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Aanhangsel A (Tabel 7 – 52)

TOETSING VAN DIE EFFEKTIVITEIT VAN 'N TERAPEUTIESE TENNIS INTERVENSIE OP DIE RESULTATE VAN DIE CSAI-2, POMS, RYFF EN DWECK TOETSE

Resultate van die analise van die sub-skaal tellings op die CSAI-2 toets

Let wel: Die numering van tabelle vervolg op die nommers soos aangedui in die verslag ten-einde verwarring met verwysings uit te sluit.

Nie Parametrise Toetse om te bepaal of statisties beduidende verskille tussen die ekperimentele en kontrole groepe bestaan op die subskale van die CSAI-2 toets.

Tabel 7: Mann-Whitney Toets

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
CSAI-2 Kognitiewe Angs Toets1 Totaal	Eksperimenteel	6	6.17	37.00
	Kontrole	4	4.50	18.00
	Totaal	10		
CSAI-2 Kognitiewe Angs Toets2 Totaal	Eksperimenteel	6	5.00	30.00
	Kontrole	4	6.25	25.00
	Totaal	10		
CSAI-2 Kognitiewe Angs Toets3 Totaal	Eksperimenteel	6	4.92	29.50
	Kontrole	4	6.38	25.50
	Totaal	10		
CSAI-2 Liggaamlike Angs Toetst1 Totaal	Eksperimenteel	6	6.50	39.00
	Kontrole	4	4.00	16.00
	Totaal	10		

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
CSAI-2 Liggaamlike Angs Toetst2 Totaal	Eksperimenteel	6	5.17	31.00
	Kontrole	4	6.00	24.00
	Totaal	10		
CSAI-2 Liggaamlike Angs Toetst3 Totaal	Eksperimenteel	5	3.60	18.00
	Kontrole	4	6.75	27.00
	Totaal	9		
CSAI-2 Selfvertroue Toets1 Totaal	Eksperimenteel	6	4.17	25.00
	Kontrole	4	7.50	30.00
	Totaal	10		
CSAI-2 Selfvertroue Toets2 Totaal	Eksperimenteel	6	5.83	35.00
	Kontrole	4	5.00	20.00
	Totaal	10		
CSAI-2 Selfvertroue Toets3 Totaal	Eksperimenteel	6	6.00	36.00
	Kontrole	4	4.75	19.00
	Totaal	10		

Tabel 8: Toets Statistiek (b)

	CSAI-2 Kognitiewe Angs Toets1 Totaal	CSAI-2 Kognitiewe Angs Toets2 Totaal	CSAI-2 Kognitiewe Angs Toets3 Totaal	CSAI-2 Liggaamlike Angs Toetst1 Totaal	CSAI-2 Liggaamlike Angs Toetst2 Totaal	CSAI-2 Liggaamlike Angs Toetst3 Totaal	CSAI-2 Selfvertroue Toets1 Totaal	CSAI-2 Selfvertroue Toets2 Totaal	CSAI-2 Selfvertroue Toets3 Totaal
Mann-Whitney U	8.000	9.000	8.500	6.000	10.000	3.000	4.000	10.000	9.000
Wilcoxon W	18.000	30.000	29.500	16.000	31.000	18.000	25.000	20.000	19.000
Z	-.855	-.644	-.748	-1.299	-.428	-1.736	-1.706	-.428	-.640
Asymp. Bed. (2- kantig)	.392	.520	.454	.194	.669	.082	.088	.669	.522
Exact Bed. [2*(1- kantig Bed.)]	.476(a)	.610(a)	.476(a)	.257(a)	.762(a)	.111(a)	.114(a)	.762(a)	.610(a)

a Nie gekorrigeer vir gelykes.

b Groeperings Veranderlike: Groep

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die CSAI-2 toets

Tabel 9: Friedman Toets

Groep	Gemiddelde Rangorde
Eksperimenteel CSAI-2 Kognitiewe Angs Toets1 Totaal	2.92
CSAI-2 Kognitiewe Angs Toets2 Totaal	1.92
CSAI-2 Kognitiewe Angs Toets3 Totaal	1.17
Kontrole CSAI-2 Kognitiewe Angs Toets1 Totaal	2.63
CSAI-2 Kognitiewe Angs Toets2 Totaal	2.13
CSAI-2 Kognitiewe Angs Toets3 Totaal	1.25

Tabel 10: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	9.652
	df	2
	Asymp. Bed.	.008
Kontrole	N	4
	Chi-Square	4.133
	df	2
	Asymp. Bed.	.127

a Friedman Toets

Table 13: Friedman Toets

Ranks

Groep		Gemiddelde Rangorde
Eksperimenteel	CSAI-2 Selfvertroue Toets1 Totaal	1.33
	CSAI-2 Selfvertroue Toets2 Totaal	2.08
	CSAI-2 Selfvertroue Toets3 Totaal	2.58
Kontrole	CSAI-2 Selfvertroue Toets1 Totaal	2.75
	CSAI-2 Selfvertroue Toets2 Totaal	1.75
	CSAI-2 Selfvertroue Toets3 Totaal	1.50

Tabel 14: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	4.957
	df	2
	Asymp. Bed.	.084
Kontrole	N	4
	Chi-Square	4.667
	df	2
	Asymp. Bed.	.097

a Friedman Toets

Nie Parametriese Toetse om te bepaal of statisties beduidende verskille tussen die ekperimentele en kontrole groepe bestaan op die subskale van die POMS toets

Tabel 15: Mann-Whitney Toets

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
POMS Spanning-Angs Toets 1 Totaal	Eksperimenteel	6	5.00	30.00
	Kontrole	4	6.25	25.00
	Totaal	10		
POMS Spanning-Angs Toets 2 Totaal	Eksperimenteel	6	4.50	27.00
	Kontrole	4	7.00	28.00
	Totaal	10		
POMS Spanning-Angs Toets 3 Totaal	Eksperimenteel	6	4.00	24.00
	Kontrole	4	7.75	31.00
	Totaal	10		
POMS Depressie Toets 1 Totaal	Eksperimenteel	6	4.92	29.50
	Kontrole	4	6.38	25.50
	Totaal	10		
POMS Depressie Toets 2 Totaal	Eksperimenteel	6	4.75	28.50
	Kontrole	4	6.63	26.50
	Totaal	10		
POMS Depressie Toets 3 Totaal	Eksperimenteel	6	3.83	23.00
	Kontrole	4	8.00	32.00
	Totaal	10		
POMS Woede-Vyandigheid Toets 1 Totaal	Eksperimenteel	6	4.25	25.50
	Kontrole	4	7.38	29.50
	Totaal	10		
POMS Woede-Vyandigheid Toets 2 Totaal	Eksperimenteel	6	4.33	26.00
	Kontrole	4	7.25	29.00
	Totaal	10		
POMS Woede-Vyandigheid Toets 3 Totaal	Eksperimenteel	6	3.50	21.00
	Kontrole	4	8.50	34.00
	Totaal	10		

Tabel 16: Toets Statistiek (b)

	POMS Spanning-Angs Toets 1 Totaal	POMS Spanning-Angs Toets 2 Totaal	POMS Spanning-Angs Toets 3 Totaal	POMS Depressie Toets 1 Totaal	POMS Depressie Toets 2 Totaal	POMS Depressie Toets 3 Totaal	POMS Woede- Vyandigheid Toets 1 Totaal	POMS Woede- Vyandigheid Toets 2 Totaal	POMS Woede- Vyandigheid Toets 3 Totaal
Mann-Whitney U	9.000	6.000	3.000	8.500	7.500	2.000	4.500	5.000	.000
Wilcoxon W	30.000	27.000	24.000	29.500	28.500	23.000	25.500	26.000	21.000
Z	-.645	-1.279	-1.919	-.748	-.965	-2.165	-1.609	-1.497	-2.590
Asymp. Bed. (2- kantig)	.519	.201	.055	.454	.334	.030	.108	.134	.010
Exact Bed. [2*(1- kantig Bed.)]	.610(a)	.257(a)	.067(a)	.476(a)	.352(a)	.038(a)	.114(a)	.171(a)	.010(a)

a Nie gekorrigeer vir gelykes.

b Groeperings Veranderlike: Groep

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille tussen die eksperimentele en kontrole groepe bestaan op die subskale van die POMS toets (Vervolg)

