

THE EFFECT OF 8 WEEKS PSYCHOLOGICAL SKILLS TRAINING ON MOTIVATION, SELF-CONFIDENCE AND ANXIETY LEVELS AND SERVICE PERFORMANCE IN ADOLESCENT TENNIS PLAYERS

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THESIS ABSTRACT

The aim of this study is to examine the effects of 8-week psychological skills training on motivation, self-confidence, anxiety levels and serve performance level in adolescent tennis players.

A total of 30 licensed tennis athletes (16 girls, 14 boys) were included in the study. Athletes were divided into two groups as control group (15 athletes) and experimental group (15 athletes) in accordance with the research. Personal information form to learn the socio-demographic information of the athletes participating in the research; The Athletes' Trait Self-Confidence Inventory was used to measure the athletes' self-confidence, the Sports Anxiety Scale was used to measure the athletes' anxiety levels, and the "Sports Motivation Scale" was used to measure the athletes' motivation levels. AOS test was applied to measure the serve direction, consistency and power scores of tennis players.

As a result, the effect of 8-week psychological skills training on the level of somatic anxiety, one of the sub-dimensions of the anxiety scale in athletes, on the level of identified regulation, integrated regulation, one of the sub-dimensions of the motivation scale in sports in tennis players, and on the service performance in adolescent tennis players was effective on the experimental group and created a significant difference between the control and experimental groups.

APPLICATION AREAS OF THESIS RESULTS

It will guide coaches and athletes in eliminating problems caused by psychological factors in tennis players and increasing performance.

ACADEMIC ACTIVITIES

Bal R.M., Vatanserver Ş., Bölükbaşı M.G., (2023). Physiological Adaptations to Exercise in Different Conditions: Systematic Review. International Zeugma Conference on Scientific Research. 19-21 February 2023 (Full Text Paper)