

## **An Analysis of Sports Psychological Skills of a Sample of Hockey Players in a Selected State University in Sri Lanka**

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The objective of the present study was to analyze the sports psychological skills of a sample of state university hockey players in Sri Lanka. The Athletic Coping Skills Inventory-28 prepared and developed by Smith, 1995 was used to measure the seven dimensions of psychological characteristics. The seven psychological Characteristics were coping with Adversity, Coachability, Concentration, Confident and achievement motivation, Goal setting and mental preparation, Peaking under pressure, Freedom from worry. The sample was selected using the Convenience Sampling Method and one hundred and two hockey players were the sample size of this research. A nonparametric Kruskal Wallis test and Mann-Whitney test were used to analyse the results of sports psychological skills of selected state university hockey players. The level of significance was used as the  $p$ -value ( $p$  value $<0.05$ ). There was a significant difference in sports psychological skills according to the players' gender ( $p=0.000$ ). Male hockey players had better sports psychological skills than female hockey players. According to the players' playing experiences, a significant difference was found in their sports psychological skills ( $p=0.018$ ). There was no significant difference in sports psychological skills according to their playing positions ( $p=0.871$ ). The result of this study confirms that there are differences in sports psychological skills in selected state university hockey players in Sri Lanka.

**Keywords:** *hockey players, sports psychological skills*