

The Challenges and Psychological Skills Training Experiences of Malaysian Elite Field Hockey Players

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Abstract The main objective of this study was to explore the challenges and psychological skills training (PST) experiences of Malaysian elite hockey players. A qualitative research approach was used to obtain individual experiences and players' perspectives on PST program and their experiences and opinion during their participation as national hockey players. Using a semi-structured interview, five main themes emerged from the inductive content analysis: (1) main challenges and experiences related to participants as elite national hockey players; (2) participants' opinions regarding their individual psychological needs or requirements; (3) participants opinion regarding PST in hockey; (4) participants perception regarding psychologist or consultant who provides PST to them; and (5) participants experiences with PST program provided as national players. Results showed a variety of psychological skills training approaches acquired by the players, but obviously lack of standard practice, thus reflecting the lack of seriousness to conduct PS especially during development stages. Participants also stressed the importance of PST to be given from early years, due to its benefits to improve their performance. Studies in the future should look into the effectiveness of PST in different stages of players' maturity, in order to determine the correct plan and procedures for PST to be given.

Keywords Mental Strength, Behavior, Development, Elite, Self-Confidence

1. Introduction

Malaysia field hockey team is one of the most active national teams competing in a high level of competition specifically in Asia Games, Commonwealth Games, World Cup and Olympic Games. Currently according to world ranking, Malaysia hockey team was ranked in the top 10 in the world [1]. Moreover, as Malaysian team participates in these competitions, most of Malaysian players can be considered elite hockey players with vast experiences participating in high level competitions. The peak of Malaysian hockey team's performance is perhaps from achieving the silver medal during the 1998 Commonwealth Games and qualifying for the Olympics games when start participating in the year 1956.

However, for the past five Olympics games, the Malaysian team was not able to qualify. Athletes' consistent performance predominantly was the main priority in any high level competition and psychology preparation for an elite athlete was always included to enhance optimum performance [2]. Therefore, numbers of

program were planned for Malaysia hockey team particularly on physical and psychological team development. Even though, most of the sports science services were provided among national athletes, psychological elements were quite complicated due to individual differences factors [3]. Athletes personally should understand and be aware that sport psychology skills might improve their behavior and performance in sports [4], [5], [6]. Moreover, sport psychologist or training providers should consider athlete's needs and requirements before any psychology training was provided. Understanding athletes' personal experiences, life development, life history challenges, and perceptions will be beneficial during planning psychology skill training and services [7].

Thus, as the current national team performance situation was reviewed a study on personal development of elite Malaysian field hockey players should provide important information to body of knowledge. For these reasons, this study will be conducted among Malaysian hockey players using a qualitative study design to accumulate individual experiences on Malaysian team psychological training programs, training, challenges and life development support. The objectives of this study are to explore the development, progress, challenges, social support and life experiences of Malaysian elite hockey players. The qualitative study design was used as the main strategy using a semi-structured interview. The expected outcome at the end of this study was to acquire a better understanding of PST program development for elite national hockey players' life progression.

2. Materials and Methods

2.1. Participants

In this study, ten males (n=10) national hockey players with experiences from 2 to 17 years participating in international hockey tournaments were recruited. The participants can be divided into (n=5) junior players (> 5 years) and (n=5) senior players (< 5 years) with experience representing Malaysian Hockey team (from 1998 to 2022). All participants were considered elite hockey players as they were participating in major competitions encompassing South East Asia (SEA) Games, Four Nations International, International Hockey Test Match, Sultan Azlan Cup Hockey Tournament, Asia Games, Commonwealth Games, World Cup, World Junior Hockey Tournament, and Olympic Games Qualifying (Hockey). The number of participants in this study was limited to 10 participants as saturated data was found during the interview sessions.

2.2. Study Design

The qualitative study design was employed. An in-depth

semi-structured interview was conducted to explore the participants experience, social support, need and challenges to excel in hockey and life development (Smith & Sparkes, 2016).

2.3. Measures

Demographic Form: A brief demographic form was designed to accumulate participants' particulars regarding gender, age, height, psychological skill training experiences, and duration and frequency of participation in hockey.

