



Depth of Mental Imagery among the B.P.Ed and B.Ed. Pursuing Student Teachers of West Bengal: A Study

Pathik Kabiraj¹, Anjan Kumar Biswas², Maruf Chowdhury³

¹Health & Physical Education Guest Lecturer, Sampriiti College of Education, West Bengal

²Ph.D. Scholar, Department Of Physical Education And Sport Science, Vinaya Bhavana, Visva – Bharati University, West Bengal

³State Aided College Teacher, Department Of Physical Education and Sport Science, Dr. Gour Mohan Roy College West Bengal

ABSTRACT

Objective: The purpose of the study was to compare and generalize the conditions of mental imagery of the student teachers pursuing B.P.Ed. And B.Ed.

Methodology: The sample for the study was 40 male and female trainees of west Bengal, age ranging from 22 to 28 years was selected through simple random sampling techniques. For the purpose of collection of data a structured questionnaire on “the sport imagery ability questionnaire” developed by Birmingham research imagery and observation (BRIO) group, Guided author by Dr. Sarah e Williams and Dr. Jennifer Cumming was used. The basic statistical parameter were used to calculate the collected data, mean & standard deviation. The data was analyzed by means of MS Office Data Analysis software.

Result & Findings: The result reveals that the mean score of B.P.Ed student mental imagery was 70.2 and mean score of B.Ed. student mental imagery was 60.3 through sport imagery ability questionnaire.

Conclusion: Within the limitation of the study it was concluded that the students from B.P.Ed have more mental imagery than B.Ed. student, due to some features and characteristics of the courses and wider dimensions of their syllabus and activities performed in their due course.

Keyword: Mental Imagery, B.P.ED, B.ED, Student Teachers.

1. Introduction

Mental imagery has played central role in discussion of mental function many years. Many have propelled that it is one of the primary human mental events that allow us to remember, plan for future, navigate and make decision. Mental imagery play an important role in metal health disorder and their treatment. Mental imagery refer to representation and the accompanying experience of sensory information without direct external stimulus.

Mental image or mental picture is an experience that, on most occasions, significantly resembles the experience of visually perceiving some object, event, or scene, but occurs when the relevant object, event, or scene is not actually present to the sense. Mental image is defined as what an individual can feel, hear, see or taste in ones own. The stimulus which creates the image is not actually seen, heard felt, tasted or smelt.

B.P.Ed. or bachelor of physical education is an undergraduate professional degree program in the field of sports and fitness. The course revolve around ones physical as well as mental wellbeing and fitness.it is a teacher training course, after completion of the course student are offered positions as teacher ,trainers, coaches etc.

B.Ed. or bachelor of education is an undergraduate professional degree which prepares students for work as teacher in school. Mental imagery extensively to build on their strength and help eliminate their weakness.to compete more effectively.it help to regulate anxiety of an athlete, they experience during competitions but also help athletes to stay confident, focused and mentally tough.

2. Objective: To compare mental imagery level between B.P.Ed. And B.Ed. student.

3. Methods and design:

3.1 Subjects: Total 40 student were selected for this. Among them 20 B.P.Ed student from Visva-Bharati University and 20 B.Ed. student from Rabindra Najrul Smirti Educational Institution, Dubrajpur the age range of the samples were between 22 to 28 years.

3.2 Parameter: The Sports Imagery Ability Questionnaire (SIAQ) was selected as a parameter for this study.

3.3 Test and criterion measure: The mental imagery ability was measured by a questionnaire survey and the score was recorded as ratings. The feedback from the subjects were considered under rating which are made on a 7-point likert type scale ranging from 1(very hard to image), to 7(very easy to image).

3.4 Design of the study: Simple Random design method was used for this study.

3.5 Statistical Tools Used: Descriptive Analysis and independent t- test were used to calculate the data and analyze the findings, the level of significance was set at 0.05 level.

4. Result and discussion:

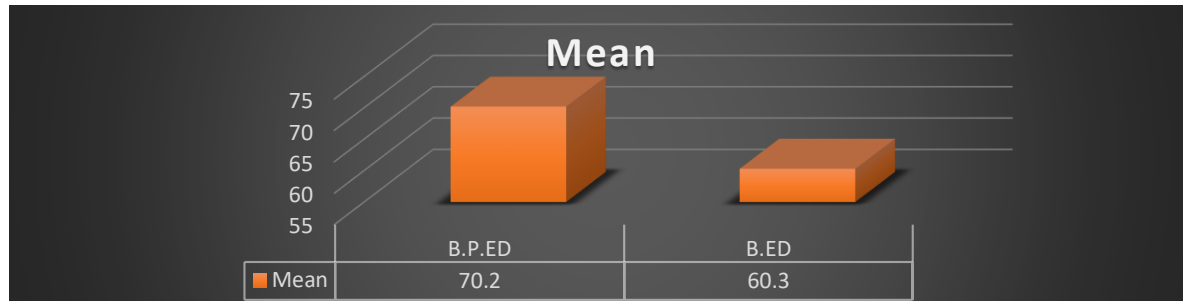
	Group	N	Mean	Std. Deviation	Std. Error Mean
Mental Imagery	B.P.ED	20	70.2	5.18	1.15
	B.ED	20	60.3	6.66	1.49

From table 1 it was clearly found that, the mean and standard deviation value B.P.Ed. Students were 70.2 and ± 5.187 whereas in case of B.Ed. students it was 60.3 and ± 6.665 respectively. The standard error of mean was found 1.159 for B.P.ED and 1.490 for B.ED students.

		df	P value	Calculated t - value	Critical value
Mental Imagery	B.P.ED	19	7.16	5.24	2.02
	B.ED				

From table 2 it was found that there is a significant difference was found between B.P.Ed and B.Ed. students on mental imagery as the calculated t value is 5.24 which was greater than the critical value of 2.02, and the p value was 7.16 at 0.05 level significance. Above table clears that there was some significant difference between this two groups of student teachers.

Fig No 1
Graphical Presentation of Mean Scores between BPED & B.ED student teachers



The Fig No 1 clarifies through the graphical presentation on the data taken on SIAQ perspective that the mean score of B.P.ED group is better than the B.ED group of student teachers.

5. Conclusion:

On the basis of the result it may be concluded that there was some significant difference in the mental imagery between the B.P.ED and B.Ed. student teachers, the probable reason may be accepted that base of the students depends on the background of their lifestyle and academic built up, also the curriculum in concerned fields are different so that the ability to establish the mental imagery in various tasks also varies. The culture of sports oriented pedagogy was impacts the mental imagery due to physiological upliftment as well as psychological perspectives. The social interaction among various types of people sometimes entertain the ability to improve the sense of imaging. Newly adapted NEP features in academic part and curriculum will keep B.P.ED group ahead than B.ED group. Thus it can be taken as the depth of mental imagery in B.P.ED student teachers are quite good than the B.ED teachers.

6. References:

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