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Use of Psychological Skills Training by NCAA Softball Teams

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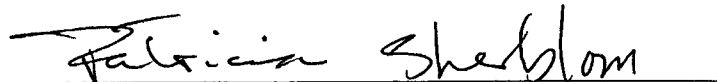



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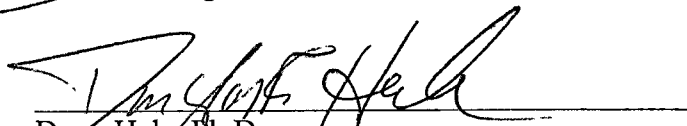
USE OF PSYCHOLOGICAL SKILLS TRAINING

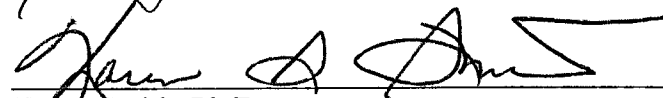
BY NCAA SOFTBALL TEAMS

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USE OF PSYCHOLOGICAL SKILLS TRAINING

BY NCAA SOFTBALL TEAMS

by

Angie Kenney

PROJECT

Presented to the Graduate Faculty of Kinesiology

The University of Texas of the Permian Basin

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for the Degree of

MASTER OF SCIENCE

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Abstract

The purpose of the study was to determine if there were significant differences in the use, administration, frequency, and coaches' perceived benefit of psychological skills training (PST) among NCAA Division I teams that qualified for a regional tournament, teams that did not qualify for a regional tournament with .500 or above winning percentage, and teams that did not qualify for a regional tournament with below .500 winning percentage. No significant differences were found between more and less successful NCAA Division I softball teams in the use, administration, frequency, and coaches' perceived benefit of PST based on performance with the season outcome as the measure of success. It is likely that the accuracy to which a coach matches the potential skills, administrators, and frequency of PST to the needs of the team may be the significant component of psychological skills training. Future studies are recommended.