

**KESAN PENDEKATAN KAUNSELING SINGKAT  
KERANGKA ABC REBT DALAM MENANGANI  
*MENTAL GAME* DAN *YIPS* DALAM KALANGAN  
PEMAIN GOLF**

**ZAINUDIN BIN OMAR**

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UNIVERSITI UTARA MALAYSIA  
2014**



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## **Kebenaran Mengguna**

Tesis ini dikemukakan sebagai memenuhi sebahagian daripada keperluan pengijazahan Doktor Falsafah di Universiti Utara Malaysia. Saya bersetuju membenarkan pihak perpustakaan universiti mempamerkan sebagai bahan rujukan umum. Saya juga bersetuju bahawa sebarang bentuk salinan sama ada secara keseluruhan atau sebahagian daripada tesis ini untuk tujuan akademik adalah dibenarkan dengan kebenaran penyelia tesis atau Dekan Awang Had Salleh Graduate School of Arts and Sciences. Sebarang bentuk salinan dan cetakan bagi tujuan komersial adalah dilarang sama sekali tanpa kebenaran bertulis daripada penulis. Pernyataan rujukan kepada penulis dan Universiti Utara Malaysia perlulah dinyatakan jika terdapat sebarang rujukan ke atas tesis ini.

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## Abstrak

Kaunseling sukan dalam menyelesaikan masalah atlet tidak diberikan banyak perhatian oleh penyelidik di Malaysia. Pemain sukan golf menghadapi banyak masalah psikologi seperti masalah *mental game* dan *yips* yang belum mendapat perhatian meluas para pengkaji di Malaysia. Masalah tersebut dikaitkan dengan gejala kebimbangan dan hilang keyakinan diri, yang diperlihatkan melalui keadaan berpeluh dan kekok sewaktu melakukan *putting* dalam situasi kritikal. Kajian ini bertujuan mengukur keberkesanan kaedah rawatan modul ABC Rational Emotive Behaviour Therapy (ABC REBT) bagi mengatasi masalah tersebut dalam kalangan pemain golf. Kajian menggunakan pendekatan kaedah gabungan kuantitatif dan kualitatif. Kajian eksperimental ini juga menggunakan reka bentuk faktorial 2 x 2 melibatkan seramai 28 pemain golf amatir berhandicap antara 0 hingga 18 sebagai responden. Mereka dikesan mengalami masalah *mental game* dan *yips* melalui alat uji *Rowe's Mental Game Test* dan *Rowe's Yips Test*. Modul rawatan ABC REBT dibina sebagai pemboleh ubah bebas manakala *mental game* dan *yips* sebagai pemboleh ubah terikat. Responden dibahagikan kepada dua kumpulan, kumpulan rawatan ABC REBT dan kumpulan kawalan. Setiap kumpulan mempunyai seramai 14 orang. Responden kumpulan rawatan diberikan sesi kaunseling kelompok singkat sebanyak enam sesi dalam tempoh enam minggu. Bagi menganalisis data kuantitatif, ujian t berpasangan dan ujian t bebas digunakan bagi melihat keberkesanan kesan rawatan. Kaedah analisis tema dan analisis kandungan digunakan untuk mengukuhkan dapatan kuantitatif. Dapatan kajian menunjukkan rawatan modul ABC REBT bagi mengatasi masalah *mental game* dan *yips* pemain golf adalah berkesan. Hasil analisis tema dan analisis kandungan mengukuhkan keberkesanan penggunaan modul rawatan ABC REBT ke atas responden. Hasil kajian ini penting kerana dapat meluaskan skop perkhidmatan kaunseling dalam bidang sukan. Keterlibatan kaunseling sukan secara lebih aktif dalam organisasi berkaitan sukan adalah dicadangkan.

