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The effect of imagery training on the acquisition of selected skills in shuttle badminton

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Abstract

The study investigated the impact of imagery training on the acquisition of specific skills in shuttle badminton. Imagery training involved mental rehearsal and visualization exercises, allowing players to mentally simulate game situations, refine their techniques, and enhance their confidence. The results demonstrated a significant improvement in skill acquisition among the experimental group that underwent imagery training. Statistical analysis, employing the t-ratio, provided robust evidence of this improvement. The experimental group exhibited notable progress in executing key badminton skills compared to the control group, who did not receive imagery training. This finding underscores the effectiveness of imagery training as a valuable tool in shuttle badminton skill development. The mental practice and visualization techniques employed during training can complement physical training, resulting in enhanced performance, increased self-assuredness, and better adaptability during actual gameplay. The study's outcomes highlight the potential for incorporating imagery training into the training regimen of shuttle badminton players to help them reach their full potential on the court. Data analyzed through Paired 't' test. Level of Significance chosen was 0.05. After the 45 days training, Experimenter found all 30 in experimental group have showed improvement in than control group.

Keywords: Imagery, shuttle, badminton

1. Introduction

In the world of sports, especially in the realm of shuttle badminton, mental strength and visualization play pivotal roles in achieving peak performance. Imagery, the mental process of creating vivid mental pictures or scenarios, is a potent tool that shuttle badminton players can harness to elevate their game to new heights. Shuttle badminton, like any other sport, demands precision, agility, and quick decision-making. Imagery is a mental technique that allows players to simulate the game in their minds before stepping onto the court. Players can envision the fluidity of their movements, the placement of their shots, and the strategy to defeat opponents. By mentally rehearsing various game situations, they can prepare for the unexpected, improving their adaptability during actual matches. Moreover, imagery helps shuttle badminton players develop a strong sense of self-confidence. By picturing themselves successfully executing challenging shots or making critical saves, players can boost their self-belief. This increased confidence can have a significant impact on performance, as it reduces anxiety and allows players to focus on the game, rather than self-doubt. Imagery training, a structured practice of mental visualization, is a valuable tool for shuttle badminton players aiming to enhance their skills. Coaches and sports psychologists often incorporate imagery training into the training regimen of players. During imagery training sessions, players are guided to imagine specific scenarios, such as serving a shuttlecock flawlessly, defending against powerful smashes, or maintaining composure during a tight match. They visualize every detail, from the sound of the shuttlecock to the feel of their racquet in hand. This form of mental rehearsal helps players fine-tune their techniques, develop muscle memory, and strengthen their focus. For shuttle badminton players, imagery training isn't confined to physical skills alone. It also aids in managing the mental aspect of the game, including handling pressure, maintaining concentration, and staying emotionally resilient in the face of adversity. In conclusion, imagery and imagery training are invaluable tools for shuttle badminton players, allowing them to sharpen their physical skills, boost their mental fortitude,

and ultimately reach their full potential on the court. By harnessing the power of mental imagery, players can transform their game and achieve success at the highest levels of competition.

1.1 Definitions

Imagery training, also known as mental imagery or visualization training, is a cognitive technique that involves the practice of creating vivid mental images or scenarios in one's mind. This mental rehearsal is often used to improve performance in various areas, including sports, arts, or personal development. During imagery training, individuals systematically and repeatedly visualize themselves successfully executing tasks, achieving goals, or handling specific situations. This practice helps enhance skills, boost confidence, reduce anxiety, and improve overall performance by strengthening the mind-body connection and reinforcing positive mental patterns. Imagery training is based on the idea that mental practice can complement physical training, leading to improved outcomes in various domains of life.

Shuttle badminton, often simply referred to as "badminton," is a popular racquet sport played indoors. In shuttle badminton, two players (singles) or two pairs (doubles) compete against each other, with the objective of scoring points by hitting a shuttlecock over the net and into the opponent's side of the court.

