

Review on the master thesis

Author: Meichi Chen

Reviewer: Rudolf Psotta, assoc. prof., Ph.D., Ed.D.

The project of the master thesis is focused on identification of potential sources of stress before and during a match in Czech profi-soccer players, and the methods of training psychological skills used in soccer practice. This topics are both very interesting and useful for sport practice.

The thesis is characterised by the logical content structure, scientific language with appropriate using the terms and concepts and expression of the ideas with full understanding. The research was based on the theoretical background summarised in the theoretical part of the thesis with very high quality (definition of the major psychological concepts related to psychology of the stress in movement performance, study of contemporary literature, critical views on common knowledge etc.). The theoretical background for the research is also indicated by a wide range of scientific literature studied – the references are introduced on the nineteen pages including those from the major current authorities in the field of psychology of emotions and personality in sport activity, for example Bandura, Hanin, Lazarus etc. The thesis includes the clear definition of the aim of the research, skillful description of the research design and presentation of the results achieved, and the discussion on these results. The author did not forget to discuss the limitations of the research and recommendations for future research.

The notices to the particular parts of the thesis:

1) Theoretical problems:

Is not better to use the term the mental training rather than the psychological skills training ? Psychological skill training method is defined with more general definition (see page 11) ?!

2) Conceptual problem:

The problem of the psychological skill training in soccer players needs the more profound research. It seems to be more appropriate to focus on one problem only with master thesis, the problem of identification of stressors or the using and application of psychological skill training in practice.

3) Methodological problems:

There is no information on the validity, reliability and other qualities of this questionnaire. The content validity was examed with one expert only.

The pilot verification of the questionnaire in soccer players before the main collecting data should be done.

The larger problem with the validity of the questionnaire consist in the validity of the retrospective evaluation of stressors' effect on a subject, i.e. retrospective assessment of emotional feeling without the context of natural match situations (the problem of the ecological validity of the questionnaire).

The validity of the translation of the questionnaire is not quite clear.

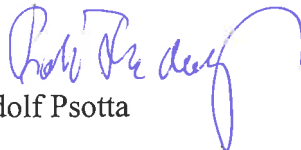
Why goalkeepers were not included into investigation of the playing position as the potential factor of the intensity and direction of arousal from the stressors ?

4) There is no theoretical support for suggestion on the marital status as the important factor of the stress perception.

The topics for the defence of the master thesis:

- 1) More detailed information on the theoretical and methodological issues for constructing and administration of the questionnaire used.
- 2) Discussion on the problems highlighted in the notices above.

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Rudolf Psotta