: the Sports Imagery Questionnaire (SIQ; Hall, et al. 1998), Vividness of Motor Imagery which was measured by audio tape (VMI; Inomata 1990) and Cognitive Movement Time after actual sport was performed at field (CMT; Yamamoto, et al. 2008).

Participants were 100 trained male varsity athletes. T-tests and discriminate function analysis were used for data analysis. The results of those experiments indicate that with regard to performance skill of regular group compared with that of non-regular group using T-test, the ratio of image application in SIQ revealed significant 5 % level dominance for the regular group. Furthermore, in terms of MIT, which reproduces images of the actual sports performance, CMT revealed significant 5 % level dominance for the regular group.

In addition, by using discriminant functional analysis, it was found that imagery ability affected performance skill as shown in the following ranking relation: CMT>SIQ>VMI.

The present results provide an indication that actual imagery use is related to the skill level of the athlete and sport. This issue needs to be explored further.

#### POS4-76

##### **Preliminary Investigation: Understanding the Internal Aspects of Elite Athletes - Approach Using the Landscape Montage Technique**

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In Japan, there are two main approaches for psychological support in sport, namely, Sport Mental Training (SMT) and Sport Counseling (SpC). The former approach focuses on one's consciousness or behavior providing psychological skills training for athletes' performance enhancement. The latter approach, on the other hand, focuses on clinical or sub-clinical issues. In this approach, it is necessary for a sport counselor to understand athletes not only at conscious level but also at the unconscious level. Elite athletes who compete under high-pressured circumstances often have to deal with their behavior affected by their unconsciousness. To provide

psychological support for elite athletes, thus, it is required to have better understanding of the athletes.

The purpose of this study was to understand the internal aspects of elite athletes by using the Landscape montage Technique (LMT). Participants were elite athletes who competed at the international level including the Olympic Games. This study was conducted during the individual support sessions.

From the analysis of the utilization of space and production of item pictures, the elite athletes represented the mixture of items that were considered as healthy control subjects (e.g., the composition of large group items) and psychopathological (e.g., the expression of river and division of space). In addition, the expression of their high energy was identified from the points that attract the psychologist's attention. Given those results, the discussion was carried out from the psychodynamic perspective.

#### POS4-77

##### **An Analysis of Psychological Skill of Collegiate Amateur Golfers**

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The purpose of this study was to investigate whether psychological skills (concentration, imagery, goal-setting, routine, confidence, etc) influence golf performance of college amateur golfers based on their handicaps. There were a total of 191 respondents to the questionnaire. Their handicaps were ranged from 3 to 36. The golf psychology questionnaire (GPQ) developed based on questions from the MTE-1 was used. This tool was designed to determine the level of mental strength of golfers, as well as the extent to which golfers practiced certain mental skills. Results showed that, as expected, low handicappers were rated higher on mental skill factors. More advanced players were more confident with club selection, and are able to focus on one shot at a time, mentally rehearse each shot more, visualize their putting stroke and the ball going in the hole, as well as use more pre-shot routine, than higher handicap players. Higher handicappers were more frustrated by a poor start and tend to feel more anxious before hitting off the first tee. Many beginners, intermediate or even advanced level golfers take lessons to improve their techniques. Coaches or teaching professional golfers can help with the physical aspects of the game, but are less able to adequately instruct on psychological matters. Therefore, developing psychological skills in golf are critical factors to reach one's potential and peak performance