**Kata Kunci:** ABC REBT, Modul Rawatan, Pemain Golf, *Mental game*, *Yips*

## Abstract

Counselling in sports is relatively unknown among researchers in Malaysia. Golfers like many athletes in competitive sports are often subjected to many psychological apprehensions. Researchers in Malaysia give little attention to the adverse effects of mental games and yips amongst golfers. Among the symptoms associated with the effects of mental games and yips are anxiety and loss of self-confidence, especially when trying to putt in critical situation. They often sweat and display feelings of awkwardness when performing under intense pressure. The aim of this study is to examine the effectiveness of Rational Emotive Behaviour Therapy ABC (REBT ABC) module of treatment when overcoming psychological apprehensions faced by golfers. A combination of both qualitative and quantitative approaches was used. Factorial design of 2 x 2 was chosen as research design. A total of 28 golfers with handicaps that ranged between 0 to 18 took part in the study. Rowe's Mental Game Test and Rowe's Yips Test were used to diagnose golfers with various psychological apprehensions. The REBT ABC treatment modules were measured as independent variable while mental game and yips as dependent variables. Respondents were divided into two groups, namely the REBT ABC treatment group and the control group. Each group consisted of 14 people. Respondents who were assigned into the treatment group were subjected to six short clustered counselling sessions for six weeks. For quantitative data analysis, both the *paired t-test* and *independent t-test* were used to determine the effectiveness of the REBT ABC treatment. Both theme and content analysis were used to consolidate the quantitative findings. The results showed that the REBT ABC treatment module was able to overcome the apprehensions associated with mental game and yips amongst golfers. Thus, results from the theme and content analysis further congealed the effectiveness of the REBT ABC treatment module subjected to the respondents. The results of this study suggest that counselling is pertinent in the field of sports especially in grooming competitive athletes. Thus, active involvement of counsellor in sports among sports-related organisations is proposed.

Keywords: ABC REBT, Treatment module, Golfer, Mental game, Yips

## Penghargaan

Saya ingin memanjatkan kesyukuran kepada Allah S.W.T kerana dengan limpah rahmatNya dapat saya menyiapkan tesis berjudul “Kesan Pendekatan Kaunseling Singkat Kerangka ABC REBT Dalam Menangani Masalah *Mental Game* dan *Yips* Dalam Kalangan Pemain Golf”. Saya merakamkan penghargaan terutamanya kepada penyelia saya, Profesor Madya Dr Noor Azniza Ishak atas usaha beliau yang tanpa jemu memberikan tunjuk ajar sehingga tesis ini berjaya disiapkan.

Di samping itu tidak lupa kepada rakan-rakan yang telah membantu dan memberikan pandangan dan nasihat yang mempermudah perjalanan menyiapkan tesis ini. Nama-nama mereka termasuklah Profesor Madya Azmi Shaari, Profesor Dr Yahaya Mahmood, Profesor Dr Najib Ahmad Marzuki, Tan Sri Dr Nordin Kardi, Encik Wan Rosni Wan Chik, jurulatih kanan golf di Akademi Golf Nasional. Penghargaan juga kepada pihak pengurusan tertinggi UUM dan rakan setugas, Puan Rosliza Ahmad dan rakan-rakan lain yang terlalu ramai jika ingin dinyatakan satu persatu. Penghargaan khusus ingin saya berikan kepada rakan saya, Profesor Dr Sofian Omar Fauzee yang banyak mengemukakan idea bernas beliau kepada saya sepanjang menyiapkan tesis ini. Tidak lupa kepada para responden yang konsisten memberikan kerjasama sekalipun dengan jadual latihan dan pertandingan mereka yang padat.

Akhirnya kepada keluarga saya, khasnya ibu saya, Hasmah binti Deraman, kedua-dua bapa dan ibu mertua saya, Mahadhir Abdullah dan Hamidah Abdullah. Penghargaan istimewa buat isteri saya, Mahaliza Mahadhir dan putra putri tercinta, Muhammad Redza dan Nur Zulaikha, yang sentiasa menjadi inspirasi kepada saya dalam mencari kehidupan yang bererti. Kepada semua, hanya Tuhan Yang Maha Pengasih dan Maha Pemurah menjadi sandaran saya untuk membalas kebaikan yang diberikan anda semua.

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## Senarai Istilah

**Chipping:** gerakan melambung bagi menghasilkan bola tinggi dan berhenti serta-merta

**Driver:** Alatan yang digunakan untuk memulakan pukulan dengan *loft* antara 8 darjah hingga 11 darjah

**Driving range:** Satu kawasan lapang yang digunakan untuk melakukan latihan memukul bola golf.

**Fairway:** Satu kawasan sasaran pukulan di atas padang dengan sempadan kawasan *rough* di mana pukulan lebih sukar dilakukan. Untuk makna *rough*, lihat di bawah.

**Fairway wood:** Alatan golf yang digunakan untuk melakukan pukulan jauh, dengan jarak yang kurang sedikit berbanding *driver*.