Semi-structured Interviews: In the interviews open-ended questions were used to explore participants' personal experience, moreover clarification and elaboration probes [8] were employed to acquire more detailed information. The interview guide was a pilot interview among university hockey's players after being reviewed by language and content experts. The interview session started with a general introductory question regarding participants' experience as a national hockey player to assist them to feel comfortable at the beginning of the conversation. Following this question, the participants were encouraged to express their feelings and thoughts freely using their own words. Then, they were asked several questions that were structured specifically to explore participants' perceptions and views regarding the challenges, Psychological Skills Training (PST), and life experiences as elite national hockey players. First author as the main researcher was conducting the interview. In the interview, the participants were encouraged to ask for further explanation if they had difficulty in understanding specific terminology or questions. On some occasions, the conversation began with an explanation of specific aspects of PST and training provided to them. During the interview, if participants were found still having a problem understanding the explanation, the words were rephrased and simplified with an ordinary term and familiar example. The interviews were concluded by asking the participants to express their overall opinion and experiences as national hockey players and their participation in psychological training programs.

2.4. Procedure

Following an approval from Universiti Pendidikan Sultan Idris (UPSI) Human Research Ethics Committee (RMIC) and Perak Hockey Association (PHA), volunteer participation from among elite Malaysian hockey players under Perak Hockey Association was invited. The interview session immediately commences after research ethics and PHA approval. Participants were instructed to read the information statement, then they were explained the study orally, they encourage to ask any questions, and, when they are satisfied, participants were asked to sign the consent form and get their permission to conduct and record the interview before the interview sessions. The interviews were conducted using Google Meet video

meeting platform and lasted around 45 minutes to 1 hour. The interview sessions were audio recorded.

Table 1. Themes and sub-themes provided by national hockey players

Theme	Subthemes
Main Challenges	<ul style="list-style-type: none"> To juggle training with study, work, family, financial. To be the number one first choice in the national team. Maintain high performance. Injury and recurrent injury, rehab. During competition, high level. During critical moment.
Experiences with PST	<ul style="list-style-type: none"> PST as team building program, outdoor event. First experience in school, University. Some having fun. Some not fun. First time PST thinking not useful, low motivation. For some very useful as lifelong skill. Until now still using. Should avoid unrelated activities.
Individual need	<ul style="list-style-type: none"> Useful for important game critical situation. Useful during hard training. Need to be consistent. Need to overcome bad performances. As team strategy on PST.
PST for hockey	<ul style="list-style-type: none"> Consider individualized or personalized PST. Important for team cohesion. For players bonding. To support mentally and physically. All the time whenever athletes need it.
Perception on psychologist or psychology consultant	<ul style="list-style-type: none"> Dynamic and involve many physical elements. PST program involves in class. Not very effective due to the timing. Psychologists need to keep players confidential. Many psychology staff were good. Some difficulties to accommodate hockey players' needs and requirements.

2.5. Analysis

First, a general statement was developed about the topic before the interview was conducted. Then the recorded interviews transcribe verbatim, and the researchers read and reread them intensively and interactively to familiarize myself with the data. The researcher develops a coding scheme and uses inductive content analysis to discover the patterns and derive themes [9] and more general

dimensions related to participants' experience as national hockey players. All players were provided with their own written transcribed interview to verify the content. Finally, the use peer review was employed at all stages to ensure the trustworthiness of the analyses.

3. Results

Overall five main themes emerged from the thematic content analysis: (1) main challenges and experiences related to participants as elite national hockey players; (2) participants' experiences with psychology skill training program provided as national players; (3) participants' opinions regarding psychological skills training specifically for hockey players; (4) participants' opinion regarding their individual psychological need or requirement; and (5) participants perception regarding psychologist or consultant who provides psychology skills training to them (Table 1). Thus, the interview analysis results based on participants' opinions and experiences are presented according to these five themes.

3.1. Main Challenges and Experiences as Elite National Hockey Players

The foundation of physical training program conducted by National Institute of Sport Malaysia (MSN/ISN) and Malaysia Hockey Federation (MHF) normally require all national players to be in centralized training especially during preparation for big tournaments such as World Cup, Olympic Qualifying and Commonwealth Games. Therefore, the biggest challenges for national hockey players were to juggle centralized training with their personal needs such as finances, working-day job and spending time with family for those who are already married, and study time for student athletes. The financial issue was among the main challenges to all players, as most of them acknowledge that even though they were provided by many incentives and training allowances, the payment is just for a limited time frame. This financial issue also becomes a big burden for players who are already married (five players). The players in the national hockey team for quite some time also need to choose between their daily job or profession with training. For example a participant cited "I become a bit nervous as my friend and our team captain need to work at palm oil plantation after injury..... so how about me..... after this.... Anybody wants to hire me..." Moreover, this player also mentioned that to be financially secure he started a small shop business and at the same time worked in a bank that provide time off for national hockey preparation. Moreover, four out of five players who were already married also explained that leaving the family to be in centralized training and oversea competition sometimes becomes stressful. In relation to student athletes' situation, three junior players during the interview informed that sometimes they need to extend