Tabel 17: Mann-Whitney Toets

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
POMS Vigor Toets 1 Totaal	Eksperimenteel	6	4.42	26.50
	Kontrole	4	7.13	28.50
	Totaal	10		
POMS Vigor Toets 2 Totaal	Eksperimenteel	6	6.00	36.00
	Kontrole	4	4.75	19.00
	Totaal	10		
POMS Vigor Toets 3 Totaal	Eksperimenteel	6	6.17	37.00
	Kontrole	4	4.50	18.00
	Totaal	10		

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
POMS Afgemat Toets 1 Totaal	Eksperimenteel	6	4.75	28.50
	Kontrole	4	6.63	26.50
	Totaal	10		
POMS Afgemat Toets 2 Totaal	Eksperimenteel	6	5.83	35.00
	Kontrole	4	5.00	20.00
	Totaal	10		
POMS Afgemat Toets 3 Totaal	Eksperimenteel	6	4.42	26.50
	Kontrole	4	7.13	28.50
	Totaal	10		
POMS Verwarring Toets 1 Totaal	Eksperimenteel	6	5.25	31.50
	Kontrole	4	5.88	23.50
	Totaal	10		
POMS Verwarring Toets 2 Totaal	Eksperimenteel	6	4.92	29.50
	Kontrole	4	6.38	25.50
	Totaal	10		
POMS Verwarring Toets 3 Totaal	Eksperimenteel	6	4.33	26.00
	Kontrole	4	7.25	29.00
	Totaal	10		

Tabel 18: Toets Statistiek (b)

	POMS Vigor Toets 1 Totaal	POMS Vigor Toets 2 Totaal	POMS Vigor Toets 3 Totaal	POMS Afgemat Toets 1 Totaal	POMS Afgemat Toets 2 Totaal	POMS Afgemat Toets 3 Totaal	POMS Verwarring Toets 1 Totaal	POMS Verwarring Toets 2 Totaal	POMS Verwarring Toets 3 Totaal
Mann-Whitney U	5.500	9.000	8.000	7.500	10.000	5.500	10.500	8.500	5.000
Wilcoxon W	26.500	19.000	18.000	28.500	20.000	26.500	31.500	29.500	26.000
Z	-1.394	-.642	-.858	-.977	-.430	-1.394	-.325	-.758	-1.520
Asymp. Bed. (2-kantig)	.163	.521	.391	.328	.667	.163	.745	.449	.128
Exact Bed. [2*(1-kantig Bed.)]	.171(a)	.610(a)	.476(a)	.352(a)	.762(a)	.171(a)	.762(a)	.476(a)	.171(a)

a Nie gekorrigeer vir gelykes.

b Groeperings Veranderlike: Groep

Nie Parametrisse Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die POMS toets

Tabel 19: Friedman Toets

Groep		Gemiddelde Rangorde
Eksperimenteel	POMS Spanning-Angs Toets 1 Totaal	2.00
	POMS Spanning-Angs Toets 2 Totaal	2.33
	POMS Spanning-Angs Toets 3 Totaal	1.67
Kontrole	POMS Spanning-Angs Toets 1 Totaal	1.63
	POMS Spanning-Angs Toets 2 Totaal	2.75
	POMS Spanning-Angs Toets 3 Totaal	1.63

Tabel 20: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	1.455
	df	2
Kontrole	Asymp. Bed.	.483
	N	4
	Chi-Square	3.600
	df	2
	Asymp. Bed.	.165

a Friedman Toets

Nie Parametrisie Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die POMS toets (Vervolg)

Tabel 21: Friedman Toets

Groep	Gemiddelde Rangorde
Eksperimenteel POMS Depressie Toets 1 Totaal	2.42
POMS Depressie Toets 2 Totaal	2.42
POMS Depressie Toets 3 Totaal	1.17
Kontrole POMS Depressie Toets 1 Totaal	2.00
POMS Depressie Toets 2 Totaal	1.25
POMS Depressie Toets 3 Totaal	2.75

Tabel 22: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	7.895
	df	2
Kontrole	Asymp. Bed.	.019
	N	4
	Chi-Square	6.000
	df	2
	Asymp. Bed.	.050

a Friedman Toets

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die POMS toets (Vervolg 2)

Tabel 23: Friedman Toets

Groep	Gemiddelde Rangorde
Ekspesimenteel POMS Woede-Vyandigheid Toets 1 Totaal	2.58
POMS Woede-Vyandigheid Toets 2 Totaal	2.25
POMS Woede-Vyandigheid Toets 3 Totaal	1.17
Kontrole POMS Woede-Vyandigheid Toets 1 Totaal	1.88
POMS Woede-Vyandigheid Toets 2 Totaal	1.38
POMS Woede-Vyandigheid Toets 3 Totaal	2.75

Tabel 24: Toets Statistiek (a)

Ekspesimenteel	N	6
	Chi-Square	7.524
	df	2
	Asymp. Bed.	.023
Kontrole	N	4
	Chi-Square	4.133
	df	2
	Asymp. Bed.	.127

a Friedman Toets

Nie Parametrise Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die POMS toets (Vervolg 3)

Tabel 25: Friedman Toets

Groep	Gemiddelde Rangorde
Ekspérimenteel POMS Vigor Toets 1 Totaal	1.08
POMS Vigor Toets 2 Totaal	2.25
POMS Vigor Toets 3 Totaal	2.67
Kontrole POMS Vigor Toets 1 Totaal	2.38
POMS Vigor Toets 2 Totaal	1.88
POMS Vigor Toets 3 Totaal	1.75

Tabel 26: Toets Statistiek (a)

Ekspérimenteel	N	6
	Chi-Square	8.818
	df	2
	Asymp. Bed.	.012
Kontrole	N	4
	Chi-Square	.933
	df	2
	Asymp. Bed.	.627

a Friedman Toets

Nie Parametrisse Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die POMS toets (Vervolg 4)

Tabel 27: Friedman Toets

Groep		Gemiddelde Rangorde
Eksperimenteel	POMS Afgemat Toets 1 Totaal	2.08
	POMS Afgemat Toets 2 Totaal	2.50
	POMS Afgemat Toets 3 Totaal	1.42
Kontrole	POMS Afgemat Toets 1 Totaal	2.00
	POMS Afgemat Toets 2 Totaal	1.63
	POMS Afgemat Toets 3 Totaal	2.38

Tabel 28: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	4.778
	df	2
	Asymp. Bed.	.092
Kontrole	N	4
	Chi-Square	1.200
	df	2
	Asymp. Bed.	.549

a Friedman Toets

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die POMS toets (Vervolg 5)

Tabel 29: Friedman Toets

Groep	Gemiddelde Rangorde
Ekperimenteel POMS Verwarring Toets 1 Totaal	2.75
POMS Verwarring Toets 2 Totaal	2.00
POMS Verwarring Toets 3 Totaal	1.25
Kontrole POMS Verwarring Toets 1 Totaal	2.25
POMS Verwarring Toets 2 Totaal	1.50
POMS Verwarring Toets 3 Totaal	2.25

Tabel 30: Toets Statistiek (a)

Ekperimenteel	N	6
	Chi-Square	7.364
	df	2
	Asymp. Bed.	.025
Kontrole	N	4
	Chi-Square	1.500
	df	2
	Asymp. Bed.	.472

a Friedman Toets

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille tussen die ekperimentele en kontrole groepe bestaan op die subskale van die RYFF toets

Tabel 31: Mann-Whitney Toets

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
RYFF Outonomieit Toets 1 Totaal	Eksperimenteel	6	5.17	31.00
	Kontrole	4	6.00	24.00
	Totaal	10		
RYFF Outonomieit Toets 2 Totaal	Eksperimenteel	6	5.83	35.00
	Kontrole	4	5.00	20.00
	Totaal	10		
RYFF Outonomieit Toets 3 Totaal	Eksperimenteel	6	6.67	40.00
	Kontrole	4	3.75	15.00
	Totaal	10		
RYFF Omgewings Bemeestering Toets 1 Totaal	Eksperimenteel	6	6.75	40.50
	Kontrole	4	3.63	14.50
	Totaal	10		
RYFF Omgewings Bemeestering Toets 2 Totaal	Eksperimenteel	6	6.25	37.50
	Kontrole	4	4.38	17.50
	Totaal	10		
RYFF Omgewings Bemeestering Toets 3 Totaal	Eksperimenteel	6	7.25	43.50
	Kontrole	4	2.88	11.50
	Totaal	10		
RYFF Persoonlike Groei Toets 1 Totaal	Eksperimenteel	6	5.00	30.00
	Kontrole	4	6.25	25.00
	Totaal	10		
RYFF Persoonlike Groei Toets 2 Totaal	Eksperimenteel	6	6.42	38.50
	Kontrole	4	4.13	16.50
	Totaal	10		
RYFF Persoonlike Groei Toets 3 Totaal	Eksperimenteel	6	6.17	37.00
	Kontrole	4	4.50	18.00
	Totaal	10		

