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EFFECT OF MENTAL IMAGERY

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ABSTRACT

The purpose of the study was to find out the effect of mental imagery on selected psychological variables among hockey players. To achieve the purpose of the present study, thirty men Hockey players from Sholapur district, Maharashtra, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group I (Mental Imagery Training) and Group II acted as Control Group. The duration of experimental period was 12 weeks. After the experimental treatment, all the subjects were tested on their psychological variables. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using dependent 't' test. In all cases 0.05 level of significance was fixed to test hypotheses. The mental imagery group had shown significant improvement in selected variables among hockey players after undergoing mental imagery for a period of twelve weeks.

KEYWORDS: Mental Imagery, Tension, Vigor, Hockey.

1. INTRODUCTION

Different assessments have dissected the association among symbolism and game execution and have found that overall symbolism effectsly influences various levels. Weinberg et al. (2003) call attention to that there have been various quantitative and abstract examinations that have exhibited that the effective use of symbolism was connected with redesigned execution in motor execution and capacity acquisition, anyway improvements were moreover found in conviction, obsession, and decreased tension. Richardson (1967) coordinated the essential critical review of exploration on

symbolism use and its effect on motor execution, from which he made different finishes. Among these closures was that by far most of the examinations considered mental to be as related with further developed execution, and that there was evidence for a positive relationship with task getting (nature) and the amplexness of mental symbolism. Cox (1990) offered a logically conservative end in his investigation review and suggested that mental symbolism can decidedly influence execution, especially when conditions are ideal for preparing, yet this

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it by and large the circumstance. Hncurred with Richardson's authentication that endeavor acknowledgment impacts ampleness of symbolism, anyway incorporated that various components, for instance, task eccentricism, team up with comprehension to choose the last effects experienced by the contender (Sandhu, 2002).

2. METHODOLOGY

The reason for the examination was to discover the impact of mental symbolism on chose mental factors among hockey players. To accomplish the motivation behind the current investigation, thirty men Hockey players from Sholapur area, Maharastra, India

were chosen as subjects aimlessly and their ages went from 18 to 25 years. The subjects were separated into two equivalent gatherings of fifteen each. Gathering I went about as Experimental Group I (Mental Imagery Training) and Group II went about as Control Group. The span of test period was 12 weeks. Pressure and force were evaluated utilizing Brunel University Mood Scale (BRUMS). After the trial treatment, every one of the subjects were tried on their mental factors. This last grades framed as post grades of the subjects. The pre test and post grades were exposed to measurable investigation utilizing subordinate 't' test. In all cases 0.05 degree of importance was fixed to test theories.

RESULTS

TABLE - I

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TEST SCORES ON SELECTED VARIABLES OF MENTAL IMAGERY GROUP

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Tension	40.46	79.26	38.80	9.27	2.39	16.20*
2	Vigor	81.53	50.93	30.60	11.60	2.99	10.21*

* Significant at 0.05 level

An examination of table-I indicates that the obtained 't' ratios were 16.20 and 10.21 for tension and vigor respectively. The obtained 't' ratios on the selected variables were found to be greater than the required table value of

2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that statistically significant and explained its effects positively.

FIGURE I

GRAPHICAL ILLUSTRATION OF EXPERIMENTAL GROUP

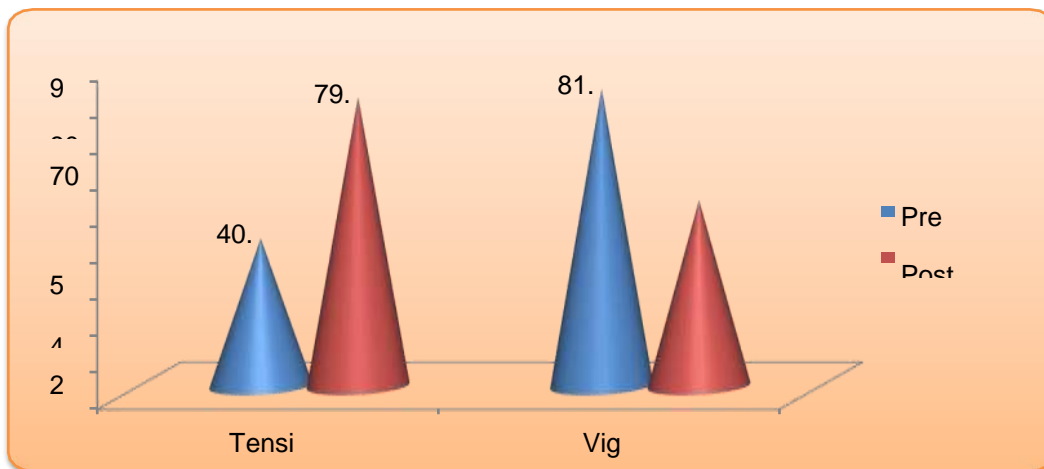


TABLE – II

SIGNIFICANCE OF MEAN GAINS & LOSSES BETWEEN PRE AND POST TESTSCORES ON SELECTED VARIABLES

OF CONTROL GROUP

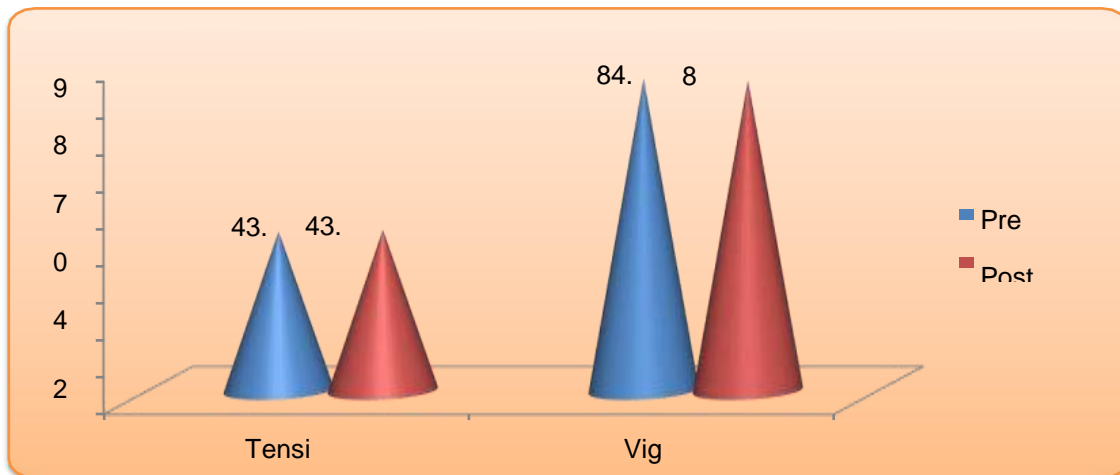
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Tension	43.06	43.53	0.46	14.13	3.64	0.12
2	Vigor	84.46	84.00	0.46	7.38	1.90	0.24

*** Significant at 0.05 level**

An examination of table-II indicates that the obtained 't' ratios were 0.12 & 0.24 for tension and vigor respectively. The obtained 't' ratios on the selected variables were found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be insignificant.

FIGURE II

GRAPHICAL ILLUSTRATION OF CONTROL GROUP



CONCLUSION

The mental imagery group had shown significant improvement in selected variables among hockey players after undergoing mental imagery for a period of twelve weeks.

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