

The Effect of Motivational Highlight DVDs on State Self-Confidence in Elite Female Hockey Players

Introduction

Recent technological developments in applied sport psychology that utilise videotaping and playback methods have become increasingly attractive to coaches, athletes and sport psychologists (Ives *et al.*, 2002). Templin and Vernacchia (1995), claim that highlight video footage or images from an athlete's best performances have the potential to be one of the most influential models available to coaches and athletes.

Despite much anecdotal evidence that video can be used as a successful tool to improve performance of both players and coaches, it has failed to make significant inroads into the applied psychology setting. As such, there have been limited attempts in literature to investigate the link between highlight music DVDs as a pre-event strategy for enhancing athletic performance.

The rationale underlying this study was centred on the need for further evidence relating to the use of motivational highlight DVDs. The purpose of this study was to examine the effect of self-modelling and peer-modelling highlight music DVDs upon state self-confidence in female National League field hockey players. The study also addressed the issue of whether watching self versus observing peers differentially affected state self-confidence.

Methodology

Participants

The volunteer participants comprised 15 members of a female National League hockey squad located in the South of England (Age mean 24.53, S = 4.94).

Measures

Vealey's (1986) State Sport Confidence Inventory (SSCI) was used to assess State Sport Confidence (SC-state) prior to, and after viewing a motivational highlight DVD. The inventory contained 13 items using a 9-point Likert scale in which 1 indicated low confidence, 5 indicated moderate confidence and 9 indicated extreme confidence. The responses to each item on the inventory were added up to give a global score or level of SC-state.



Methodology Continued

Procedure.

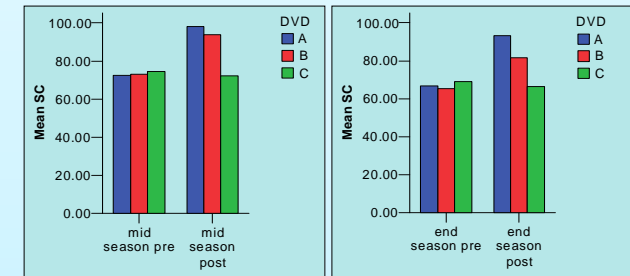
DVDs incorporating highlight play were supplemented with inspirational music and viewed by athletes at two stages in the competitive season (mid-season and end of season). At both stages athletes were exposed to a peer-modelling, self-modelling and control video during separate testing sessions. Athletes completed the SSCI (Vealey, 1986) prior to and after viewing the highlight DVDs to map any changes in their SC-state. One third of the participants were randomly selected and interviewed about their experience during the study. A semi-structured format was used to explore the validity of the use of motivational DVDs as well as discussing changes in affect, behaviour and cognition.

Data Analysis

The data were subjected to two 3 x 2 RM ANOVAs to determine if the self-modelling, peer-modelling and control DVDs affected state self-confidence. An RM ANOVA was performed on data collected at the two stages of the competitive season. To determine the nature of change in SC-state in relation to type of DVD watched, follow up univariate ANOVAs were carried out on the data set. Interviews were transcribed ad verbatim and analysed using inductive content analysis.

Results

Figure 1 Bar graph illustrating mean scores for SC-state in response to self-modelling motivational highlight DVD (A), peer-modelling motivational highlight DVD (B), and control DVD (C) at two stages in a competitive season.



- Both the self-modelling and peer-modelling DVDs had significant ($P < .01$) effect on SC-state at both stages in the competitive season.
- No differences were found between the effects of self-modelling and peer-modelling DVDs during the mid season testing phase.
- At the end of season testing phase the self-modelling DVD proved to be the superior in enhancing SC-state.
- Results from the post-intervention interviews suggested that this occurred because the athletes became more comfortable with viewing images of themselves, thus allowing the self-modelling DVD to have a greater impact than the peer-modelling DVD.

Conclusion

- The results of this study provide empirical support for the use of motivational highlight DVDs as a pre-performance strategy in athletic situations.
- The major practical implication of the findings, for both coaches and sport psychologists, is that athletes' levels of SC-state can be enhanced through the use of both self-modelling and peer-modelling highlight DVDs.
- Self-modelling would appear to be the superior tool if athletes are given time to adjust to the images.

References:

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- Templin, D. P., & Vernacchia, R. A. (1995). The effect of highlight music videotapes upon game performance of intercollegiate basketball players. *Sport Psychologist*, 9, 41-60.
- Vealey, R. S. (1986). Conceptualization of sport-confidence and competitive orientation. Preliminary investigation and instrument development. *Journal of Sport and Exercise Psychology*, 20, 54-80.