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The effect of mental training on shooting ability of university girls basketball players

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Abstract

The Purpose of the present study was to investigate the effect of mental training on shooting ability of university level girls basketball players. 50 university level basketball Girls players (18-25 Years) of Punjabi University were selected as subject for this study. Subjects were randomly selected and divided into two groups (experimental group and controlled group) i.e. 25 subject in each group. The experimental group was assigned mental training for duration of 10-15 mints for each session prior to their physical practice session of 30 minutes duration. Six weeks training was conducted for experimental group whereas the control group follows their daily routing work. To test the shooting ability of university Girls basketball Players subjective judgment was made by three experts who marked them out of ten. Finally the finding of the result reveals that the six weeks of mental training program has significant effect on the shooting ability of university basketball Girls players.

Keywords: Mental training, shooting ability, basketball players

Introduction

Mental Training or imagery has been used as a means to enhance performance in athletes. The effectiveness of mental training i.e, imagination of performing a motor skill without overt movement has been well documented. In general mental training has been found to be more effective for motor learning and performance than no practice even though it is usually not as effective as physical training. A combination of physical and mental training however is often as effective as or even more effective than physical training alone. Setting specific goals and visualizing them, enduring pain during training, remaining positive and perfecting technique with proper coaching will also improve one's self-esteem and performance. Research and experience have proven that Peak performance is the result of proper physical, nutritional and psychological training and preparation. Most athletes and coaches are aware of and use proper physical and nutritional preparation but very few in corporate all three essential ingredients into their training regimen with this low perform more consistently at the top their potential.

Material and Methods

Fifty university girls basketball players of Punjabi University Patiala were selected as subjects for the study. 25 subjects each in experimental group and control group respectively. The age ranges between 18-25 years. Based on the scientific evidence, expert's opinion as well as researcher's own understanding mental training selected as variables for the study. For testing shooting ability of the university girls basketball players three experts i.e. national level coach/official were appointed for subjective Judgment. Subjects shooting ability were graded out of ten before and after the experimental session.

The experimental group was given a systematic and progressive programmed of mental training where as the control group followed their normal schedule. The training was carried for six weeks. The experimental group assigned mental training for duration of 10 to 15 minutes for each session just prior to their physical practice session lasting 30 minutes of duration. The control group was assigned physical practice only for the period of 30 minutes. The training was given every alternate day for a period of six weeks.

The subjects were trained thrice a week's i.e. Tuesday, Thursday and Saturday with mental training. All the subjects were trained how to perform mental proactive before starting the

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training session. The researches assembled all the subjects and explained about the technique of mental training. The researcher asked the subjects to lie down and relax, try to concentrate on their breath to calm down their body and again to concentrate on their naval region with closed eyes. Subjects were asked to imagine that they were sitting on the chair and reading a book.

Then they were asked to close the book and get up from the chair. Now they were instructed to move across the room. Once they reached the other side of the room they were asked to turn around and walk back to the chair on which they were sitting and to be back their seat. After completion of our week the exponential group was given mental practice. The researcher gives them a copy to all the subjects who were in experimental group they read the instructions and then in

lying position with closed eyes practice the same with cut performing any physical movement i.e. mental imagery or visualization of the skill started.

Statistical analysis

In order to investigate the effect of mental training on shooting ability of university girls basketball players the analysis of Co-Variance was used at 0.05 level of significance.

Results

To observe the difference among experimental group and control group the analysis of variance and Co-Variance was adopted and data pertaining to these have been presented in Table-I

Table I: Analysis of Co-Variance of the means of Experimental group and control group

	Group		Sum of squares	df	MSS	F ratio
	Experimental	Control				
Pre-Test mean	4.9061	4.7075	A	0.620	1	0.620
			W	70.80	37	1.916
Post-Test mean	6.7000	5.3005	A	19.50	1	19.50
			W	1.750	37	18.50
Adjusted Post mean	6.600	5.350	A	16.51	1	16.50
			W	1.52	37	1.50

*Significant at 0.05 level of significance 'F' (df 1.38= 4.10 'F' (df 1.37)= 4.10

The analysis of Co-Variance in mental training was not significant in case of pre-test means ($F' = 0.324$) as calculated was less than tabulated $F' = 4.10$ from which it is clear that the random assignment of subjects was quite successful. Significant difference was found in case of Post test mean ($F' = 10.55$) and adjusted mean ($F' = 10.80$) as the obtained 'F' was greater than required value of 4.10 at 0.05 level. Thus from the above result we can infer that the constructed mental training programmed along with the physical training were effective in improving the shooting ability of university girls basketball players.

was significantly smaller than that achieved by a daily 5 minute practice of sit ups. It was concluded that where physical practice is at all possible, this method is recommended over mental practice to facilitate increase in muscular endurance. Moreover Reiter in 1978 investigated in a study done on control group, a physical practice group using a combination of mental practice and physical practice for testing tennis serve ability "treated for a 2& 1/2 week period. Each of the groups were pretested and post tested. ANCOVA produced no significant difference between physical practice of the tennis serve alone and physical practice combined with mental practice of the tennis serve.

Study done by the Grovios 1998 also supported that the effect of mental rehearsal on reaction time and the rates of cerebral lateralization, memory, verbal and non-verbal processes in MR effects, 300 sports. participants matched on age, skill level, sex, motivation and speed of reaction. It was found that MR can affect significantly RT ($P < 0.01$) because it is powerful cognitive activity which can directly influence the memory system.

Non-verbal processing system considerably precedes the verbal processing system, probably because it uses a more effective processing strategy, and that MR effects significantly ($P < 0.01$) and differently the operation of the two processing systems, probably because MR is a cognitive activity more associated with the right cerebral hemisphere than with the left.

Finally the researcher reaches to the conclusion that "mental training is effective in improving the shooting ability of university Girls basketball players. In the present study the investigator administered mental practices like mental imagery, side pep-talk, and visualization of different parts of the shooting skill i.e. the place ' on the board where the subject should made a contact of the ball to convert shot in basket. Thus the above mental training can be attributed to the improvement in the shooting ability and has a significant effect over the shooting ability among the university girls basketball' players.

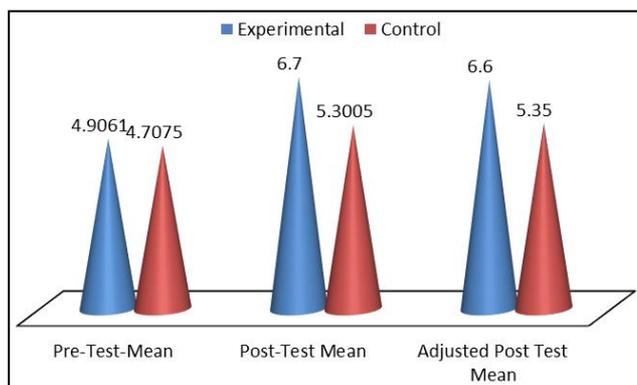


Fig 1: Graphical representation of university girls Basketball players (Experimental Group and Control Group) in relation to mental training

Discussion

The finding of the present study reveals that mental training was effective in the improvement of shooting ability in University girls basketball players. The study was further supported by the findings of Kelsey who conducted a study on the effect of mental practice and physical practices upon muscular endurance in 1961, found that muscular endurance of the abdominal and thigh flexor muscle is increased significantly over a 20 days period by a daily five minute mental practice of sit-ups. It was also found that the increase

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