Tabel 32: Toets Statistiek (b)

	RYFF Outonomieit Toets 1 Totaal	RYFF Outonomieit Toets 2 Totaal	RYFF Outonomieit Toets 3 Totaal	RYFF Omgewings Bemeestering Toets 1 Totaal	RYFF Omgewings Bemeestering Toets 2 Totaal	RYFF Omgewings Bemeestering Toets 3 Totaal	RYFF Persoonlike Groei Toets 1 Totaal	RYFF Persoonlike Groei Toets 2 Totaal	RYFF Persoonlike Groei Toets 3 Totaal
Mann-Whitney U	10.000	10.000	5.000	4.500	7.500	1.500	9.000	6.500	8.000
Wilcoxon W	31.000	20.000	15.000	14.500	17.500	11.500	30.000	16.500	18.000
Z	-.433	-.432	-1.516	-1.655	-.990	-2.259	-.669	-1.255	-.883
Asymp. Bed. (2- kantig)	.665	.666	.130	.098	.322	.024	.504	.209	.377
Exact Bed. [2*(1- kantig Bed.)]	.762(a)	.762(a)	.171(a)	.114(a)	.352(a)	.019(a)	.610(a)	.257(a)	.476(a)

a Nie gekorrigeer vir gelykes.

b Groeperings Veranderlike: Groep

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille tussen die eksperimentele en kontrole groepe bestaan op die subskale van die RYFF toets (Vervolg)

Tabel 33: Mann-Whitney Toets

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
RYFF Doelgerigheid Toets 1 Totaal	Eksperimenteel	6	5.00	30.00
	Kontrole	4	6.25	25.00
	Totaal	10		
RYFF Doelgerigheid Toets 2 Totaal	Eksperimenteel	6	6.67	40.00
	Kontrole	4	3.75	15.00
	Totaal	10		
RYFF Doelgerigheid Toets 3 Totaal	Eksperimenteel	6	5.58	33.50
	Kontrole	4	5.38	21.50
	Totaal	10		

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
RYFF Self-aanvaarding Toets 1 Totaal	Eksperimenteel	6	5.17	31.00
	Kontrole	4	6.00	24.00
	Totaal	10		
RYFF Self-aanvaarding Toets 2 Totaal	Eksperimenteel	6	6.33	38.00
	Kontrole	4	4.25	17.00
	Totaal	10		
RYFF Self-aanvaarding Toets 3 Totaal	Eksperimenteel	6	5.50	33.00
	Kontrole	4	5.50	22.00
	Totaal	10		
RYFF Positiewe Verhoudings Toets 1 Totaal	Eksperimenteel	6	5.50	33.00
	Kontrole	4	5.50	22.00
	Totaal	10		
RYFF Positiewe Verhoudings Toets 2 Totaal	Eksperimenteel	6	5.17	31.00
	Kontrole	4	6.00	24.00
	Totaal	10		
RYFF Positiewe Verhoudings Toets 2 Totaal	Eksperimenteel	6	6.08	36.50
	Kontrole	4	4.63	18.50
	Totaal	10		

Tabel 34: Toets Statistiek (b)

	RYFF Doelgerigh eid Toets 1 Totaal	RYFF Doelgerigh eid Toets 2 Totaal	RYFF Doelgerigh eid Toets 3 Totaal	RYFF Self-aanvaarding Toets 1 Totaal	RYFF Self-aanvaarding Toets 2 Totaal	RYFF Self-aanvaarding Toets 3 Totaal	RYFF Positiewe Verhoudings Toets 1 Totaal	RYFF Positiewe Verhoudings Toets 2 Totaal	RYFF Positiewe Verhoudings Toets 2 Totaal
Mann-Whitney U	9.000	5.000	11.500	10.000	7.000	12.000	12.000	10.000	8.500
Wilcoxon W	30.000	15.000	21.500	31.000	17.000	22.000	22.000	31.000	18.500
Z	-.654	-1.540	-.108	-.429	-1.086	.000	.000	-.446	-.755
Asymp. Bed. (2-kantig)	.513	.124	.914	.668	.278	1.000	1.000	.656	.450
Exact Bed. [2*(1-kantig Bed.)]	.610(a)	.171(a)	.914(a)	.762(a)	.352(a)	1.000(a)	1.000(a)	.762(a)	.476(a)

a Nie gekorrigeer vir gelykes.

b Groeperings Veranderlike: Groep

Nie Parametrise Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die RYFF toets

Tabel 35: Friedman Toets

Groep	Gemiddelde Rangorde
Ekspérimenteel RYFF Outonomieit Toets 1 Totaal	1.42
RYFF Outonomieit Toets 2 Totaal	2.25
RYFF Outonomieit Toets 3 Totaal	2.33
Kontrole RYFF Outonomieit Toets 1 Totaal	2.13
RYFF Outonomieit Toets 2 Totaal	2.25
RYFF Outonomieit Toets 3 Totaal	1.63

Tabel 36: Toets Statistiek (a)

Ekspérimenteel	N	6
	Chi-Square	4.933
	df	2
	Asymp. Bed.	.085
Kontrole	N	4
	Chi-Square	1.000
	df	2
	Asymp. Bed.	.607

a Friedman Toets

Nie Parametrise Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die RYFF toets (Vervolg)

Tabel 37: Friedman Toets

Groep		Gemiddelde Rangorde
Eksperimenteel	RYFF Omgewings Bemeestering Toets 1 Totaal	1.92
	RYFF Omgewings Bemeestering Toets 2 Totaal	1.67
	RYFF Omgewings Bemeestering Toets 3 Totaal	2.42
Kontrole	RYFF Omgewings Bemeestering Toets 1 Totaal	2.00
	RYFF Omgewings Bemeestering Toets 2 Totaal	2.00
	RYFF Omgewings Bemeestering Toets 3 Totaal	2.00

Tabel 38: Toets Statistiek(a)

Eksperimenteel	N	6
	Chi-Square	2.211
	df	2
	Asymp. Bed.	.331
Kontrole	N	4
	Chi-Square	.000
	df	2
	Asymp. Bed.	1.000

a Friedman Toets

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die RYFF toets (Vervolg 2)

Tabel 39: Friedman Toets

Groep	Gemiddelde Rangorde
Eksperimenteel RYFF Persoonlike Groei Toets 1 Totaal	1.58
RYFF Persoonlike Groei Toets 2 Totaal	2.17
RYFF Persoonlike Groei Toets 3 Totaal	2.25
Kontrole RYFF Persoonlike Groei Toets 1 Totaal	2.25
RYFF Persoonlike Groei Toets 2 Totaal	1.75
RYFF Persoonlike Groei Toets 3 Totaal	2.00

Tabel 40: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	2.923
	df	2
	Asymp. Bed.	.232
Kontrole	N	4
	Chi-Square	.667
	df	2
	Asymp. Bed.	.717

a Friedman Toets

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die RYFF toets (Vervolg 3)

Tabel 41: Friedman Toets

Groep	Gemiddelde Rangorde
Eksperimenteel RYFF Doelgerigheid Toets 1 Totaal	1.83
RYFF Doelgerigheid Toets 2 Totaal	1.83
RYFF Doelgerigheid Toets 3 Totaal	2.33
Kontrole RYFF Doelgerigheid Toets 1 Totaal	2.38
RYFF Doelgerigheid Toets 2 Totaal	1.63
RYFF Doelgerigheid Toets 3 Totaal	2.00

Tabel 42: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	1.412
	df	2
Kontrole	Asymp. Bed.	.494
	N	4
	Chi-Square	1.286
	df	2
	Asymp. Bed.	.526

a Friedman Toets

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die RYFF toets (Vervolg 4)

Tabel 43: Friedman Toets

Groep		Gemiddelde Rangorde
Eksperimenteel	RYFF Self-aanvaarding Toets 1 Totaal	1.42
	RYFF Self-aanvaarding Toets 2 Totaal	2.17
	RYFF Self-aanvaarding Toets 3 Totaal	2.42
Kontrole	RYFF Self-aanvaarding Toets 1 Totaal	1.88
	RYFF Self-aanvaarding Toets 2 Totaal	1.63
	RYFF Self-aanvaarding Toets 3 Totaal	2.50