1.2 Importance of study

- **Enhancing Skill Development:** Understanding the impact of imagery training on shuttle badminton skills can provide valuable insights into how athletes can improve their performance. This knowledge can be applied not only in sports but also in coaching and training programs.
- **Mental Training Benefits:** The study can shed light on the significance of mental training techniques, like imagery, in sports. It can confirm whether mental preparation and visualization can complement physical training to optimize skill acquisition.
- **Performance Improvement:** If imagery training is found to be effective, it can offer players and coaches a practical tool to improve their skills. This can be particularly beneficial for athletes looking to gain a competitive edge.
- **Reducing Anxiety:** Imagery training is known to reduce anxiety and boost confidence. If the study demonstrates these effects in the context of shuttle badminton, it could help players manage performance anxiety and perform better under pressure.
- **Wider Applications:** The findings can have implications beyond shuttle badminton. They can be relevant to other sports and activities where precise motor skills and mental focus are crucial.
- **Coaching and Training Programs:** Coaches and trainers can incorporate imagery training into their programs if it is proven effective. This can lead to more comprehensive and holistic training regimens for athletes.
- **Research Advancements:** This study contributes to the body of research in sports psychology and skill acquisition. It can inspire further studies in the field, leading to a deeper understanding of the mind-body connection in sports performance.

1.3 Objective of the study

The objective of the study on the effect of imagery training on

the acquisition of selected skills in shuttle badminton is to investigate and assess the impact of imagery training on the development and improvement of specific skills related to shuttle badminton. This research aims to achieve several specific objectives:

- **Evaluate Skill Acquisition:** Determine whether imagery training, a form of mental practice, has a measurable effect on the acquisition of key skills in shuttle badminton, such as serving, smashing, footwork, or defensive techniques.
- **Assess Performance Improvement:** Measure any improvements in the performance of shuttle badminton players who undergo imagery training compared to those who do not. This assessment can be based on quantitative data, such as scoring accuracy, shot placement, or overall game performance.
- **Analyze Psychological Impact:** Examine the psychological aspects of the training, including its effect on confidence, focus, and anxiety levels among players. Assess whether imagery training leads to improved mental resilience and a more positive mindset during play.
- **Provide Practical Recommendations:** Offer practical recommendations for athletes, coaches, and trainers in the field of shuttle badminton regarding the incorporation of imagery training into their training regimens. These recommendations may address the timing, duration, and specific content of imagery sessions.
- **Contribute to Sports Psychology Knowledge:** Contribute to the body of knowledge in sports psychology by providing empirical evidence of the impact of imagery training on skill acquisition. This can be valuable for future research and the development of mental training programs in sports.

2.1 Methodology

This chapter describes how the research has been carried out. The explanations given under different heads are the Selection of subjects, Design of the study, Administration of test items, and Administration of training programme and Statistical techniques employed for analysis of data.

2.2 Selection of subjects Research design and collection of data

The purpose of the study was to find out the effect and in-order to serve this purpose 30 female less than 22 years of age. Group "A" "underwent Training and Group of" B "acted as Control Group. Data analyzed by variable's data were analyzed through Paired t test. Level of Significance chosen was 0.05. After the 45 days training, the investigator insisted that these individuals did not have any sort of previous training but in the meantime had an interest for activities. The importance of the study was explained to the subjects before getting their consent for the study. They were divided into two groups of 60 youths each. Group "A" underwent the Training and Group "B" acted as Control Group.

2.3 Administration of Training method

The clear drop drill in badminton is a training exercise focusing on two essential shots: the clear and the drop shot. Players aim to execute a clear by hitting the shuttlecock high and deep into the opponent's backcourt, improving precision and power. They then transition to practicing the drop shot, where the objective is to softly place the shuttlecock near the net on the opponent's side with finesse and touch. This drill

enhances a player's control, accuracy, and versatility in manipulating the shuttlecock's trajectory, preparing them to respond effectively to various game situations. The above training methods is given only through verbalization and done practice through imagery.

2.4 Test administration of clear drop clear drill in shuttle badminton

The "clear-drop-clear" drill in shuttle badminton is a training exercise that focuses on practicing three consecutive shots: the clear, followed by a drop shot, and then another clear shot. This drill helps players improve their shot placement, control, and versatility during a game. Here's how you can administer the drill:

Objective: The primary objective of the clear-drop-clear drill is to enhance a player's ability to switch between offensive and defensive shots quickly and effectively.

Court Setup: Use a standard badminton court with the net in place.

Players: This drill typically involves two players, one on each side of the net. It can also be adapted for doubles play.

Execution Clear Shot

Player A starts on one side of the net, usually at the back of their own court (baseline). Player B stands on the opposite side of the net, ready to receive the shuttlecock.

Player A initiates the drill by hitting a clear shot to Player B. A clear shot aims to send the shuttlecock high and deep into the opponent's backcourt.

Player B receives the clear shot and returns it with another clear shot, aiming for Player A's backcourt.

