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Kampus Sultan Abdul Jalil Shah



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# SOCIAL PSYCHOLOGICAL IMPLICATION FACTORS ON THE PERFORMANCE OF ELITE HOCKEY PLAYERS OF PAKISTAN



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## ABSTRACT

The current study is a pioneer research aiming to examine the influence of hockey coaches, team cohesion and motivational intensity on the performance of national field hockey players of Pakistan. The design is quantitative research approach using survey methodology. This study employed two methods of data collection. The survey data was collected from 296 purposively selected samples of national field hockey players from various cities across Pakistan. The survey data was analyzed using correlations, multiple regressions, and path analysis. Field performance tests were measured of the same 296 respondents utilizing descriptive statistics. The findings revealed that hockey coaches, team cohesion, and motivational intensity significantly predicted the variance in performance of field hockey players. Furthermore, the path analysis results indicated that team cohesion and motivational intensity did not influence the relationship between hockey coaches and performance of field hockey players in path model. The results of the field performance tests showed that national field hockey players of Pakistan were weak in overall game skills. The findings also revealed that all variables of hockey coaches, team cohesion, and motivational intensity established positive significant relationships with the performance of field hockey players. Hockey coaches, team cohesion and motivational intensity have positive low effect on field hockey players' performance. The implication of study suggest that the management/authorities should develop the coaching structure, cohesiveness among players, and their motivational insights to uplift the standard of national sport of Pakistan in which is on the decline at present.

## FAKTOR IMPLIKASI PSIKOLOGI SOSIAL TERHADAP PRESTASI PERMAIN HOKI ELIT PAKISTAN

### ABSTRAK

Kajian yang bercorak perintis di dalam konteks secara khusus yang mensasarkan untuk mengkaji pengaruh jurulatih hoki, keutuhan pasukan dan intensiti motivasi ke atas prestasi pemain hoki padang kebangsaan Pakistan. Metodologi kajian ini adalah berdasarkan penyelidikan kuantitatif menggunakan pendekatan kaedah tinjauan. Data di pungut menggunakan dua cara pungutan. Data tinjauan telah dipungut daripada 296 sampel bertujuan yang telah dipilih dalam kalangan pemain hoki kebangsaan merangkumi pelbagai bandar merentasi Pakistan. Data tinjauan telah dianalisis menggunakan korelasi, regresi berganda dan analisis laluan. Ujian lapangan telah diukur bagi 296 responden yang sama menggunakan statistik deskriptif. Hasil kajian mendapati bahawa jurulatih hoki, keutuhan pasukan, dan intensiti motivasi nyata dapat meramalkan varians prestasi pemain hoki padang. Keputusan analisis laluan menunjukkan bahawa keutuhan pasukan dan intensiti motivasi tidak mempengaruhi hubungan antara jurulatih hoki dan prestasi pemain hoki padang melalui model analisis laluan. Keputusan ujian prestasi lapangan menunjukkan bahawa pemain hoki padang kebangsaan Pakistan lemah dalam keseluruhan kemahiran permainan. Hasil kajian juga mendapati bahawa semua pembolehubah jurulatih hoki, keutuhan pasukan, dan intensiti motivasi membina hubungan positif yang signifikan dengan prestasi pemain hoki padang. Jurulatih hoki, keutuhan pasukan dan intensiti motivasi mempunyai kesan positif yang rendah ke atas prestasi pemain hoki padang. Implikasi kajian mencadangkan bahawa pihak pengurusan perlu memajukan struktur kejurulatihan, kejeleketan antara pemain-pemain dan wawasan motivasi mereka untuk menaikkan tahap sukan kebangsaan Pakistan yang kini sedang mengalami kemerosotan.

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## CHAPTER ONE

### INTRODUCTION



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Field hockey is one of the popular and well known sports not only in Asia but also played throughout the world. It is a team sport of 11 players each on side in which players struggle in the same field of battle while playing on Astroturf. Asghar (2011) describes that field hockey is a competitive game in which players contest against their rivals on the similar turf of action. Elferink-Gemser, Visscher, Lemmink, and Mulder (2007) explain that the physical demands of the field hockey have enlarged greater than before due to both amendments in the rules and playing surface. Field hockey has become the superb and the fastest sport of the world due to the latest changes in its academic and practical structure. Asghar (2011) adds more that to attain great performance in field hockey, players must outshine in all the areas; physically, mentally, technically, and tactically.



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