

THESIS TITLE : EFFECTS OF GOAL SETTING ON GOLF PUTTING PERFORMANCE

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Abstract

This research was a true experimental design, called a pre-test post-test control group design, with the objectives to study the effects of goal setting on golf putting performance and to compare golf putting performance during putting practice with goal setting with the only putting practice.

The researcher used a sample group of 20 by selecting from an amateur golfer population with a handicap of 0-24 and with golf performance at competitive level regardless of sex difference. The sample group was divided into experimental and control groups,

10 in each. All 20 selected golfers underwent Clevett's putting test, especially spot putting test having a .86 correlation with experts' evaluation and having a .97 correlation between test score and performance score. The reliability co-efficient was .83. Then, all 20 golfers' scores were ranged from the highest to the lowest in order to rank their putting performance. The golfers were also divided into 2 random groups by drawing lots of 2 golfers' close-range scores. Group 1, the control group, had 10 golfers. Group 2, the experimental group, also had 10. The experimental group practiced putting for 30 minutes along with goal setting for 10 minutes while the control group practiced only putting for 40 minutes. The practice was done continuously for 8 weeks, 3 days a week, then underwent a putting performance test. After practice of weeks 2, 4, 6 and 8, data were collected for mean, standard deviation, mean of ranks of putting score. The analysis of this score difference was done through the Mann - Whitney U-Test and the Friedman Two-Way Analysis of Variance by Ranks, the comparing multiplicity by doubles with the found variance by means of Dunn in the case of a K sample group with the same size and with repetitive observation value.

The findings were as follows:

1. After week 8's practice, the experimental group had not been different putting performance than that of the control group, statistically Significant at .05

2. The experimental group's putting performance was higher than pre-practice after week 8, after weeks 2 significant at .05