Tabel 44: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	4.333
	df	2
Kontrole	Asymp. Bed.	.115
	N	4
	Chi-Square	1.857
	df	2
	Asymp. Bed.	.395

a Friedman Toets

Nie Parametrisie Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die RYFF toets (Vervolg 5)

Tabel 45: Friedman Toets

Groep		Gemiddelde Rangorde
Eksperimenteel	RYFF Positiewe Verhoudings Toets 1 Totaal	1.58
	RYFF Positiewe Verhoudings Toets 2 Totaal	2.25
	RYFF Positiewe Verhoudings Toets 2 Totaal	2.17
Kontrole	RYFF Positiewe Verhoudings Toets 1 Totaal	2.13
	RYFF Positiewe Verhoudings Toets 2 Totaal	2.63
	RYFF Positiewe Verhoudings Toets 2 Totaal	1.25

Tabel 46: Toets Statistiek (a)

Eksperimenteel	N	6
	Chi-Square	2.111
	df	2
	Asymp. Bed.	.348
Kontrole	N	4
	Chi-Square	5.636
	df	2
	Asymp. Bed.	.060

a Friedman Toets

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille tussen die eksperimentele en kontrole groepe bestaan op die subskale van die Dweck toets

Tabel 47: Mann-Whitney Toets

	Groep	N	Gemiddelde Rangorde	Som van Rangordes
DWECK Entiteit Ingesteldheid Toets 1 Totaal	Eksperimenteel	6	5.50	33.00
	Kontrole	4	5.50	22.00
	Totaal	10		
DWECK Entiteit Ingesteldheid Toets 2 Totaal	Eksperimenteel	6	6.08	36.50
	Kontrole	4	4.63	18.50
	Totaal	10		
DWECK Entiteit Ingesteldheid Toets 3 Totaal	Eksperimenteel	6	5.17	31.00
	Kontrole	4	6.00	24.00
	Totaal	10		
DWECK Groei Ingesteldheid Toets 1 Totaal	Eksperimenteel	6	5.67	34.00
	Kontrole	4	5.25	21.00
	Totaal	10		
DWECK Groei Ingesteldheid Toets 2 Totaal	Eksperimenteel	6	4.42	26.50
	Kontrole	4	7.13	28.50
	Totaal	10		
DWECK Groei Ingesteldheid Toets 3 Totaal	Eksperimenteel	6	4.83	29.00
	Kontrole	4	6.50	26.00
	Totaal	10		

Tabel 48: Toets Statistiek (b)

	DWECK Entiteit Ingesteldheid Toets 1 Totaal	DWECK Entiteit Ingesteldheid Toets 2 Totaal	DWECK Entiteit Ingesteldheid Toets 3 Totaal	DWECK Groei Ingesteldheid Toets 1 Totaal	DWECK Groei Ingesteldheid Toets 2 Totaal	DWECK Groei Ingesteldheid Toets 3 Totaal
Mann-Whitney U	12.000	8.500	10.000	11.000	5.500	8.000
Wilcoxon W	22.000	18.500	31.000	21.000	26.500	29.000
Z	.000	-.760	-.447	-.262	-1.561	-1.049
Asymp. Bed. (2-kantig)	1.000	.447	.655	.793	.118	.294

Exact Bed. [2*(1-kantig Bed.)]	1.000(a)	.476(a)	.762(a)	.914(a)	.171(a)	.476(a)
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- a Nie gekorrigeer vir gelykes.
b Groeperings Veranderlike: Groep

Nie Parametrise Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die Dweck toets

Table 49: Friedman Toets

Groep	Gemiddelde Rangorde
Ekspamenteel DWECK Entiteit Ingesteldheid Toets 1 Totaal	1.58
DWECK Entiteit Ingesteldheid Toets 2 Totaal	1.92
DWECK Entiteit Ingesteldheid Toets 3 Totaal	2.50
Kontrole DWECK Entiteit Ingesteldheid Toets 1 Totaal	1.38
DWECK Entiteit Ingesteldheid Toets 2 Totaal	1.88
DWECK Entiteit Ingesteldheid Toets 3 Totaal	2.75

Tabel 50: Toets Statistiek (a)

Ekspamenteel	N	6
	Chi-Square	3.263
	df	2
	Asymp. Bed.	.196
Kontrole	N	4
	Chi-Square	4.769
	df	2
	Asymp. Bed.	.092

- a Friedman Toets

Nie Parametrisiese Toetse om te bepaal of statisties beduidende verskille binne elke groep vanaf die voortoetsing tot die daaropvolgende na-toetsings plaasgevind het op die subskale van die Dweck toets (Vervolg 1)

Tabel 51: Friedman Toets

Groep	Gemiddelde Rangorde
Ekspamenteel DWECK Groei Ingesteldheid Toets 1 Totaal	2.17
DWECK Groei Ingesteldheid Toets 2 Totaal	1.92
DWECK Groei Ingesteldheid Toets 3 Totaal	1.92
Kontrole DWECK Groei Ingesteldheid Toets 1 Totaal	1.38
DWECK Groei Ingesteldheid Toets 2 Totaal	2.38
DWECK Groei Ingesteldheid Toets 3 Totaal	2.25

Tabel 52: Toets Statistiek (a)

Ekspamenteel	N	6
	Chi-Square	.667
	df	2
	Asymp. Bed.	.717
Kontrole	N	4
	Chi-Square	3.800
	df	2
	Asymp. Bed.	.150

a Friedman Toets

AANHANGSEL B1

INTERVIEW WITH SUBJECT ONE

RESEARCHER: What is your perception of your weak points as a tennis player?

SUBJECT: I believe that I have one main weak point which is my match play; whenever I get involved in a match I feel like I put myself under pressure and my game just falls apart and nothing seems to work.

RESEARCHER: What is your perception of your strong points as a tennis player?

SUBJECT: I think as a tennis player I have the ability to fight back. I believe that when it comes to certain important points, I just manage to play well, but I believe my strong points are mostly my shots and my skills, my technical skills.

RESEARCHER: How do you see your growth as a tennis player?

SUBJECT: My growth is very good. I believe that I am improving rapidly and my game should be very good for upcoming tournaments.

RESEARCHER: How do you deal with stress and anxiety on the court?

SUBJECT: Well, at first, if I like miss shots and stuff, then I start like talking to myself. If like it keeps on, the stress keeps on growing, I start screaming and like at worst case, I sometimes throw my racquet.

AANHANGSEL B2

ONDERHOUD MET SUBJEK TWEE

NAVORSER: Wat is jou persepsie van jou swakpunte as tennisspeler?

SUBJEK: My "mental" is dat ek kan werk soos op 'n, in 'n moeilike "match" dat ek kan deurdring as ek sukkel met iets, dat ek kan myself sê, ek is goed daarmee, ek kan dit doen, soos in 'n moeilike situasie om positief te bly en nie negatief te raak en so ...

NAVORSER: Wat is jou persepsie van jou sterkpunte as tennisspeler?

SUBJEK: Ek weet waar ek wil wees met my tennis en ek werk, doen alles in my vermoë om daar te kom, en ...

NAVORSER: Hoe sien jy jou groei as tennisspeler?

SUBJEK: Van waar ek was vier jaar terug tot nou toe, is ek baie beter. Ek sien rêrig groei en ek sien dit elke dag, sien dit groei vinnig, ja ek is tevrede met my groei.

NAVORSER: Hoe hanteer jy stres en angas as tennisspeler?

SUBJEK: Op die baan hang dit af van hoe ek voel die dag. As ek nie lekker voel nie, dan neem dit net heeltemal oor en ek speel baie swak, maar as ek goed voel, of as ek iets - as iets gebeur van die baan af, dat my goed laat voel, dan kan ek dit heeltemal in ander plek vir my lyk asof ek op 'n ander plek sit en glad nie daar konsentreer nie, net konsentreer op my "game", so dit hang maar af hoe voel ek die dag.

AANHANGSEL B3

INTERVIEW WITH SUBJECT THREE

RESEARCHER: What is your perception of your weak points as a tennis player?

SUBJECT: Can I say my main weak point is my entire mental approach and all my mental aspects in general. The way I handle myself and my preparation for and after, and as well as saying second is probably my physical and these are my two biggest weaknesses and I also work the least on them.