their university program as they cannot attend most of the lectures. Furthermore, in a more extreme situation, one player said that he had sacrificed his study just to be with the national team. According to him “my coach said if you to be number one, you need to be here all the time (in training)... so make a choice...” Therefore, he decided to be with the national team and left the university perhaps he regretted it until today.

To be in an elite hockey team is a big challenge to several of the players and it is becoming tougher to stay as main players particularly to maintain their performance and be the first choice all the time in the team. Two players enlightened that they really focus on their training because they were quite afraid to be dropped from the national team. For this reason, players work very hard in training and sometimes they get into another challenge injury. For example, a couple of players I interviewed stated their biggest problem was that national players were injured at a young age and another player mentioned that recurrent injury was his bigger obstacle. According to him:

First time in the national squad I was already injured.... I work with physiotherapy and get well.....then when I injured again I cried hard... many nights.....thinking about how I'm going to be in hockey again.... I just think of my family and what I do if I cannot play... I consulted my family because they depend on me for financial support.... I meant my support... My mom is my guide and she said it's okay....luckily I can come back again after another injury. (player 4)

Another biggest challenge that emerged when athletes were injured was to be fit again and the most important in elite hockey games as they need to play as high-level performance as they can all the time. Many players who participated in this study were among the key players in the Malaysian hockey team, therefore to maintain their performance during competition especially during critical moments was their challenge. Moreover, according to one of the senior players during the Olympic qualifying the teams are under high stress to cope with high tempo modern hockey as goals can be made in split seconds. According to two players maintaining their levels of confidence and focus were very important when competing with European and Asian Hockey team as high tempo game strategies were applied.

Finally, as elite hockey players, their main challenges were during elite competition, particularly during World Cup, Asia Championship, Commonwealth Games and Olympic qualifying. For some players, the higher level of competition the higher the level of physical and psychological stress they need to endure. For example one player said, “In big gamesof course good team you need to cope....mental must strong confidence.... Physical too”. This comment most probably signified that national hockey players face physical and psychological challenges consistently throughout their careers.

3.2. Experiences with Psychology Skill Training Program Provided as National Players

Various information was accumulated when a player was asked about their personal experience with PST program. For example, a few players explain that their first time was during World Junior Championship preparation; during that time, PST was conducted as team building program adventure as outdoor activities. One player found that this experience was a bit frightening initially but had fun at the end of the program. The program employed by the players was also conducted in a big group and there were no monitoring and assessment of individual previous experiences. Most of the participants have these experiences as junior players. When players were asked regarding their initial experience with the PST, two players stated that they were introduced to PST by their sports science teacher. Four players informed that they have some experiences during their undergraduate study at university as most of them were from the Physical Education or Sport Science Faculty. One player, a university student applied general psychology skill training during his psychology subject at university. Furthermore, some of the players found the PST training was very useful as a lifelong development skill. For example, he comments, “Basically I think I still use relaxation if I am quite stressed...., sometimes imagery very good if I am doing something important.... To do...”. In a different situation, one player mentions that he still uses goal setting in his daily life especially in planning important task.

Contrary to other players, one player came out with his personal opinion that during the first time PST thinking was not useful. According to him, it is better to prepare physically as the main reason because of lack confidence and too tired. For example, a player explained “During imagery how can imagine..... I am tired after training.... Make me sleepy”. Other players commented that PST will not work for them personally. Three players provided similar opinions, according to them the PST training was not very useful as it is not related to their sport or hockey performance specifically. Moreover, one player stated that the training provided did not consider individual needs so it was not to his personal expectation. Moreover, a couple of players said that the level of their motivation to participate in the PST was a bit low as mostly involved verbal explanation, talking and discussion. Almost half of the players suggested that during the PST the personnel who conducted the program should avoid unrelated activities.