#### POS4-78

##### **Psychological Skills in Elite Youth Swimmers**

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The aim was to ascertain the different psychological skills found among elite youth swimmers. The subjects were 330 swimmers competing at the 2nd World Youth Swimming Championships. There was a split of 55% males and 37% females, and the ages ranged from 13 to 18 years. The events were split into speed events (71%) and long-distance events (12%), including the following styles: free style (34%), back stroke (16%), breast stroke (13%), butterfly (16%) and individual medley (6%). The questionnaire used was the Psychological Skills Inventory for Sports (PSIS R-5) in its three adapted versions: English ( $\alpha = 0.674$ ), Spanish ( $\alpha = 0.783$ ) and French ( $\alpha = 0.732$ ). The inventory is made up of six subscales: concentration, confidence, motivation, mental preparation, team emphasis and anxiety control. Each version is reliable: Spanish, French and English. In terms of the differences in psychological skills between the sexes, there was only a difference in the team emphasis skill [ $t(295, n = 297) = -2.641, p = .009$ ], for which the females ( $M = 25.59, SD = 3.76$ ) obtained a higher average in comparison to the males ( $M = 24.37, SD = 4.02$ ). Comparing the ages, again the team emphasis skill showed significant results [ $f(5, 316) = 2.58, p = .026$ ] after analysing the post-hoc tests it was revealed that the most significant difference was among the 15 year-olds ( $M = 26.09, SD = 3.68$ ) and 16 year-olds ( $M = 23.64, SD = 4.47$ ), with an average difference of 2.44. The psychological skills based on distance differed in the concentration [ $t(268, n = 270) = 2.314, p = .021$ ] and confidence skills [ $t(296, n = 298) = 2.69, p = .008$ ], with those swimmers competing in speed events scoring the highest in both categories. With respect to the comparison between the psychological skills and style, the assessment of the post-hoc test revealed differences in the anxiety control skill [ $f(4, 264) = 2.972, p = .020$ ], and found that the biggest difference was between free style ( $M = 31.32, SD = 4.10$ ) and back stroke ( $M = 29.10, SD = 4.61$ ). The conclusions of this study allow us to establish a certain performance profile for international elite swimmers.

#### POS4-79

##### **Mental Toughness and Flow State among Egyptian Athletes of Racket Sports**

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The general purpose of this investigation was to examine the relationship of mental toughness and flow state among Egyptian racket athletes. A secondary purpose was to study the differences

among three racket sports, namely Squash, Tennis and Badminton, and also between males and females. The sample consisted of 90 athletes, 30 from each of the racket sport, 15 males and 15 females, from Cairo, Egypt. Psychological Performance Inventory (PPI) by Jim Lohear and Flow State Scale (FSS-2) by Csikszentmihalyi were used as instruments to collect data. The findings indicated a positive correlation between mental toughness and flow state, and significant differences among the three racket sports.

#### POS4-80

##### **Mental Skill Profiles of Elite Brazilian Trampoline Athletes in 2004 and 2008**

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Developing mental skills is essential for training and competition in sports. This research investigated the mental skills profiles of elite Brazilian trampoline gymnasts in 2004 and 2008. Data were collected through demographic and OMSAT-3\* questionnaires, from 12 female athletes, nine with international level and three with national level experiences. These athletes were aged between 10 and 19, ( $14.97 \pm 2.60$ ) in 2004, and between 14 and 23, ( $18.77 \pm 2.60$ ) in 2008. The mean experience duration in 2004 at the national level was 3.27 ( $\pm 1.42$ ), and at the international level was 3.17 ( $\pm 0.98$ ), for six of these gymnasts. In 2008, the mean experience at the national level was 5.91 ( $\pm 1.81$ ), and 4.0 ( $\pm 2.21$ ) at the international level, for 10 of these athletes. The OMSAT data were compared with the Wilcoxon Test. The profiles of mental skills of these gymnasts were significantly different between the 2004 and 2008 studies. The dimension of imagery improved (5.13 and 5.67  $p=0.008$ ), but mental practice did not significantly increase (4.77 and 5.13  $p=0.079$ ). These gymnasts did not improve their mental skills, probably, because no regular specific work in sport psychology was developed with this group, and the results were similar to the national and international findings (Durand-Bush, Salmela, 2002; Vianna Júnior, Lebach, Rabelo, Mourthé & Salmela, 2005; Salmela, Mosayebi & Monfared, 2007).

#### POS4-81

##### **Mental Skills Profile of Brazilian National Female Junior Volleyball Athletes in 2007 and 2008**

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