RESEARCHER: What is your perception of your strong points as a tennis player?

SUBJECT: Well, I will say where I lack mentally and physically that my technique is good, and also I am tall, so I have good reach at the net as well as item serves, I have a pretty good serve.

RESEARCHER: How do you see your growth as a tennis player?

SUBJECT: When I first started I didn't really take it too seriously, I was more a social player but now it is pretty much a full-time job and also I take it really seriously and give a lot of effort around my tennis.

RESEARCHER: How do you deal with stress and anxiety on the court?

SUBJECT: Well, not too well, especially with stress in that I make winning too important and then I don't follow the level that I should. And anxiety, I also handle very badly because before a tournament, a few days before, I can't sleep properly

and I think about it too much and I make too much of a big deal from playing in a tournament that shouldn't be, just relax and do my best.

AANHANGSEL B4

INTERVIEW WITH SUBJECT FOUR

RESEARCHER: What is your perception of your weak points as a tennis player?

SUBJECT: I would probably say that the people around me on the side of the tennis court can sometimes influence the way when I play, their comments, I know that. I also get nervous before I play a game and also I tend to look at people, their rankings and they can sometimes influence me like for instance when I went to play at Ellis Park, there is this girl Jessica Lang who is always – thinks she is everything and all that, so that can also influence me. The people's rankings and all that ja, I can be influenced by that.

RESEARCHER: What is your perception of your strong points as a tennis player?

SUBJECT: Uhm, well I tend to, I have a good, when I play on the tennis courts, I know, like for instance when Trevor told me it is more of a mental game, I can place the balls and it is not all about hitting the big shots and all that. I can, I am a very consistent player when I play.

RESEARCHER: How do you see your growth as a tennis player?

SUBJECT: I think I have improved a lot since I would say about last year. I have got a lot more experience from competitions and also mentally, like more about the game and as I said, like the mental for instance. It is not all about hitting the hard shots, it is about placing the ball, it is about being consistent, that is how sets

are won and it is not all about winning as well.

RESEARCHER: How do you deal with stress and anxiety on the court?

SUBJECT: Uhm, well okay, I do not deal with it pretty well, but to a certain point I can deal with it. I mean I remember a few years ago when I was like about 11, I used to get very angry on the court and I used to have, I used to sometimes used to hit my racquet on the ground but now I can deal with it more and I can, I can say to myself, you know what, I can do better the next shot, and all that. I am not very angry on the court anymore, I can control my temper but yes I do have a lot of stress before I play a game because I get really nervous.

AANHANGSEL B5

ONDERHOUD MET SUBJEK VYF

NAVORSER: Wat is jou persepsie van jou swakpunte as 'n tennisspeler?

SUBJEK: Soos my diene, ek weet nie, dit is nie baie goed op die oomblik nie en ek raak baie “gestres” as dit nie uitwerk nie. En ja ...

NAVORSER: Wat is jou persepsie van jou sterkpunte as 'n tennisspeler?

SUBJEK: Ek dink my rughande is redelik goed teenoor my ander houe en ek gee nie regtig om as mense vir my kyk as ek speel nie, solank hulle nou net nie met my praat nie, dan is ek okei.

NAVORSER: Hoe sien jy jou groei as 'n tennisspeler?

SUBJEK: Ek het, ek dink ek het gegroei oor sê maar die laaste jaar met my tennisspel self, met soos “top spin” en daardie goed. En ja, “mentally” ook dink ek gegroei.

NAVORSER: Hoe hanteer jy stres en angs as 'n tennisspeler?

SUBJEK: Op die baan wys ek nie regtig dat ek “gestres” is nie ek sal, as ek nou regtig “gestres” is oor ek 'n dom hou gespeel het teen iemand wat nou nie regtig my “level” van tennis speel nie dan sal ek net, dan speel ek harder houe en goeters en dan sal ek partykeer nou te ver slaan of uitslaan of my diene sal nie uitwerk nie, ek sal heeltemal te ver of te hard of te sag dien so my tennisspel sal heeltemal afneem ook as ek baie “gestres” raak.

AANHANGSEL B6

ONDERHOUD MET SUBJEK SES

NAVORSER: Wat is jou persepsie van jou swakpunte as 'n tennisspeler?

SUBJEK: Gewoonlik begin, as ek begin swak speel die dag, dan word ek so stelselmatig baie kwaad vir myself en dan ja, dan gewoonlik word dit net erger en dan op die ou einde dan voel mens so moedeloos. Dit is basies maar wat my swakpunte is.

NAVORSER: Wat is jou persepsie van jou sterkpunte as 'n tennisspeler?

SUBJEK: Ek is nie bang om te hardloop op die baan nie ek hou nogal daarvan as ek 'n sterk opponent het, want dan ek myself opweeg teen hulle, en ja.

NAVORSER: Hoe sien jy jou groei as 'n tennisspeler?

SUBJEK: Uhm, as ek nou dink aan hoe ek, soos byvoorbeeld laas jaar hierdie tyd gespeel het, dan kyk ek veral na hoe my diene verander het en sterker geword het ja ook my houe, my plasing, ek en Trevor werk baie hard aan my plasing van my balle en dit het ek agtergekom het baie my spel verbeter.

NAVORSER: Hoe hanteer jy stres en angs as 'n tennisspeler?

SUBJEK: Dit hang maar af van die situasie op die baan. Partykeer dan sal ek my toon slaan met my raket, dit is maar 'n gewoonte wat ek moet afleer maar partykeer praat ek met myself, maar partykeer dink ek net, dan bly ek stil en dan dink ek net in my kop, okei nou wat het ek nou daar verkeerd gedoen en dit



gebeur nogal min dan probeer ek om dit reg te maak, maar ja, anders karring ek
maar net eintlik aan.

AANHANGSEL B7

ONDERHOUD MET SUBJEK SEWE

NAVORSER: Wat is jou persepsie van jou swakpunte as 'n tennisspeler?

SUBJEK: Wel, my swakpunte is ek raak mos vinnig kwaad as ek baie, baie foute maak dan sal ek vinnig kwaad raak. Maar anderste het ek net, ek oefen nie genoeg nie.

NAVORSER: Wat is jou persepsie van jou sterkpunte as 'n tennisspeler?

SUBJEK: Sterkpunte is as ek harde werk insit dan kry ek goeie resultate, maar verder as dit, ek het 'n goeie voorarm en as ek dit oefen, het ek regtig 'n goeie "backhand" en ek is, ek kan baie goed determineer, veral as ek moet hardloop en..

NAVORSER: Hoe sien jy jou groei as 'n tennisspeler?

SUBJEK: Wel, ek dink dat al wat tennis rêrig moet doen soos my lewe is; dit gee vir my baie "commitment", so ek, dit is die een ding dat my lewe baie "committed" is, maar 'n groot tennisspeler self, ek kan rêrig veel sê nie, want ek oefen nog omtrent my hele lewe, so ek kom nie rêrig agter wat dit moet doen, wat dit nie doen nie.

NAVORSER: En hoe sal jy jou vordering sien die afgelope tyd?

SUBJEK: Die afgelope tyd het ek baie harder geoefen en ek het meer geoefen, ek is omtrent, baie keer is ek elke dag van die week op die bane, ek oefen my

“serving”, ek het nou die “less” en so aan, so ek oefen elke aspek van die “game” en as gevolg daarvan word ek beter en as ek nie oefen nie, dan word dit nie beter nie. As ek nie oefen nie, dan vorder ek ‘n bietjie terug, maar sodra ek weer genoeg oefen dan kry ek alles weer mooi reg en ek beheer al die balle baie beter en ek kan ook as ek begin slegter speel, dan kan ek ook myself baie beter kalmeer en myself sê wat verkeerd is en dan daarop werk.

NAVORSER: Hoe hanteer jy stres en angas as ‘n tennisspeler?

SUBJEK: Jy sien Thys, my stres, ek stres nooit rêrig wanneer ek speel nie, behalwe as ek nou ‘n groot kompetisie speel; soos ek het onlangs in die Noordheuwel Ope gespeel en dit was die eerste keer wat ek rêrig in ‘n groot kompetisie gespeel het en ek het so ‘n bietjie “nervous” en angstig gevoel, maar dit was, sodra ek op die baan kom stres ek nie veel nie, maar ek begin kwaad raak dan sal ek gewoonlik dit nie reg wys nie, behalwe as dit tot ‘n punt kom dat ek sê nou in “straight sets” of as ek “straight games” na mekaar verloor, dan sal ek soos elke nou en dan sal ek soos die bal baie hard teen die draad vasslaan of so en ek sal ook meer aggressief begin speel, wat nie altyd goed is nie, want dan gaan my “game” verswak.

AANHANGSEL B8

INTERVIEW WITH SUBJECT EIGHT

RESEARCHER: What is your perception of your weak points as a tennis player?

SUBJECT: Well, I get very angry with myself when I am losing and then I keep on losing, because I keep getting so angry with myself and I cannot break a losing streak. If I win one point it is fine, but I need to win a few points in a row to break my losing streak, so that is quite a weakness and I get very frustrated with myself.

RESEARCHER: What is your perception of your strong points as a tennis player?

SUBJECT: Well, if I am winning, then I can keep the winning streak, just like if I am losing I keep a losing streak, I cannot really break the two. So, if I am winning, I keep on winning, if I am losing I keep losing, so my strength is that if I start winning, then I can carry on but I also my, well I think that the more comments and compliments I get while I am playing, the better I play. So if I get like very weak comments then I actually start losing it, because you just keep playing, I keep playing them over and over in my head and then I try and fix it and it goes more wrong, so that is quite a weak point as well.

RESEARCHER: How do you see your growth as a tennis player?

SUBJECT: Well, when I started it was, I used to do it, because my aunt told me to and I used to just come because my aunt told me to, but I have grown because I think that I play better now than I did and I also feel that I want to come more

than I am being forced to. So I have grown in the way that tennis has become a part of my life, it is like I would never miss tennis.

RESEARCHER: How do you deal with stress and anxiety on the court?

SUBJECT: I cannot say I take it well and I cannot say I take it badly; I take it in different ways between me and my opponent. If I am playing somebody where I have a perception that they are better than me then I become very stressful and very tense and I play like really badly but if I am playing somebody that is like a friend or something that I know that I can beat, then I can actually play better and my stress level goes down but it just depends on my opponent basically that my stress goes up and down with.

AANHANGSEL B9

ONDERHOUD MET SUBJEK NEGE

NAVORSER: Wat is jou persepsie van jou swakpunte as 'n tennisspeler?

SUBJEK: My konsentrasie, wel ek kan nie baie konsentreer as ek begin sleg speel nie.

NAVORSER: Wat is jou persepsie van jou sterkpunte as 'n tennisspeler?

SUBJEK: Ek het die, ek kan goed speel ek moet net konsentreer dan sal ek beter kan speel.

NAVORSER: Hoe sien jy jou groei as 'n tennisspeler?

SUBJEK: Baie goed, want Trevor leer my baie nuwe goed en hy laat ek oefen, dit inoefen.

NAVORSER: Hoe hanteer jy stres en angs as 'n tennisspeler?

SUBJEK: As ek begin agter raak en ek speel nie meer goed nie, dan raak ek partykeer vir my kwaad, maar ek moet net konsentreer en die konsentrasie in die spel, hou dan kan ek goed speel.

AANHANGSEL B10

INTERVIEW WITH SUBJECT TEN

RESEARCHER: What is your perception of your weak points as a tennis player?

SUBJECT: My backhands usually go out or is in the net, and my volleys never go in.

RESEARCHER: What is your perception of your strong points as a tennis player?

SUBJECT: Okay, my forehand usually goes in and sometimes a topspin, so...

RESEARCHER: How do you see your growth as a tennis player since when you started?

SUBJECT: Okay, from when I started I did bad, I am doing a bit better now but I sometimes still, I have my ups and downs, yes.

RESEARCHER: How do you deal with stress and anxiety on the court?

SUBJECT: I play really slowly, I try to get the ball over more than try to win the points, because when I stress the point is just to get the ball back and over.

AANHANGSEL B11

INTERVIEW WITH SUBJECT FOUR, SIX MONTHS AFTER THE INTERVENTION

Researcher: What is your perception of your weak points as a tennis player after the intervention?

Subject: I tend to be a bit too nice sometimes, I think. Like when people cheat, sometimes it gets to me and that is about it.

Researcher: What is your perception of your strong points as a tennis player after the intervention?

Subject: When I train I'm very determined to make a shot. When I don't make the shot, I will be more determined to get it right the second time; so I've got determination and probably my placement and consistency, it's getting there, it is a lot better.

Researcher: How do you see your growth as a tennis player after the intervention?

Subject: I am definitely a lot calmer. I improved a lot, I have been training a lot harder. I started to think a lot more like my placement and stuff; it's all falling into place.

Researcher: How do you deal with stress and anxiety on the court after the intervention?

Subject: Sometimes when the game is very tight I feel the tension, but mostly it's O.K.

AANHANGSEL B12

ONDERHOUD MET SUBJEK VYF, SES MAANDE NÁ DIE INTERVENSIE

Navorsers: Wat is jou persepsie van jou swakpunte as 'n tennisspeler ná die intervensie?

Subjek: Ek het besef dat almal foute iewers in hul spel het, en ek moet net hard werk om my swakpunte te verbeter. Ek het nuwe moed gekry om my swakpunte te verbeter.

Navorsers: Wat is jou persepsie van jou sterkpunte ná die intervensie?

Subjek: Ek het besef jy moet op jou sterkpunte konsentreer in 'n "game" en nie op jou swakpunte nie. Ek het dalk sterkpunte wat ander mense nie het nie, en ek moet dit gebruik.

Navorsers: Hoe sien jy jou groei as tennisspeler ná die intervensie?

Subjek: Ek dink die intervensie het my gemotiveer om 'n beter tennisspeelster te word en om op my sterkpunte te konsentreer. Die intervensie het my met nuwe oë na tennis laat kyk.

Navorsers: Hoe hanteer jy stres en angs as 'n tennisspeler ná die intervensie?

Subjek: Baie beter. Ek het geleer dat dit nie regtig nodig is om te stres nie, want jy moet die spel geniet. Ek het geleer dat stres en angs nie met jou spel moet "interfere" nie.

AANHANGSEL B13

ONDERHOUD MET SUBJEK SES, SES MAANDE NÁ DIE INTERVENSIE

Navorser: Wat is jou persepsie van jou swakpunte as 'n tennisspeler ná die intervensie?

Subjek: Ek word nog steeds kwaad partykeer op die tennisbaan, maar ek het nou met jou hulp beter maniere gekry om die fokus terug in die “game” te kry. So ek word nog kwaad, maar ek hanteer dit beter, dit affekteer my nie meer soos voorheen wanneer dit my so kwaad gemaak het nie.

Navorser: Wat is jou persepsie van jou sterkpunte as 'n tennisspeler ná die intervensie?

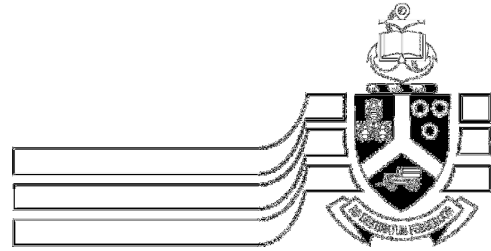
Subjek: Ek konsentreer beter op my sterkpunte en op my opponent se swakpunte. Ek voel meer selfversekerd oor my sterkpunte.

Navorser: Hoe sien jy jou groei as 'n tennisspeler ná die intervensie?

Subjek: Ek dink ek het gegroei, want in 'n stresvolle “game” kan ek makliker fokus. Dit voel of ek dit waaraan ek altyd oefen in die lesse kan weergee op die baan in 'n stresvolle situasie.

Navorser: Hoe hanteer jy stres en angs as 'n tennisspeler ná die intervensie?

Subjek: Ek word nog steeds bietjie kwaad en angs en stresvol, maar ek hanteer dit beter want ek fokus nie op die stres want ek moet nou goed speel nie anders verloor ek nie, ek fokus meer op wat vir my lekker is van die “game” dit help my om met die stres en die angs te “cope”; dan is dit lekker.



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AANHANGSEL C1

INGELIGTE TOESTEMMING

Beste Atleet

Ingeligte toestemming: Om deel te neem aan die studie oor die effek van SHIP® (Spontane Heling Intrasistemiese Proses) by tennisspelers.

Ek _____ (naam in vol) in my kapasiteit as (bv. afrigter of atleet) gee hiermee toestemming om deel te neem aan die voorgestelde navorsing deur Danie Hoffman as deel van die PHD graad in die Departement Biokinetika, Sport en vryetydwetenskap by die Universiteit van Pretoria.