In relation to the design of the psychological training program, most of the players informed that the PST or training was generally conducted in groups. The activities conducted according to their understanding were to achieve group's goals or objectives. Many players also recommended that they did not have personal experiences of one-to-one meetings with the psychology consultant. One of the players explain that the meeting with PST

consultants personal normally is requested by coaches or team managers. Most of the situations where individuals meet PST personnel because of their level of performance is getting low. Interestingly that none of the players ever voluntarily requested to meet a psychology consultant. In other words, they attended the PST program because it was already scheduled for them.

3.3. Individual Psychological Need or Requirement

Personally, several players indicated that PST was useful during important games and critical situation, for example when the team was in a lead position and to maintain the lead. Contrary, in other situations according to a player mental toughness is needed particularly when the opponent team was leading the national team needs to come back and produce the opportunity to win, for example, one player explained that in some critical situation specifically when the game becomes too fast and no time to think. He came out with a strong statement as, “no communication in the team during critical situation....” In other situations, another senior player also informs that as a player, he is in stress situation when the team cannot cope with the opponent team equalizing after a significant lead. According to him,

I have a problem when people asked what happen. Until today I cannot review the playback video when we played with that team. It is quite hard moment for everyone.....also have a problem as everyone keep shouting and rush.....we lost video referrals....the team becomes silent when the opponent equalized. Its end up we lost the shot out (player 3)

Individual player's opinions related to psychological preparation are actually needed as preparation for specific situation requirements can be detected as he mentioned above. Predominantly, even though they manage to come back and the games end up with a shoot but the team lost the game. The players also comment that once their motivation and confidence level are lower personally and it affects the team as well. Interestingly, when this similar situation happens during important games encompasses during Olympic and World Cup junior qualifying games that involve junior and senior national players as well.

Almost half of players who participate in this study also described that they need some psychological help during hard training as elite hockey players. According to one of the players who drop out from the team, it is probably because they are not mentally strong to endure a high volume of training. Players' stress levels also elevate during participating and team training as all coaching staff especially the head coach demanding for optimum commitment. One of the players cited that even though the PST is normally provided to all player yet, the skill and information provided by the sport psychologist only can be useful if the player opens their mind and heart to apply the skill and guide provided. In other situations, players

enlighten that the complement of hard physical training was the psychological skill that will complete his hockey preparation. According to him, “We training just for physical only....we know we getting stronger... but with psychology preparation together... nothing will stop us...” Therefore, for him psychological skill will prepare him to be a complete and elite hockey player. This information indicates that individual factors might determine the usefulness of the PST provided to the players.

Individual PST requirements are also detected among players with different levels of performance. Moreover, PST is important for some players who are not consistent and for them to overcome bad performances or after losing an important game. This situation was mentioned especially by young or junior national players, who represent the nation for less than four years. A couple of players come out with individual opinions that as they always facing an injury problem thus, their mood also decreases when they get injured. Their psychological also affected when facing recurrent injury. Moreover, during rehabilitation sessions, some of the players said that they need some psychological help for them to speed up their recovery process. One player quoted that each of the players needs to have some psychological preparation predominantly for supporting team strategy for example during penalty corner situations. For example, a player explains that they need to come to the level of team cohesion so they can together work on their plan. This can be detected from his suggestion, “Junior players need to understand team play or strategy quickly.... To be in the team....”

3.4. Appendix Psychological Skills Training in Hockey

Several interesting factors emerged when players' opinion was asked regarding the psychological skill training (PST). Predominantly, according to them any training program conducted should consider individualized or personalized as individual differences factor. For example, one player mentioned that:

Psychology for some players they think not important compared to physical..... for me I think need to suit myself I don't know about othersstill used it event after competition.....different people different I think”. Moreover, in other situation another player express his opinion by saying, “people who conduct the training must know player I think... different people different...some having this problem some players need to improve something..... need to be different to indifferent individual.....my self during high performance compete place during oversea tour especially. (player 7)

A couple of young players who represent the national team for less than five years thought that PST is important for team cohesion and player bonding. The transitions from junior particularly those who are first timers in national

players to be in senior teams require mental and physical toughness. Basically, the load of training and level of performance among senior players are higher so it is demanding for those rookies to be in the team. According to one of the players with some psychology preparations, it might help young players to adapt to senior teams faster. For example, he explained that, "junior first time to be in senior team..... quite tough, training playing, tactical learning ... be with good experience players.....mental must strong... we must play as good as all these experience player play...not just come and take your shoes back."

