

##C341767 : MAJOR PHYSICAL EDUCATION

KEY WORD: EDUCATION/SPORT PSYCHOLOGY TECHNIQUES/THAI NATIONAL TEAM COACHES/
UNIVERSITY GAMES COACHES

SANAN SONTIMUANG : A STUDY OF SPORT PSYCHOLOGY TECHNIQUES OF NATIONAL
TEAM AND UNIVERSITY GAMES COACHES. THESIS ADVISOR : ASSO.PROF. SOMBAT
KARNJANAKIT, Ph.D. 134 PP. ISBN 974-583-022-4

The purposes of this research were to examine and compare sport psychology techniques used of the 17th SEA Games Thai (B.E. 2536) National team coaches and the 20th Thai University Games (B.E. 2536) coaches. Data collecting by using questionnaires which were administered selected subjects. Samples were divided by two procedure: (1) stratified random sampling into five sport groups respectively: Accuracy sport, team sport, combative sport, Racket sport and Swimming and Athletics (2) then using simple random from 6 Thai national teams coaches for a total number of 30 and 30 University games coaches of 5 sport groups accounted for 150. The obtained data were statistically analyzed in terms of percentage, means, standard deviations and t-test.

The finding were indicated.

1. The Thai national team coaches used sport psychology techniques at high level with 3.76 average means. The three main sport psychology techniques were goal setting, mental toughness and team cohesion and harmony.
2. The University Games team coaches used sport psychology techniques at high level with 3.55 average means and the three main sport psychology techniques were team cohesion and harmony, aggression and mental toughness.
3. Both of the national teams and university games coaches had desired to learn at high level with average means of 4.19 and 4.09 respectively.
4. Both of these two teams attempted to use ideal sport psychology techniques at high level with average means of 4.17 and 4.19 respectively.
5. There were no significant difference at .05 level between the national team coaches and the university games coaches using sport psychology techniques.