Ek stem in om die navorsingsvraelyste oor 'n entiteit en groei sielkundige ingesteldheid in sport prestasie, sielkundige welstand, die POMS ((Profile of Mood States) en CSAI-2 (Competitive State Anxiety Inventory - 2) te voltooi en aan die sielkundige intervensie SHIP® deel te neem.

Ek verstaan dat:

- SHIP® as sielkundige intervensie oor 'n tydperk van ses maande sal strek, 'n sessie een uur lank is en elke derde week sal plaasvind.
- Vraelyste sal voor die aanvang van die intervensie en daarna na elke tweede maand vir 'n periode van ses maande afgeneem sal word.
- Ek is onder geen verpligting om aan die studie deel te neem nie.
- Ek mag weier om aan die studie deel te neem of myself onttrek.
- My anonimiteit sal te alle tye beskerm word.
- Beide my en my afrigter se name sal nie in enige verslag of voorstelling van die studie verskyn nie.

- Aan die einde van die intervensie gaan die navorser onderhoude voer met die afrigter en ouers van spelers om uit te vind of hulle enige verandering by die spelers waargeneem het.
- Slegs die primêre navorser en sy studieleier sal toegang hê tot die informasie wat ingesamel is tydens die studie.
- Ek moontlik nie direk sal baatvind by die studie nie, maar dat die studie die navorser en sy studieleier sal help om die sielkundige prosesse en die effek van SHIP® op die deelnemer te bepaal.
- 'n Opsomming van die bevindings aan die deelnemer gegee sal word.

Ek verstaan wat die studie behels en hierby gee ek my toestemming tot deelname. Ouers van spelers onder 18 jarige ouderdom moet hul toestemming verleen vir hul kinders om aan die studie deel te neem.

Handtekening van speler

Datum

Handtekening van ouer
(Speler onder ouderdom van 18 jaar)

Datum

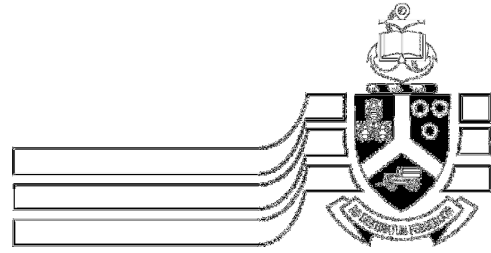
Handtekening van afrigter

Datum

As u enige vrae het oor die studie, kontak asseblief die navorser.

Hoofnavorser:
Danie Hoffman
Cell: 0724289314
Email: daniehoffman@absamail.co.za

Studieleier
Prof. B.J.M. Steyn
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Dept Biokinetika, Sport- en Vryetydwetenskappe
Tel: 012-420-6040 Faks: 012-420-6099
www.bsl.up.ac.za

AANHANGSEL C2

INFORMED CONSENT

Dear Athlete

Informed consent: For participating in a study with the effect of SHIP® (Spontaneous Healing Intrasytemic Process) on tennis players.

I _____ (please print full names), in my capacity as (e.g. coach, athlete) agree to take part in the proposed research undertaken by Danie Hoffman as part of an PHD degree in the Department of Biokinetiks, Sport and Leisure Sciences of the University of Pretoria.

I agree to participate in SHIP® as psychological intervention and to complete the research questionnaires of psychological well-being, entity and incremental theory attitude questionnaire on sports performance, the POMS (Profile of Mood States) and the CSAI-2 (Competitive State Anxiety Inventory –2).

I also understand:

- SHIP® as psychological intervention will take place over a period of 6 months, a session is an hour long and will be done every third week.
- Completing a questionnaire will take approximately 15-20 minutes.
- I am under no obligation to participate in the study.
- I may refuse to take part or withdraw from the study.
- My specific answers will be kept confidential and my name will appear nowhere on the completed questionnaire.
- My anonymity will be protected at all times.
- Neither my name nor my coach's name will be identified in any report or presentation, which may arise from the study.

- At the end of the intervention the researcher will interview the coach and the parents of the players to find out if they noticed any changes in the players' performance.
- Only the principal researcher and his supervisor will have access to the information collected during the study.
- That while I may not benefit directly from the study, the information gained may assist both researchers and the coach who gave permission for the research, to better understand the psychological effect of SHIP® on the participant.
- That a summary of the findings of the study will be given to you.

I understand what this study involves and hereby give informed consent to participate. Parents of players under the age of 18 years old must give consent for their children to participate in the study.

Signature of player

Date

Signature of parent
(Players under 18 years of age)

Date

Signature of coach

Date

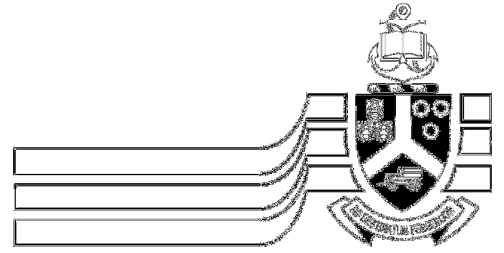
If you have any questions or concerns about this study, please contact the researcher.

Principal Researcher
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Cell: 0724289314
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Supervisor
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AANHANGSEL D

BIOGRAFIESE INFORMASIE

Deelnemer kode:

Ouderdom:

Geslag:

Jare van deelname:

Vlak van deelname:

Populasie groep:

Graad:



AANHANGSEL E

Competitive State Anxiety Inventory 2 (CSAI-2)

Please complete the following questions related to anxiety. Please be as honest as possible. There are no right or wrong answers.

	Not at all	Somewhat	Moderately	Very much
1. I am concerned about this competition.	1	2	3	4
2. I feel nervous.	1	2	3	4
3. I feel at ease.	1	2	3	4
4. I have self-doubts.	1	2	3	4
5. I feel jittery.	1	2	3	4
6. I feel comfortable.	1	2	3	4
7. I am concerned that I may not do as well in this competition as I could.	1	2	3	4
8. My body feels tense.	1	2	3	4
9. I feel self-confident.	1	2	3	4
10. I am concerned about losing.	1	2	3	4
11. I feel tense in my stomach.	1	2	3	4
12. I feel secure.	1	2	3	4
13. I am concerned about choking under pressure.	1	2	3	4
14. My body feels relaxed.	1	2	3	4
15. I'm confident I can meet the challenge.	1	2	3	4
16. I'm concerned about performing poorly.	1	2	3	4
17. My heart is racing.	1	2	3	4
18. I'm confident about performing well.	1	2	3	4
19. I'm going to reach my goal.	1	2	3	4
20. I feel my stomach sinking.	1	2	3	4
21. I feel mentally relaxed.	1	2	3	4
22. I'm concerned that others will be disappointed by my performance.	1	2	3	4
23. My hands are clammy.	1	2	3	4
24. I'm confident because I mentally picture myself reaching my goal.	1	2	3	4
25. I'm concerned I won't be able to concentrate.	1	2	3	4
26. My body feels tight.	1	2	3	4
27. I'm confident of coming through under pressure.	1	2	3	4

AANHANGSEL F

Psychological well-being questionnaire

The following set of questions deals with how you feel about yourself and your life.

Please remember that there are no right or wrong answers.

Circle the number that best describes your present agreement or disagreement with each statement	Strongly Disagree	Disagree Some-What	Disagree Slightly	Agree Slightly	Agree Some-what	Strongly Agree
1. I tend to be influenced by people with strong opinions	1	2	3	4	5	6
2. I think it is important to have new experiences that challenge how you think about yourself.	1	2	3	4	5	6
3. In general I feel I am in charge of the situation in which I live.	1	2	3	4	5	6
4. I live life one day at a time and don't really think about the future.	1	2	3	4	5	6
5. Maintaining close relationships has been difficult and frustrating for me.	1	2	3	4	5	6
6. When I look at the story of my life, I am pleased with how things have turned out.	1	2	3	4	5	6
7. I have confidence in my opinions, even if they are contrary to the general consensus.	1	2	3	4	5	6
8. For me, life has been a continuous process of learning, changing and growth.	1	2	3	4	5	6
9. The demands of everyday life often get me down.	1	2	3	4	5	6
10. Some people wander aimlessly through life, but I am not one of those people.	1	2	3	4	5	6



11. People would describe me as a giving person willing to share my time with others.	1	2	3	4	5	6
12. I like most aspects of My personality.	1	2	3	4	5	6
13. I judge myself by what I think is important, not by the values of what others think is important.	1	2	3	4	5	6
14. I gave up trying to make big improvements or changes in my life a long time ago.	1	2	3	4	5	6
15. I am quite good at managing the many responsibilities of my daily life.	1	2	3	4	5	6
16. I sometimes feel as if I've done all there is to do in life.	1	2	3	4	5	6
17. I have not experienced many warm and trusting relationships with others.	1	2	3	4	5	6
18. In many ways, I feel disappointed about my achievements in life.	1	2	3	4	5	6

AANHANGSEL G

SELF-THEORY QUESTIONNAIRE

The following set of questions deals with how you feel about yourself and your life. Please remember that there are no right or wrong answers.

