

Pete Chingprapa 2011: The Construction of Mental Skills Training Evaluation Form for Athletes. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Miss Supatcharin Pan - uthai, Ph.D. 104 pages.

The purpose of this study was to create of mental skills training evaluation form for athletes. The Form was created based on the total amount of 186 Thai national athletes in taekwondo, tennis, handball, basketball, rolling, water polo, rugby, fencing athletic and weight lifting. A total of 186 athletes. There were males (n=114, 61.3%) and females (n=72, 38.7%), ranging in age from 13 to 35 (M = 22.58, SD = 5.20) The instrument was the mental skills training evaluation form for athletes. Total of 48 items In fact, 8 items for goal setting, 8 items for breathing control, 8 items for concentration 8 items for imagery 8 items for self talk. and 8 items for muscle relaxation. Data then were statistically analyzed by using percentage, mean, standard deviation, index of item objective congruence through Rowinelli and Hambleton method for the construct validity, and Cronbach' s alpha coefficient was calculated as estimates of reliability of the Mental skills training evaluation form for athletes.

The analysis of data indicated that the mental skills training evaluation form for athletes which was composed of 48 items showed the construct validity and the reliability test of this 48 items rating – scale type reported its value of 0.97, alpha value was 0.83 for goal setting subscale, 0.89 for breathing control subscale, 0.91 for concentration subscale, 0.91 for imagery subscale, 0.88 for self talk and self thought subscale, and 0.89 for muscle relaxation subscale. This analysis indicated that this mental skills training evaluation form for athletes is suitable for using as a mental assessment for trainers in order to make athletes correctly understand the training pattern and be able to apply in their sports effectively.

---

Student's signature

---

Thesis Advisor's signature