

**UNIVERSITI SAINS MALAYSIA
GERAN PENYELIDIKAN UNIVERSITI PENYELIDIKAN
LAPORAN AKHIR**

**SIGNIFICANCE OF VISUOMOTOR BEHAVIOR REHEARSAL IN
EXPLAINING ATHLETIC PERFORMANCE DISASTER**

PENYELIDIK

DR SOUMENDRA SAHA

PENYELIDIK BERSAMA

**DR. SRILEKHA SAHA
PROF. MADYA DR. MOHAMED SAAT ISMAIL
PROF. MADYA DR. HAIRUL ANWAR HASHIM
PROF. MADYA DR. ASOK KUMAR GHOSH
FOUJIA HUDA (GRA PhD Student)**

2016



FINAL REPORT
FUNDAMENTAL RESEARCH GRANT SCHEME (FRGS)
Laporan Akhir Skim Geran Penyelidikan Fundamental (FRGS)
Pindaan 1/2015

RESEARCH TITLE: Significance of Visuomotor behaviour rehearsal in explaining athletic performance disaster.

PHASE & YEAR: I & 2013

START DATE: 1st May 2013
END DATE (EXPECTED): 31st October 2015

EXTENSION DATE: RMC LEVEL: 31st October 2015
KPM LEVEL: 31st October 2015:

PROJECT LEADER: Dr. Soumendra Saha
I/C / PASSPORT NUMBER: K0867176 (New)/ J4427434 (Old)

PROJECT MEMBERS : 1. Dr. Srilekha Saha
(including GRA) 2. Prof. Madya Dr. Mohamed Saat Ismail
3. Prof. Madya Dr. Hairul Anwar Hashim
4. Prof. Madya Dr. Asok Kumar Ghosh
5. Foujia Huda (GRA PhD Student)



PERPUSTAKAAN HAMDAN TAHIR
UNIVERSITI SAINS MALAYSIA

PROJECT ACHIEVEMENT (Prestasi Projek)

ACHIEVEMENT PERCENTAGE			
Project progress according to milestones achieved up to this period	0 - 50%	51 - 75%	76 - 100%
Percentage (please state #%)			
RESEARCH OUTPUT			
Number of articles/ manuscripts/ books (Please attach the First Page of Publication)	Indexed Journal		Non-Indexed Journal
	3 (IJPBS Scopus & PubMed indexed – Published); + 2 (IMJ – SCOPUS & ISI indexed - Accepted & in Press) + 3 (SHS Web of Conference – ISI indexed – Accepted)		
Conference Proceeding (Please attach the First Page of Publication)	International		National
	Four International Presentations As Resource Person/Invited Speaker and Two Oral presentations 1. ICME4 2015; 2. ISCA 2014; 3. IVC 2014; 4. ISCA (Plenary Speech) 5. ICSP (2014) and 6. ICOLASS (2014) (PDF version of certificates and Presentation doc. (Attached)		
Intellectual Property (Please specify)	Preparation of one Copy-righted Template publication is on the verge of preparation and submission. In all probabilities this one will be carried out within the third week of March 2016.		

PERPUSTAKAAN HAMDAN TAHIR
UNIVERSITI SAINS MALAYSIA

HUMAN CAPITAL DEVELOPMENT

Human Capital	Number				Others (please specify)
	On-going		Graduated		
Citizen	Malaysian	Non Malaysian	Malaysian	Non Malaysian	Foujia Huda is pursuing PhD studies. She has progressed a lot, and she is on the verge of finishing her PhD study. Nurfarah Ezzaty is pursuing her Masters study, and her research was supported by this grant, and similarly during her bachelors study she was also part of this project, and the research of Mr. Akmal (Bachelcor study) was also supported by virtue of this grant. Altogether these students were key functionery in 8 of the research publications.
No. PHD STUDENT		1			
Student Fullname: IC / Passport No: Student ID:		Foujia Huda F0592299 P-SKD0005/14(R)			
No. MASTER STUDENT	1				
Student Fullname: IC / Passport No: Student ID:	Nurfarah Ezzaty Bt Mohd Zahir 890726-14-5610 P-SKM0004/14(R)				
No. UNDERGRADUATE STUDENT			2		
Student Fullname: IC / Passport No: Student ID:			Nurfarah Ezzaty Bt Mohd Zahir 890726-14-5610 P-SKM0004/14 (R) Muhd. Akmal Bin Abdul Aziz 112995 920612-14-5561		
Total	1	1	2		

PENDITURE (Perbelanjaan) as Borang K1(RMC)

Budget Approved (Peruntukan diluluskan) : RM – 66350.00
Amount Spent (Jumlah Perbelanjaan) : RM – 66307.67 (As per the eStatement available from eFas system on 31st Oct.2015)
Balance (Baki) : RM - 42.33 of the whole budget (Based on eStatement - eFas system on 31.10. 2015)
Percentage of Amount Spent : 99.94% of the whole budget (eFas system on 31.10. 2015)
 (Peratusan Belanja)

