EXTENDED SUMMARY

It is obvious that hereditary factors are the root of the success of sporting activities, talents skills and environmental factors. But it is not possible with the elements being successful. Researches show that the source of success in sports cannot connect to a single cause. A lot of reasons behind the success of sport activities have created the interest of many researchers and they try the reasons for this success from the point of their view. Many researchers have associated motoric reasons with the main success. In today’s modern research draw attention to a different point, it show us how important it is also the mental factor as well as motor skills. The aim of the study was to determine the athlete’s sporting activities in order to raise the achievement levels of mental training. Adaptation of Turkish literature survey OMSAT 3 recognized that in order to determine the level and applied on Professional athletes aim to realize the validity and reliability study. The sample of the study was build 220 volunteers athlete who is fighting on different branches. The participants are composed of 92 female, 128 male and athletes between the ages of 18-33 years. Personal information form was created by the researchers. Ottawa Mental Ability Assessment Scale-3

The scale was developed by Burand-Bush, Salmela and Green-Demers (2001) in order to assess athletes’ mental ability which is developed for self-assessment. The tool was developed for athletes consist of 48 items. 12 subscales and each subscale consist of 4 items. The scale which was consisted of 48 items is a structure of seven Likert-Type Scale. Scoring is determined “strongly disagree”, “not agree”, “somewhat disagree”, “undecided”, “somewhat agree”, “agree” and “strongly agree” according to these expressions. And it was scoring 1-7.

Ottawa Mental Ability Assessment Scale form which will be adapted into Turkish has been translated by the three experts who know both languages at a good level in the field of sports science and linguistics into Turkish. These translations were examined considering the translation experts’ proposal and temporary Turkish form was created. A new process hasn’t been developed to be translated into Turkish expression and adhered entirely to the inventory of the principal form. In order to form with no difference in meaning between the English translations was translated back into English again with spin method by experts after two weeks. English translation is compared with the original scale and together with the nearest Turkish translations final form of the scale was established. Descriptive statistics were utilized in the analysis of data and using Lisrel 8.8 confirmatory factor analysis was conducted. Confirmatory factor analysis was used to evaluate the construct validity of the inventory.

Evidence of construct validity is consistent with the twelve-factor structure of the original inventory. Compliance index values is defined as RMSEA=0,072, SRMR=0,066, NFI=0,92 , NNFI=0,95 and CFI =0,956. Turkish literature inventory to bring in a new study to be used in sports phycology with the importance of having contains some limitations. Ottawa Mental Ability Assessment -3 scale which was developed for athletes mental ability assessment, as a result of this study we can say that to test validity and reliability of the Turkish version can both athletes and coaches are a measurement tool used.