Circle the number that best describes your present agreement or disagreement with each statement.

1. I have a certain level of ability in sport and I cannot really do much to change that level.

1	2	3	4	5	6
Strongly Agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree

2. Even if I try, the level I reach in sport will change very little.

1	2	3	4	5	6
Strongly Agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree

3. To be good at sport I need to be naturally gifted.

1	2	3	4	5	6
Strongly Agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree

4. How good I am at sport will always improve if I work at it.

1	2	3	4	5	6
Strongly Agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree



5. If I put enough effort into it, I will always get better at sport.

1	2	3	4	5	6
Strongly Agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree

6. To be successful in sport I need to learn techniques and skills and practice them regularly.

1	2	3	4	5	6
Strongly Agree	Agree	Mostly agree	Mostly disagree	Disagree	Strongly disagree



POMS

NAME _____

DATE _____

Below is a list of words that describe feelings people have. Please read each carefully. Then mark an X over the number to the right which best describes HOW YOU FEEL NOW.

The numbers refer to the following phrases:

- 0 = Not at all
- 1 = A little
- 2 = Moderately
- 3 = Very
- 4 = Extremely

FRIENDLY	0 1 2 3 4	UNWORTHY	0 1 2 3 4	DESPERATE	0 1 2 3 4
TENSE	0 1 2 3 4	SPITEFUL	0 1 2 3 4	SLUGGISH	0 1 2 3 4
ANGRY	0 1 2 3 4	SYMPATHETIC	0 1 2 3 4	REBELLIOUS	0 1 2 3 4
WORN OUT	0 1 2 3 4	UNEASY	0 1 2 3 4	HELPLESS	0 1 2 3 4
UNHAPPY	0 1 2 3 4	RESTLESS	0 1 2 3 4	WEARY	0 1 2 3 4
CLEAR-HEADED	0 1 2 3 4	UNABLE TO CONCENTRATE	0 1 2 3 4	BEWILDERED	0 1 2 3 4
LIVELY	0 1 2 3 4	FATIGUED	0 1 2 3 4	ALERT	0 1 2 3 4
CONFUSED	0 1 2 3 4	HELPFUL	0 1 2 3 4	DECEIVED	0 1 2 3 4
SORRY FOR THINGS DONE	0 1 2 3 4	ANNOYED	0 1 2 3 4	FURIOUS	0 1 2 3 4
SHAKY	0 1 2 3 4	DISCOURAGED	0 1 2 3 4	EFFICIENT	0 1 2 3 4
LISTLESS	0 1 2 3 4	RESENTFUL	0 1 2 3 4	TRUSTING	0 1 2 3 4
PEEVED	0 1 2 3 4	NERVOUS	0 1 2 3 4	FULL OF PEP	0 1 2 3 4
CONSIDERATE	0 1 2 3 4	LONELY	0 1 2 3 4	BAD TEMPERED	0 1 2 3 4
SAD	0 1 2 3 4	MISERABLE	0 1 2 3 4	WORTHLESS	0 1 2 3 4
ACTIVE	0 1 2 3 4	MUDDLED	0 1 2 3 4	FORGETFULL	0 1 2 3 4
ON EDGE	0 1 2 3 4	CHEERFULL	0 1 2 3 4	CAREFREE	0 1 2 3 4
GROUCHY	0 1 2 3 4	BITTER	0 1 2 3 4	TERRIFIED	0 1 2 3 4
BLUE	0 1 2 3 4	EXHAUSTED	0 1 2 3 4	GUILTY	0 1 2 3 4
ENERGETIC	0 1 2 3 4	ANXIOUS	0 1 2 3 4	VIGOROUS	0 1 2 3 4
PANICKY	0 1 2 3 4	READY TO FIGHT	0 1 2 3 4	UNCERTAIN ABOUT THINGS	0 1 2 3 4
HOPELESS	0 1 2 3 4	GOOD-NATURED	0 1 2 3 4	TIRED	0 1 2 3 4
RELAXED	0 1 2 3 4	GLOOMY	0 1 2 3 4		

MAKE SURE THAT YOU HAVE ANSWERED EVERY ITEM



AANHANGSEL H

POMS

NAAM _____

DATUM _____

Onderstaande is 'n lys van woorde wat beskryf hoe mense voel. Lees elke woord aandagtig. Maak 'n kruisie bo-oor die nommer aan die regterkant wat die beste beskryf HOE JY NOU VOEL.

- 0 = Glad nie
- 1 = 'n Bietjie
- 2 = Redelik
- 3 = Baie
- 4 = Baie sterk

VRIENDELIK	0 1 2 3 4	ONWAARDIG	0 1 2 3 4	DESPERAAT	0 1 2 3 4
GESPANNE	0 1 2 3 4	NYDIG	0 1 2 3 4	DOOIERIG	0 1 2 3 4
KWAAD	0 1 2 3 4	SIMPATIEK	0 1 2 3 4	OPSTANDIG	0 1 2 3 4
VERMOEID	0 1 2 3 4	ONGEMAKLIK	0 1 2 3 4	MAGTELOOS	0 1 2 3 4
ONGELUKKIG	0 1 2 3 4	RUSTELOOS	0 1 2 3 4	TAM	0 1 2 3 4
HELDER VAN	0 1 2 3 4	NIE IN STAAT OM	0 1 2 3 4	VERBOUEREERD	0 1 2 3 4
VERSTAND		TE KONSEN-			
		TREER NIE			
LEWENDIG	0 1 2 3 4	AFGEMAT	0 1 2 3 4	OP EN WAKKER	0 1 2 3 4
VERWARD	0 1 2 3 4	HULPVAARDIG	0 1 2 3 4	VOEL BEDRIEG	0 1 2 3 4
JAMMER OOR	0 1 2 3 4	VERERG	0 1 2 3 4	WOEDEND	0 1 2 3 4
OPTREDE					
BEWERIG	0 1 2 3 4	ONTMOEDIG	0 1 2 3 4	BEKWAAM	0 1 2 3 4
LUSTELOOS	0 1 2 3 4	GEGRIEF	0 1 2 3 4	VERTROU ANDER	0 1 2 3 4
OMGEKRAP	0 1 2 3 4	SENUWEEAGTIG	0 1 2 3 4	VOL LEWE	0 1 2 3 4
BEDAGSAAM	0 1 2 3 4	EENSAAM	0 1 2 3 4	HUMEURIG	0 1 2 3 4
TREURIG	0 1 2 3 4	ELLENDIG	0 1 2 3 4	NIKSWERD	0 1 2 3 4
AKTIEF	0 1 2 3 4	DEURMEKAAR	0 1 2 3 4	VERGEETAGTIG	0 1 2 3 4
PRIKKELBAAR	0 1 2 3 4	OPGERUIMD	0 1 2 3 4	SORGVRY	0 1 2 3 4
KNORRIG	0 1 2 3 4	VERBITTERD	0 1 2 3 4	VERSKRIK	0 1 2 3 4
TERNEERGEDRUK	0 1 2 3 4	UITGEPUT	0 1 2 3 4	SKULDIG	0 1 2 3 4
ENERGIEK	0 1 2 3 4	BEANGS	0 1 2 3 4	LEWENSKRAGTIG	0 1 2 3 4
PANIEKERIG	0 1 2 3 4	GEREED OM TE	0 1 2 3 4	ONSEKER OOR	0 1 2 3 4
		BAKLEI		DINGE	
WANHOPIG	0 1 2 3 4	GEMOEDELIK	0 1 2 3 4	MOEG	0 1 2 3 4
ONTSPANNE	0 1 2 3 4	SOMBER	0 1 2 3 4		

MAAK SEKER DAT JY ELKE
ITEM BEANTWOORD HET