

Mental Training Condition of Female School Carrom Players in the Badulla Education Zone

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Player performance in carrom depends mainly on psychological characteristics. The aim of the present study was to identify the mental training condition of female school carrom players in the Badulla education zone, by evaluating their current performance level and by examining their mental skill and mental technique level. An in-depth literature assessment was conducted to expand the theoretical version and formulate the hypotheses of the study. To accomplish this task, a sample consisting of thirty school carrom players ($n = 30$; female) was selected from the school carrom players in the Badulla education zone, using the overall population sampling method. A quantitative research design was applied to examine the mental training condition. Improved current performance levels through the ten-piece exercise collection according to the. A test was conducted before identifying the current level of the players followed by a six-week training program to identify their weaknesses and apply them. The test was performed under five age groups viz. under 12 (posttest mean=6.50, pretest mean=2.50), under 14 (posttest mean=7.33, pretest mean=4.33), under 16 (posttest mean=7.50, pretest mean=5.33), under 18 (posttest mean=8.33, pretest mean=3.83) and under 20 (posttest mean=7.33, pretest mean=6.83). A questionnaire survey consisting of 20 questions with two subsections on mental skill and mental technique in 5-point Likert scales was collected from the sample. Mental skill levels were grouped into three subsections: foundation skills, performance skills, interpersonal skills and mental techniques were grouped into two subsections: self-talk and mental imagery. Data were analyzed by using SPSS (version 21) statistical software. The median value for mental skill and mental technique was 4. It is in agreement with the mental training condition. A significant mean difference was found between the pre-test and post-test results of the ten-piece pocket exercise test in the under 12 age category ($p=0.002$). The study resulted in a novel approach towards the measurement of mental skills in the sport.

Keywords: Carrom, Mental Training, Mental Skill, Sports Performance, Sport Psychology