In general, most of the players I have interviewed have been on national teams since their young age for example competing in under-age international competitions. Around five players indicated that during participating as national players at a young age, psychology consultant services were basically provided to support their hockey performance development. Furthermore, according to one player it is important that psychology skills can be applied at young age because sometimes hockey players need to play for both junior and senior teams as well in one season. One of the players suggested that junior players will be beneficial to acquire some psychological training to support their performance mentally and physically. He also explained that, if any players especially young players quit the national team, mostly the main factor was mentally not fit to endure the physical training and mental pressure. This suggestion was parallel to some of the suggestion by the senior elite players.

Finally, around three players came out with similar opinions when they were asked about PST training as general to hockey players. Basically, they commented that the frequency of PST training needs to be consistent. Moreover, according to them the psychological consultation services need to be there all the time whenever athletes need it. The training provided also needs to be conducted throughout the year and not just for a big or high level of competition purposes only.

3.5. Experience with Psychologist or Consultant who Provides Psychology Skills Training

Normally for important tournament preparation national hockey players training will be located at the national sport center and the national team will train under centralized training. During this centralized duration, players will be provided with all sport sciences services including psychology preparation. Interviews conducted with 10 players provide various opinions regarding PST they participate. For example, four players spoke of having good experiences with the sport psychology consultant as activities conducted according to them are dynamic and involve many physical elements. However, according to the other players most of the time the PST program involve in class, discussion, instruction, and talking sessions. For example, one of players inform "After a session of class and talking..... I asked coach do we need this Better

rest after heavy training...." This suggestion indicates that the PST program employed by national hockey players, probably need to apply various activities compared to talking session only. Multiple opinions form this entire elite player perhaps due to different sport psychology personnel who works with them for various competitions as well.

Valuable information regarding the best timing of the PST also emerges from players' recommendations during interview sessions. According to one of the players, there are a few situations where the meeting between sport psychologist and team members was not very effective. This situation happens because the timing allocated by the sport psychologist was occasionally not suitable for them. Some of players suggested that the meeting was sometimes not as useful as they were mentally and physically tired. According to one of the players the psychologist needs to consider a physical training program as well before slot in the PST program. Perhaps, sport psychologist needs to examine the physical training periodization so they can find good timing for PST to be conducted.

Another interesting opinion emerged when players were asked particularly about their experience with sport psychology staff. Particularly, there were couple of situations where the players feel uncomfortable when their personal opinion and problems are shared among the team management after they consulted sport psychology personnel. According to the player, "...he asked me..... I shared everything with him..... Tomorrow morning people talking like everyone knows in team management my story.....". In a different situation, another player described that for a player to meet a psychologist in person is quit hard, he or she needs to have a good rapport with players and must be trusted. The above information indicates that the sport psychologist needs to keep players' confidential information safeguard at any time and have a good bonding with team members.

Elite hockey players who participate in this study encompasses junior and senior players with various and unique experiences in national teams, therefore multiple sport psychologists were mentioned in this study. Basically, every sport psychologist has their own style and school of thought that might fundamentals their principles of applying for the PST program. Based on the interview conducted, according to players' opinions many psychology staff were good, yet some of them have some difficulties accommodating hockey players' needs and requirements. Thus, more time is needed to understand the players. However, players do not have this precious time as physical training demanded their time, energy and psychologically. Several players suggested that sport psychologists need to be competent and they need to understand players' requirements very quickly. This high level of competency will help sport psychologist to plan PST that will consider individual and team requirements and this situation perhaps will enhance team performance.

4. Discussion

The purpose of this study was to explore Malaysian national hockey players' experiences and challenges, as hockey players, to examine their psychological needs and PST training. Moreover, players' opinion on PST for hockey and psychology consultants who conducted the training was also accumulated. Concerning player experiences and challenges they endure as elite hockey players; various information has emerged as individual differences and personal background factors. Predominantly individual elite hockey players' need includes security in their financial circumstances, employment, and education. These were identified the main factors recommended in this study. This information was parallel to the study result conducted by [7] who indicated that financial issues were the main stress among elite athlete. In this study almost, all elite hockey players mention this necessity as the main challenge and for any athlete to fully focus on their performance this core requirement should be under deep consideration by team management staff. Moreover, elite field hockey athletes were not professional athletes even though hockey team performance internationally is far higher compared to other sports in Malaysia. Another related individual need highlighted by elite players was to secure their job and maintain their study in university as big obstacles as elite hockey players. A study conducted with local student athletes provided some information regarding social and financial support that can be provided by universities. For instance, scholarship, flexible learning and prolonged study period were recommended [10]. Many of this support mentioned above actually were accommodated by many local universities, thus university students were found to participate in international competitions in various sports. Basically, these supports by universities have catalyzed the development of sport in Malaysia as almost half of the total number of elite athletes represented by university students. Furthermore, regarding job security any study related to prolonged centralized training could be conducted to explore the effectiveness of this training design. By understanding the most effective way of elite athlete training program development and athletes' developmental needs the training efficiency periodization can be developed in parallel. In general, when elite players training was conducted element of a high level of participation in training and competition, which inevitably leads to a high-stress condition. This is necessary to achieve the desired optimum level of performance. These stresses sometimes lead to another situation that is injury and recurrent injury. Therefore, understanding elite athletes' challenges probably will provide valuable information to all personnel who involve with the elite hockey player on how to provide a conducive training environment and essential support for them.