**Green:** Satu lapangan pada hujung *fairway*, dengan sempadan tertentu, di mana kawasan rumput dijaga dengan baik bagi memudahkan pukulan ke lubang. Untuk makna *fairway*, lihat keterangan di atas.

**Golf instructor:** Jurulatih golf.

**Iron :** Alatan bermula dengan 3 *iron* hingga P (*pitching*) dengan *loft* berbeza bertujuan untuk mencapai jarak pukulan berbeza.

**Loft:** derajat kecerunan (diukur dalam *degree*) bagi setiap alatan dengan alatan berdarjah lebih rendah membawa jarak yang lebih jauh.

**Lubang:** Lubang yang ditebuk di atas *green* yang merupakan *target* bagi seseorang pemain.

**Practise green:** Satu kawasan *green* yang dibina bagi tujuan latihan. Untuk *green*, lihat pada makna *green* di atas.

**Pukulan *tee*:** Pukulan permulaan dalam setiap lubang, pelbagai alat boleh digunakan samada *driver*, *irons* ataupun *wood*.

**Putter:** kayu terakhir yang digunakan untuk melakukan pukulan leret. Hanya untuk kegunaan di atas *green*.

**Wedge:** kayu golf dengan *loft* yang tinggi, kebiasaannya antara 48 *degree* hingga 60 *degree* bertujuan untuk melakukan bola lambung dengan sedikit leretan atau berhenti serta merta.

## Senarai Singkatan

ABC REBT	:	<i>ABC Kerangka Rational Emotive Behaviour Teraphy</i>
ISN	:	Institut Sukan Negara
KBS	:	Kementerian Belia dan Sukan
KKW	:	Kumpulan Kawalan
KRW	:	Kumpulan Rawatan
MGA	:	<i>Malaysian Golf Association</i>
NHS	:	<i>National Handicap System</i>
PKS	:	Pusat Kecemerlangan Sukan
REBT	:	<i>Rational Emotive Behaviour Teraphy</i>
SFGI	:	<i>Solution-Focused Guided Imagery</i>
USP	:	<i>Uncommon Sports Psychology</i>
UUM	:	Universiti Utara Malaysia
UUMNGA	:	<i>National Golf Academy University Utara Malaysia</i>

## **Senarai Lampiran**

- a. Soal Selidik *Rowe's Mental Games Test* (Lampiran 1)
- b. Soal Selidik *Rowe's Yips Test*
- c. Keputusan Kajian Kuantitatif (menggunakan SPSS versi 14.0)
- d. Bahan Edaran Dalam Sesi Berkenaan REBT
- e. Format Soalan dan Jawapan Bertulis Kepada Responden



# **BAB SATU**

## **PENDAHULUAN**

### **Pengenalan**

Perkembangan bidang kaunseling di seluruh dunia menunjukkan pertumbuhan yang pesat, selari dengan perkembangan psikologi masyarakat yang semakin kompleks (Ng & Kim, 2013; Abdul Halim, Md Shuib & Sapora, 2000; Suradi, 2004). Di Malaysia, perkhidmatan kaunseling dianggap perkhidmatan yang secara relatifnya baru berkembang (Ng & Kim, 2013; Othman, 2009). Ianya bermula di lingkungan institusi tertentu seperti sekolah, universiti serta pusat pemulihan dadah dan akhlak sebelum berkembang ke peringkat yang lebih meluas. Perkhidmatan ini belum lagi bergerak sepenuhnya meliputi kesemua jabatan-jabatan kerajaan atau swasta (Ng & Kim, 2013; Othman, 2007). Dengan demikian, terdapat banyak ruang dan potensi bagi bidang kaunseling untuk terus berkembang di negara ini (Ng & Kim, 2013).

Berbanding Malaysia, perkembangan dalam bidang perkhidmatan kaunseling di Amerika Syarikat bermula seawal tahun 1900an dengan format dan pakej perkhidmatan yang berbeza daripada apa yang wujud pada masa kini (Nordin, 2007). Namun demikian, terdapat persamaan dalam pertumbuhan bidang perkhidmatan kaunseling di Malaysia dan di Amerika Syarikat iaitu bermula melalui kegiatan kumpulan sukarelawan (Nordin, 2007). Mereka memberi respons kepada perubahan suasana masyarakat melalui perkhidmatan tolong bantu kepada komuniti.

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