Drop Shot: After exchanging clear shots, Player A now plays a drop shot.

Player A performs a drop shot by gently and precisely placing the shuttlecock close to the net on Player B's side.

Player B receives the drop shot and returns it with another drop shot. Clear Shot (Again):

After the drop shot exchange, Player A hits another clear shot to Player B. Player B returns it with a clear shot, and the cycle continues.

Repetition: Repeat the cycle of clear-drop-clear shots for a predetermined number of repetitions or a specified duration.

3.1 Analysis of Data collection

Before the training programme, pre-test was conducted. Then after the completion of training, post-test was conducted and data collected. Scoring is done by the player who performed each round successfully was given one point and a maximum of rounds was taken into account. In each round the players performed one drop and one clear.

3.2 Analysis of data Statistical Technique

In order to find out the comparative effect of mental, physical and mental-physical training for acquisition of skills in Shuttle Badminton, 't' ratio employed. The discussions of findings are also detailed here. The pre- test and post -test data of control and experimental on the variable assessed by clear drop skill. The data of these variables were assessed through paired t test statistical techniques. In this entire statistical test, level of significance was fixed 0.05 levels. All

statistical analysis was carried out with the help of statistical package SPSS.

Table 1: Paired T test of pre to post test scores in control and experimental group

Descriptive Statistics					
Pre-Post	Pre M	Pre SD	Post M	Post SD	T
Group A	1.25	.81	3.38	1.46	7.27
Group B	1.35	.83	1.45	.89	1.42

From table- it is seen that the mean for experimental group for pre-test and post test scores between experimental groups is 1.25 and 3.38. From table the calculated t value for pre-test and post test scores between experimental groups is 7.27. at level 0.05, $t(29) = 1.96$. Since $t > 0.1 t(29)$, hence there is a statistically significant pre to post test.

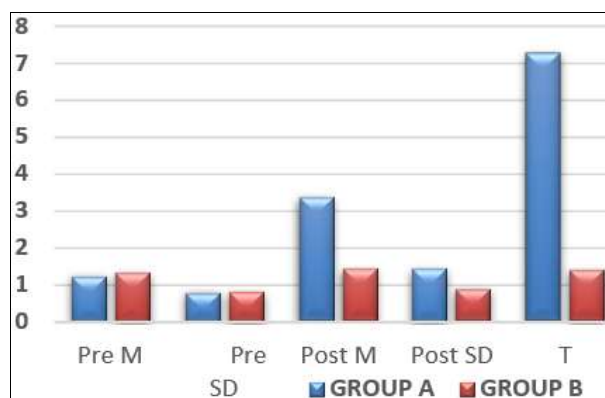


Fig 1: The figure showing pretest, posttest mean difference score of control and experimental group

4. Results and discussion

Researchers discovered that after 45 days of training. They continued to perform badminton on a regular basis. This demonstrates that their movement speed ability has increased. From the pre- to post-test of the experimental group, imagery exercises demonstrated a substantial increase in performance. The experimental group exhibited notable progress in executing key badminton skills compared to the control group, who did not receive imagery training. This finding underscores the effectiveness of imagery training as a valuable tool in shuttle badminton skill development. The mental practice and visualization techniques employed during training can complement physical training, resulting in enhanced performance, increased self-assuredness, and better adaptability during actual gameplay. The study's outcomes highlight the potential for incorporating imagery training into the training regimen of shuttle badminton players to help them reach their full potential on the court.

5. Conclusion

Variations for future can vary the intensity, speed, and placement of the shots to challenge the players. To increase the difficulty, you can include footwork drills, requiring players to move quickly between the backcourt and the frontcourt. The clear-drop-clear drill helps players develop quick decision-making skills and the ability to transition between offensive and defensive shots seamlessly. It also improves their control and accuracy in executing both clear and drop shots, making them more versatile and adaptable during a game. Many scientists, coaches, psychologists etc., all over the world are extensively studying the beneficial aspects of badminton. The study may give them encouraging

results of positive health through badminton. One has to be aware that imagery practices not only give positive health but also help to develop concentration and strengthen the skills. The results and outcomes conclusions of this study may motivate youths to take any badminton as their means of achieving minimal and standard physical fitness, mental health and happiness in their work routines and life. This study will help people to practice badminton to improve their aerobic capacity and performance. This research emphasizes the value of vision training as a strategy for developing shuttle badminton skills. Mental practice and visualization strategies used during training can supplement physical training and lead to improved performance.

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