EFFECT OF STANDARD AUTODGENIC TRAINING ON PSYCHOPHYSIOLOGICAL RESPONSES IN ELITE BOWLERS PRIOR TO COMPETITION

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Abstract

Purpose: The main aim of this study was to investigate the effectiveness of standard autogenic training on psychophysiological responses between pre and post intervention in elite bowlers prior to competition. This is the real-life setting for the bowlers, it will be more representatives the nature of anxiety prior to competition.

Methods: Eight Malaysian elite bowlers had international experience in international bowling competitions participated in this study. They were provided written informed consent to undertake this research and were obtained an institutional ethics committee approved the procedures of this study. The standard autogenic training was carried out twice a week, 30 minutes/session after collected the baseline data and all the sessions were assisted by the sport psychologist at the meeting room of training venue 8 weeks prior to official international competition. After completion of 8 weeks intervention program, the players were assessed on the psychophysiological responses one day prior to international competition at the competition venue. All data points for Skin Temperature (TEMP), Skin Conductance (SCL) and Heart Rate (HR) were recorded with Biofeedback 2000 x-pert Schuhfried and aggregated for each minute.

Results: A paired-samples t-test indicated that the pre-intervention TEMP was significantly lower (M=29.19, SD=2.90) than the post-intervention (M=32.37, SD=0.96), p<.05. The pre-intervention SCL scores revealed significantly higher (M=12.43, SD=4.92) than the post-intervention (M=9.13, SD=2.83), p<.05. There were a significant higher of HR during pre-intervention (M=81.16, SD=15.39) than the post-intervention (M=72.50, SD=12.74), p<.05.

Conclusion: Standard Autogenic Training appears to be useful procedure to induce significant changes in all the psychophysiological responses in current study.

Key Words: Psychophysiological/ Responses/ Biofeedback/ Standard Autogenic Training

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EVALUATION PREFERENCES OF COLLEGIATE COACHES’ LEADERSHIP BEHAVIORS AND GENDER AMONG VARSITY FEMALE STUDENT ATHLETES

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Abstract

Purpose: The main purpose of this study was to focus on varsity female student-athletes’ preferences of coach’s leadership behaviours and coach’s gender between independent sports and interdependent sports.

Methods: Varsity female student-athletes were recruited randomly between independent and interdependent sports of 16 universities in Malaysia. A demographic form and the Revised Leadership Scale for Sport (RLSS: Zhang et al., 1997) were employed in current study.

Results: Descriptive statistics for task dependence on all six dimensions of RLSS questionnaire indicated varsity female student-athletes preferred Democratic Behaviour (Independent sports: M = 49.95; SD = 5.75; Interdependent sports: M = 49.25; SD = 6.07) and Positive Feedback (Independent sports: M = 49.88; SD = 8.86; Interdependent sports: M = 49.57; SD = 6.62) from their coaches more than other dimensions. Means scores of the five dimensions in RLSS were higher for independent sports than interdependent sports, except for the Autocratic Behavior dimension which had lowest scores (Independent sports: M = 13.44; SD = 3.67; Interdependent sports: M = 21.72; SD = 5.24) if compared to other dimensions. Results of MANOVA indicated that there were significant differences [F (6, 414) = 2.473, P < 0.05; Wilks’ Lambda = 0.965] in the preference of coach leadership styles based on task dependence. Differences were significant for Autocratic Behaviour [F (1,419) = 7.96, P < 0.05], Situational Consideration [F (1,419) = 4.20, P < 0.05]. Chi-Square statistic with two-by-two table was computed the task dependence for preferred coach’s gender (male or female coach). This study found that there were no significant differences [χ² (421) = 2.102, P = 0.175] between the subjects who preferred male coaches and female coaches. Results indicated that 67% of the subjects exhibited a preference for male coaches.

Conclusion: current results indicated that varsity female student-athletes preferred Democratic Behaviour with a desire for high levels of Positive Feedback. Significant differences found on Situational Consideration and Autocratic Behaviour between independent and interdependent sports. Hence, from the results of current study, we would like to suggest that Malaysian coaches be aware of their female athletes’ preferences of leadership behaviour and coach’s gender for using various coaching methods according to the female athletes’ needs.

Key Words: Preferred Leadership Behavior/ Preferred Coach’s Gender/ and Task Dependence

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