A variety of information was accumulated when elite hockey players were asked about their experiences with

psychology training skills (PST). Some of the players acquire the training starting from the school level provided by the sport science teachers, some from university sport science or psychology program and several of the players from national team programs. This situation indicates that there are fewer standards or formal guide programs for PST, predominantly based on players' initial participation in sports and education background. Most of the players provide positive responses regarding their first experiences with the PST program, however a few elite players found that the program was not much beneficial to them during the introduction stage. Moreover, when the players have understood the purpose of the PST, the skills they learn have become lifelong development abilities. One important suggestion from players that highlighted the importance of the PST program should be conducted based on their needs, which indicated that PST program should cater to individual requirements and consider individual differences factors. Another major objective of this study was to examine elite players' personal psychological requirements, thus most of these elite players are really concerned with their mental preparation for enduring a hard training load and critical moments during important games. Considering athletes' personal thoughts, it could provide beneficial information for PST providers before any program being developed [11]. Moreover, different sports may require different approaches [12], [13] as some of players inform that the PST program sometimes should consider hockey games strategy as well. Several players also mentioned the need for psychological preparation to regain their performance quickly in critical situations. For this reason, according to the player the PST training should also be provided consistently and help them perform consistently. Results from the interview with elite hockey players enlighten the importance of individual differences factor and sport-specific requirements as main considerations for PST program providers. For example, different players express individual opinions including the PST should create good bonding among players for better team cohesion, PST provided to them should enhance physical and mental strength, and finally the psychological support should be provided at any time they need it.

Currently as sport psychology preparation was recognized as pertinent preparation for elite athletes, multiple media was recommended to athletes either meeting face to face with sport psychologists or through new technology such as web site, web meeting and computer apps [14]. Basically, the person who delivers the PST program especially their competency was the main discussion when elite players were asked to express their opinion. Many of players found that the personnel who they work with was quite efficient to deliver the PST nevertheless, several recommendations were also provided based on their opinion on how the training could be conducted effectively. The predominant factor highlighted during this study was the content or activities conducted by

psychology consultants who work with elite hockey players. Basic recommendation by previous researchers including understanding athletes' personal requirement, safeguarding athletes' personal information and confidentiality were also recommended by elite athletes as important factors for any person who works with them on PST training [15]. The rapport and trust among players should be established at an early stage and consistently strengthen time by time when psychology consultants work with elite athletes. Basically, athlete's evaluation of the accomplishment of the PST program is determined by how the activities have been delivered. Psychology consultants according to them should consider more dynamic activities rather than "walk and talk". Moreover, the timing of training must be convenient to their physical training program as well because these factors according to them might enhance the training effectiveness. This study was conducted with elite hockey players during their pre-competition preparation season and offered much information regarding their personal experiences, opining, thought and justification on how they endured their career as elite players and how psychological training might assist them. Below are suggestions for Psychology Skill Training to be conducted for elite field hockey players:

Issues	Suggestions PST
Main Challenges	Intervention should cater to individual needs.
PST training	Should be introduced at junior level, consistent and prolonged according to training periodization.
PST content	Must cater to individual, team, games needs /requirement.
PST for Hockey	Should be individualized, dynamic. Accommodate physical & psychological challenges.

5. Conclusions

To conclude, findings from this study might provide valuable information regarding athletes' personal needs and requirement on physical and psychological particularly. Any social and psychological support provided by sports management staff should consider athletes' individual requirement and the assisting medium should be provided at any time and consistently. Finally, dynamic program and continuous program evaluation from time to time and from one group of an athlete to another group of an athlete must be the main consideration when PST program was developed.

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