Chapter - V

MANUAL OF PSAS-27
5.1 INTRODUCTION

The research scholar with the help of experts was able to finally develop the Psychological Skills Assessment Scale (PSAS) for Baseball players. After exploratory factor analysis a total of 27 statements were retained in the final developed scale of Psychological Skills Assessment Scale (PSAS) for Baseball players. These 27 statements in the scale are categorized under four sub scales namely: - Team Cohesion (8, statements), Goal Setting (6, statements), Mental Preparation (6, statements) and Self Confidence (7, statements).

5.2 ITEMS-27 OF PSAS AND 4 SUB SCALE

The serial numbers of these statements that are categorized under four sub scales are mentioned below:

1. Mental preparation helps me in performing great in the competition.

2. Visualizing a game winning performance boosts my energy before a decisive match.

3. Mental preparation helps me for coping with adversity and/or distractions effectively.

4. I am unable to concentrate on my game.

5. I believe in setting realistic goals rather than vague goals.

6. Mental rehearsals of the skills help me to play well.

7. I am able to understand my opponents when I visualize their actions.
8. I get the freedom to work and perform through participation in the sports.

9. I am mentally relaxed during/before the competition.

10. I feel my ability to concentrate improves overtime.

11. Setbacks do not develop a feeling of giving up for me to participate further.

12. I believe I can manage the task assigned to me by the coach during the match.

13. I am hardly under pressure before/during the match.

14. I possess a strong drive to achieve.

15. I am considered worthwhile by my team mates.

16. Presence of spectators distracts my attention during a match.

17. I criticize my team-mates during a match.

18. Rehearsing the strategy prior to the beginning of the competition helps me in my performance.

19. My ability to concentrate diminishes if the match situation is complex.

20. I feel a positive environment in the team influences performance.

21. Goal setting helps to avoid distraction from achieving performance.

22. I am in high pressure situations before a match.

23. The background noise hampers my attention while batting.

24. I have trouble sleeping the night before a match.

25. The team mates mutually talk to me about what is important to work on.

26. The members of my team accept each other.

27. I set goals that are clearly defined and measureable.
In the final questionnaire the statements numbered 1, 5, 9, 13, 17, 21, 25 and 27 were included in the sub-scale of **Team Cohesion** for Psychological Skills Assessment Scale (PSAS) for Baseball players. These statements are depicted below:-

1- Mental preparation helps me in performing great in the competition.

5- I believe in setting realistic goals rather than vague goals.

9- I am mentally relaxed during/before the competition.

13- I am hardly under pressure before/during the match.

17- I criticize my team-mates during a match.

21- Goal setting helps to avoid distraction from achieving performance.

25- The team mates mutually talk to me about what is important to work on.

27- I set goals that are clearly defined and measureable.

In the final questionnaire the statements numbered 2, 6, 10, 14, 18 and 22 were included in the sub-scale of **Goal Setting** for Psychological Skills Assessment Scale (PSAS) for Baseball players. These statements are depicted below:-

2- Visualizing a game winning performance boosts my energy before a decisive match.

6- Mental rehearsals of the skills help me to play well.

10- I feel my ability to concentrate improves overtime.

14- I possess a strong drive to achieve.

18- Rehearsing the strategy prior to the beginning of the competition helps me in my performance.

22- I am in high pressure situations before a match.
In the final questionnaire the statements numbered 3, 7, 11, 15, 19 and 23 were included in the sub-scale of **Mental Preparation** for Psychological Skills Assessment Scale (PSAS) for Baseball players. These statements are depicted below:

3- Mental preparation helps me for coping with adversity and/or distractions effectively.

7- I am able to understand my opponents when I visualize their actions.

11- Setbacks do not develop a feeling of giving up for me to participate further.

15- I am considered worthwhile by my team mates.

19- My ability to concentrate diminishes if the match situation is complex.

23- The background noise hampers my attention while batting.

In the final questionnaire the statements numbered 4, 8, 12, 16, 20, 24 and 26 were included in the sub-scale of **Self Confidence** for Psychological Skills Assessment Scale (PSAS) for Baseball players.

These statements are depicted below:

4- I am unable to concentrate on my game.

8- I get the freedom to work and perform through participation in the sports.

12- I believe I can manage the task assigned to me by the coach during the match.

16- Presence of spectators distracts my attention during a match.

20- I feel a positive environment in the team influences performance.

24- I have trouble sleeping the night before a match.

26- The members of my team accept each other.
Validity:

Questionnaire validity was established by computing the face validity and structural validity was established by computing the factor analysis. Statistical validity was computed by index of reliability.

RELIABILITY

Reliability was established by Cronbach’s Alpha coefficient method. The overall reliability of psychological skills assessment scale was found to be 0.935 whereas the reliability for team cohesion sub scale was 0.872, goal setting was 0.785, mental preparation was 0.804 and self-confidence was 0.814. The Cronbach’s Alpha reliability for three trials for team cohesion was 0.700, goal setting was 0.736, mental preparation was 0.735, self-confidence was 0.760, and psychological skills assessment scale (PSAS) was 0.815.

NORMS

The norms for overall PSAS and its subscales were established for overall PSAS, a player falling below the score of 66 is categorized as very poor category whereas, a score of 129 will help the individual to fall in very good category. Similarly Team Cohesion sub scale, a player falling below the score of 18 is categorized as very poor category whereas, a score of 40 will help the individual to fall in very good category; Goal Setting sub scale, a player falling below the score of 14 is categorized as very poor category whereas, a score of 30 will help the individual to fall in very good category; Mental Preparation sub scale, a player falling below the score of 12 is categorized as very poor category whereas, a score of 29 will help the individual to fall in very good category; Self Confidence sub scale, a player falling below the score of 16 is categorized as very poor category whereas, a score of 34 will help the individual to fall in very good category.

SCORING OF THE QUESTIONNAIRE

The response of the subjects are scored as 1 (strongly disagree), 2 (disagree), 3 (somewhat agree), 4 (agree) and 5 for (strongly agree). Thus, for a subscale of Team Cohesion a minimum of 8 score and a maximum of 40 score can be obtained since the
scale contains eight statements; for a subscale of Goal Setting a minimum of 6 score and a maximum of 30 score can be obtained since the scale contains six statements; for a subscale of Mental Preparation a minimum of 6 score and a maximum of 30 score can be obtained since the scale contains six statements; for a subscale of Self Confidence a minimum of 7 score and a maximum of 35 score can be obtained since the scale contains seven statements; for Psychological Skills Assessment Scale (PSAS) a minimum of 27 score and a maximum of 135 score can be obtained since the scale contains twenty seven statements. There are no negative score of any statement.

Instructions: -

Following instructions were written prior to responding to the statements in the scale-

- There are **84 statements** that will help in identifying the psychological skills of Baseball players. It does not take more than 15 to 20 minutes.

- You are requested to carefully go through every statement and select the appropriate response given against each statement (Strongly Disagree {SD}, Disagree {D}, Somewhat Agree {SWA}, Agree {A}, and Strongly Agree {SA}).

- The information given by you shall be kept strictly confidential and shall be used only for research purpose.

- There is no right or wrong answers to the statements.

- You are advised to provide truthful response to each statement.

- Your co-operation and contribution is solicited.