ADDITIONAL RESEARCH ACTIVITIES THAT CONTRIBUTE TOWARDS DEVELOPING SOFT AND HARD SKILLS (Kegiatan Penyelidikan Sampingan yang menyumbang kepada pembangunan kemahiran insaniah)

International		
Activity	Date (Month, Year)	Organizer
(e.g : Course/ Seminar/ Symposium/Conference/ Workshop/ Site Visit)	Recognised as Country Representative Resource Person (Malaysia); Recognised as Session Chair Person in the ICOLASS; Recognised as an Panel Discussion Expert in ICSP 2014 (New Delhi, India); Recognised as the Plenary Session Expert Speaker (Inaugural Session of ISCA 2014 – 8th December 2014); Recognised as the Chief-Guest of Valedictory Session of ISCA 2014 – 9th December 2014). (PDF version of certificates and Presentation doc. (Attached))	<ul style="list-style-type: none"> International Science Congress Association ISCA; ICOLASS (USM-POTO) Vietnam 2014; ICSP, Delhi Unversity; New Delhi,India (2014); International Science Congress Association ISCA; International Science Congress Association ISCA;
National		

Activity	Date (Month, Year)	Organizer
(e.g : Course/ Seminar/ Symposium/ Conference/ Workshop/ Site Visit)		

PROBLEMS / CONSTRAINTS IF ANY (*Masalah/ Kekangan sekiranya ada*)

As for the utilisation of budget, based on the eFas system we cannot get detailed, updated and valid information, which could be viewed as one of the major constraint faced with. Owing to this, submission of reports on Expenditure and Budget remaining may appear quite a lot incongruous. The submitted report based on eFas (at the end of October 2015) shows 99.94% of the budget was utilised (which was duly confirmed by the Science Officer, PPSK, USM on 31.10.2015). Budget situation as per the eFAS on November 2015, however started to depict that only 95.54% (i.e., not only MYR 42.33, but about MYR 2187.29 was remaining unutilised). This really seems absolutely strange and absurd. Further to that, though enough provisions are kept for International Conference presentations for dissemination of the outcomes (Vote 21000), I had to face huge trouble in reimbursement of the ICME4 conference expenditure (Whichever were duly approved by the Honourable DVC Research and RCMO), and finally a large chunk of the expenditure was not provided even if the necessary documents and explanations were provided on time, and those were verified and approved by the concerned officers in Bendahari (at Health Campus) USM. While time passed by and the account got frozen, I could realize that probably some large chunk of money was not reimbursed and even though science officer in PPSK confirmed that about 99.95% money got utilised, finally the e-statements available thereafter shows a confusing and fairly inconsistent report on budgetary situation.

RECOMMENDATION (*Cadangan Penambahbaikan*)

- eFas system needs to be updated and clearly validated;
- Coordination between RCMO and Bendahari USM (Main Campus) & Bendahari of Health Campus should be feasibly improved;
- Researchers must be made aware of the budgetary constraints and possibility of mis-matching well-ahead of time;
- Training of the researchers must be carried out, so that the budgetary allocations are adequately clarified to the researchers.

RESEARCH ABSTRACT – Not More Than 200 Words (*Abstrak Penyelidikan – Tidak Melebihi 200 patah perkataan*)

Present research was carried out to identify the integral processes of the psychological aspect of configuration of mental image of high sport performance based on the feedbacks received from the psychomotor coordinative performance of physical skill. Assessment of mood variables and projective evaluation of inner core emotionality substantiated with the autonomic indices of emotionality revealed that emotional feelings of suspicion had inhibitive impact onto changes in the feelings of irritability in the athletes. Higher extent of autonomic competence observed in athletes, was found contributed by higher self-esteem, pleasant affect and high level of emotional flexibility. Visuo-motor behavior rehearsal (VMBR) activity was observed to facilitate in the development of cognitive schema required for adequate transitions from discrete to serial motor skill development, which evidentially helped the players to display faster agile performance. Findings also suggested that, bidirectional motor learning skill and muscle steadiness were observed as significance factors for reduction in erroneous motor performance. Furthermore, faster recovery from autonomic stress was identified as essential for psychobiological adaptation required for modification in erroneous motor performance. Finally, dexterity and optimal muscle contraction along with efficient motor learning skill are required to adopt an optimal level of VMBR training required for heightened soccer performance.

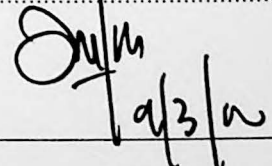
Date : 03.03.2016
Tarikh

Project Leader's Signature:
Tandatangan Ketua Projek 

COMMENTS, IF ANY/ ENDORSEMENT BY RESEARCH MANAGEMENT CENTER (RMC)
(Komen, sekiranya ada/ Pengesahan oleh Pusat Pengurusan Penyelidikan)

.....

Name: PROF. DR LEE KEAT TEONG
Nama: Penqarah
Date: Pejabat Pengurusan & Kreativiti Penyelidikan
Tarikh: Universiti Sains Malaysia

Signature: 
Tandatangan: