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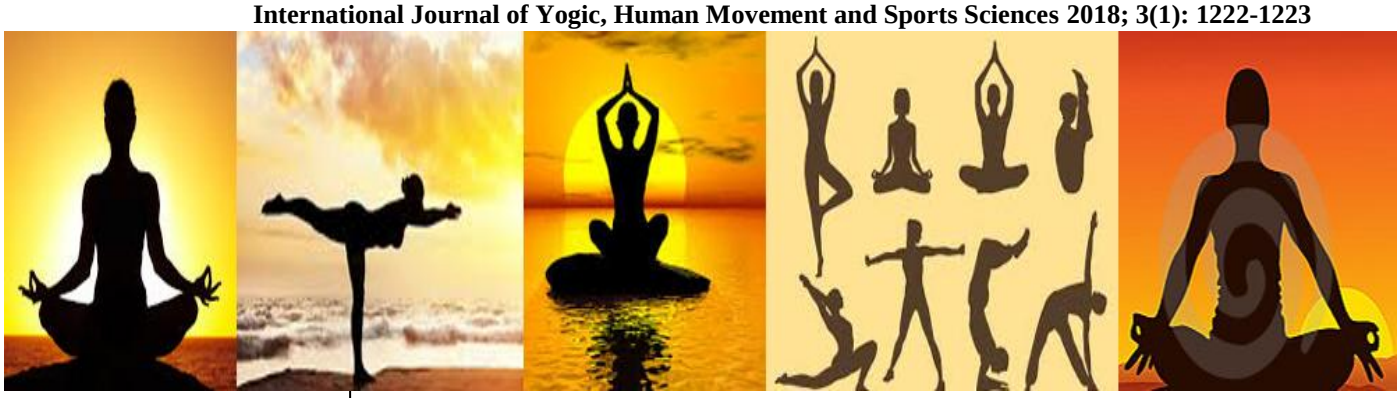

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Dr. D Shunmuganathan
Professor Cum Director & Head (Rtd), Department of Physical Education & Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India

Dr. M Uma Kamalavathi
Assistant Professor, Sri Sarada College of Physical Education for Women, Salem, Tamil Nadu, India

Correspondence
Dr. D Shunmuganathan
Professor Cum Director & Head (Rtd), Department of Physical Education & Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India

Analysis of mental imagery among competitive athletes

Dr. D Shunmuganathan and Dr. M Uma Kamalavathi

Abstract
The purpose of the study was to analyze the mental imagery among competitive athletes. To achieve the purpose of the study, a total of sixty women players were selected as subjects at random from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelvali. The age of the subjects were ranged from 18 to 28 years. The selected subjects were divided into four groups of fifteen students each such as basket ball, kabaddi, khokho and volleyball. Mental imagery was selected as the dependent variable. Basketball, Kabaddi, Kho-Kho, and volleyball were selected as Independent variables for this study. The selected dependent variable is tested by standardized Questionnaire called Sport Imagery Questionnaire (S.Q) which was developed by Mr. Munroeeral, in the year 1998. Then dada were collected from the selected subjects during the academic year 2012-2013 on the selected variables. The static group comparison design was used for this study. All the subjects were tested on selected psychological variable. The data pertaining to the variables in this study were examined by using analysis of variance (ANOVA) for each variables separately in order to determine the differences if any, among the means. Whenever 'F' ratio was found to be significant the scheffe's test was used as post-hoc test to determine the cell mean differences. The level of significance was fixed at .05 level of confidence for all the cases. The result of the study shows that there was no significant difference among basketball, kabaddi, kho-kho and volleyball players on mental imagery. It was found that kho-kho players were showed better performance in mental imagery when compared to other players.

Keywords: Analysis, mental imagery, Manonmaniam Sundaranar University

Introduction
Mental imagery, also called visualization and mental rehearsal, is defined as experience that resembles perceptual experience, but which occurs in the absence of the appropriate stimuli for the relevant perception. Whenever we imagine ourselves performing an action in the absence of physical practice, we are said to be using imagery. While most discussion of imagery focus on the visual mode, there exists other modes of experience such as auditory and kinesthetic that are just as important. However, for the purposes of this paper, only visual imagery will be discussed for it is the most relevant mode concerning athletic performance (Wann, 1997) [6].
There are several distractions associated with every sport. In order to achieve success, athletes need to understand and have the mental toughness to focus only on the important factors associated with their performance. When discussing the term "focus", one often assumes that this simply means to pay attention to what one is doing. In fact, learning to block out distraction is just as important as learning to focus on the important cues. One method of teaching an athlete to focus attention on the relevant cues is through the use of a focus phrase (Harle and Vickers, 2001) [2].

Statement of the problem
The purpose of the study was to analyse the mental imagery among competitive athletes.

Methodology
To achieve the purpose of the study, a total of sixty women players were selected as subjects at random from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelvali. The age of the subjects were ranged from 18 to 28 years. The selected subjects were divided into four groups of fifteen students each such as basketball, kabaddi, kho-kho and volleyball. Mental imagery was selected as the dependent variable.

Basketball, Kabaddi, kho-kho, and volleyball were selected as Independent variables for this study. The selected dependent variable is tested by standardized Questionnaire called Sport Imagery Questionnaire (S.Q) which was developed by Mr. Munroeeral, in the year 1998. Then dada were collected from the selected subjects during the academic year 2012-2013 on the selected variables. The static group comparison design was used for this study. All the subjects were tested on selected psychological variable. The data pertaining to the variables in this study were examined by using analysis of variance (ANOVA) for each variables separately in order to determine the differences if any, among the means. Whenever 'F' ratio was found to be significant the scheffe's test was used as post-hoc test to determine the cell mean differences. The level of significance was fixed at .05 level of confidence for all the cases.

Analysis and interpretations of data

Table 1: Analysis of Variance on Mental Imagery among Basketball, Kabaddi, Kho-Kho and Volleyball Players

Mean ± SD				Source of Variance	Sum of Squares	df	Mean Square	'f'- Ratio
Basketball	Kabaddi	Kho-Kho	Volleyball					
8.28	8.64	11.64	10.47	Between	170.16	2	85.08	2.53
± 6.28	± 5.77	± 4.58	± 7.85	Within	2418.56	56	33.59	

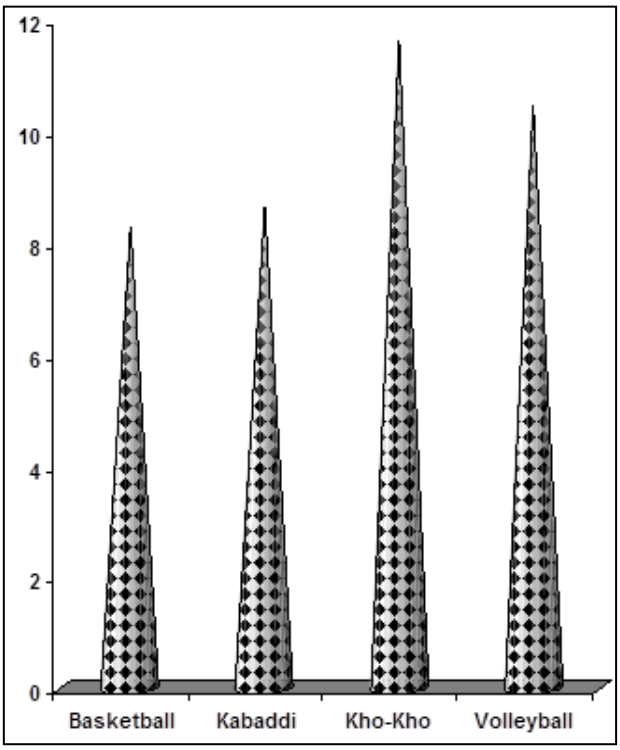

Fig 1: Mean Values of Basketball, Kabaddi, Kho-Kho and Volleyball Players on Mental Imagery

Results and discussion on findings

Research has focused on the effects of imagery training on several aspects of sport. One of the most popular areas of focus has been the influence on performance. The study which examined the effects of imagery on performance took playce in 1934 (Vandall, Davis, & Clugston, 1934) [4]. Since then, a great deal of research has been conducted in this area.

The result of the present study shows that there was no significant difference among basketball, kabaddi, kho-kho and volleyball players on mental imagery. It was found that kho-kho players were showed better performance in mental imagery when compared to other players. Many of the previous research have supported findings of the present study.

Results from these investigations and comprehensive reviews have concluded that imagery does enhance athletic performance and can be a more effective practice tool than no practice at all (Feltz & Landers, 1983). Studies which have investigated the effects of imagery training have examined sport skills such as basketball shooting, volleyball serving, tennis serving, golf shots, football placekicking, figure skating, swimming starts, dart throwing, alpine skiing, karate skills, diving, trampoline skills, competitive running, dance, rock climbing, and field hockey performance (Vealey & Greenleaf, 2006) [5]. Imagery has also been shown to be an effective part of a pre-performance routine in sports which involve a planned sequence of thoughts and behaviors that lead to automatic performance execution (Lidor & Singer, 2003) [3].

From the results of the study and also from the literature cited above, results of this investigation indicate that no significant differences in performance of mental imagery and players from different sport. Irrespective of nature of sport all players having the same kind of mental imagery ability. Data suggests that, imagery could have a significant impact on athletic performance and imagery can be an effective way to helps to improve other areas of sports.

Conclusion

There was no significant difference among basketball, kabaddi, kho-kho and volleyball players on mental imagery. It was found that kho-kho players were showed better performance in mental imagery when compared to other players.

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