



# Effect Of Psychological Imaginary Training On Psychological Variables Among Women Athletes

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## ABSTRACT:

The purpose of this study is to find out the effect of Psychological imaginary training on competitive anxiety among women athletes. A total of fifteen subjects were selected from inter collegiate women athletes, Andhra University. Their age ranged between 28 to 26 years. The subjects were given mental imaginary training for eight weeks and data on competitive anxiety was collected by questionnaire method before and after the completion of training period. The objective of this training is to predict the significance of psychological variable namely competitive anxiety due to psychological imaginary training. The data was statistically analyzed by t ratio and the result revealed that there is significant effect on competitive anxiety due to the psychological imaginary training.

**Key Words: psychological imaginary training, women athletes, anxiety.**

## INTRODUCTION

Imagination is a place where all important answer lives. A man who has no imagination has no wings. A psychological image or psychological picture is the representation in a person's mind of the physical world outside of that person. It is an experience that, on most occasions, significantly resembles the experience of perceiving some object, event, or scene, but occurs when the relevant object, event, or scene is not actually present to the senses. The true sign of intelligence is not knowledge but imagination. Imagination helps make knowledge applicable in solving problems and is fundamental to integrating experience and the learning process. Imagining is the ability to form new images and sensations in the mind that are not perceived through senses such as sight, hearing, or other senses. A basic training for imagination is listening to storytelling in which the exactness of the chosen words is the fundamental factor to "evoke world. A person may imagine according to their mood, it may be good or bad depending on the situation. Some people imagine in a state of tension or gloominess in order to calm themselves. Psychology is currently elaborating a view of imagination as a higher mental function involved in a number of everyday activities, both at the individual and collective level that enables people to manipulate complex meanings of linguistic and iconic forms in the process of experiencing. Imagination is a term technically used in psychology for the process of reviving in the mind, percepts of objects formerly given in sense perception. Since this use of the term conflicts

with that of ordinary language, some psychologists have preferred to describe this process as "imaging" or "imagery" or to speak of it as "reproductive" as opposed to "productive" or "constructive" imagination. Imagined images are seen with the "mind's eye".

## **THE POWER OF IMAGINATION IN SPORTS**

Imagery is one of the greatest tools used in sport psychology to enhance performance. Imagery means using all of your senses (e.g., see, feel, hear, taste, smell) to rehearse your sport in your mind. This is done by enhancing motor skills and muscle memory and it is also used for motivation. Psychological Imagery can help Familiarize the athlete with a competition site Motivate the athlete by recalling images of their goals for that session, or of success in a past competition or beating a competitor in competition, Perfect skills, Reduce negative thoughts by focusing on positive outcomes, Refocus the athlete when the need arises, See success where the athlete sees themselves performing skills correctly and the desired outcomes, Set the stage for performance with a complete mental run through of the key elements of their performance to set the athlete's desired pre-competition feelings and focus. Imagery is most beneficial when it is:

Vivid and detailed Incorporates all senses (see, feel, hear, smell, and taste)

Occurs in "real-time "Has positive focus.

## **COMPETITIVE ANXIETY**

Sport is littered with the broken dreams of those who wavered when they most needed to be in control of themselves and focused on the task at hand. Costas Karageorg his explores the nature of anxiety and its common symptoms, reviews the latest competition anxiety research, and provides five techniques that either control anxiety or channel it positively into the performance. When a competitor 'freezes' in the big moment or commits an inexplicable error, anxiety, in one of its many guises, is very often the root cause. The precise impact of anxiety on sporting performance depends on how you interpret your world. Unfortunately, far too many athletes accept high levels of anxiety as an inevitable part of the total sporting experience and fail to reach their potential. Competition can cause athletes to react both physically (somatic) and mentally (cognitive) in a manner which can negatively affect their performance abilities. Stress, arousal and anxiety are terms used to describe this condition. The major problem in competition is letting your

mind work against you rather than for you. You must accept anxiety symptoms as part and parcel of the competition experience; only then will anxiety begin to facilitate your performance. Competitive anxiety is something that nearly every athlete faces some time in his or her career. It is often linked to the fear of failure, and an athlete's perception of his or her abilities may be based on a previous performance, or beliefs regarding the opposition or the perceived importance of the competition. The athlete's perception can also vary greatly from event to event, depending on his or her perceived state of physical and mental preparation in each

case. The more important the contest the greater the stress, and the more likely it is that a competitor will be prone to anxiety. Participants in individual sports tend to suffer more greatly before, during, and after competition than participants in team sports. This is related to greater the sense of isolation and exposure as compared to the relative anonymity of athletes in team sports. Therefore, a person with an anxious personality may find many

different everyday tasks stressful compared to someone who only gets nervous in extreme situations.

## METHODOLOGY

Initially twenty novice female athletes were selected as subjects group. They were given general imagery training for one week, so as to orient and prepare them for the specific imagery training after which they were tested for their imagery ability following the MIQ-R (Hall). For this 15 women athletes were selected as subject for eight weeks training program and they were new to this type of training. The psychological variable namely competitive anxiety was selected for this study. Training was given five days in a week between 6.30 to 7.30am. The data was collected by means of questionnaire before and after the training period. T-test is used for finding the result between single grouped data.

## ANALYSIS OF DATA AND RESULTS OF THE STUDY

The analyses of data related to the effect of mental imagery training programme on competitive anxiety are given below. The results pertaining to the analysis done and the graphical representation of relevant results are presented in this chapter. The results of the t-test for the pre-test scores and the final post test scores for single group after eight weeks duration of the experimental programme on competitive anxiety are presented in table.

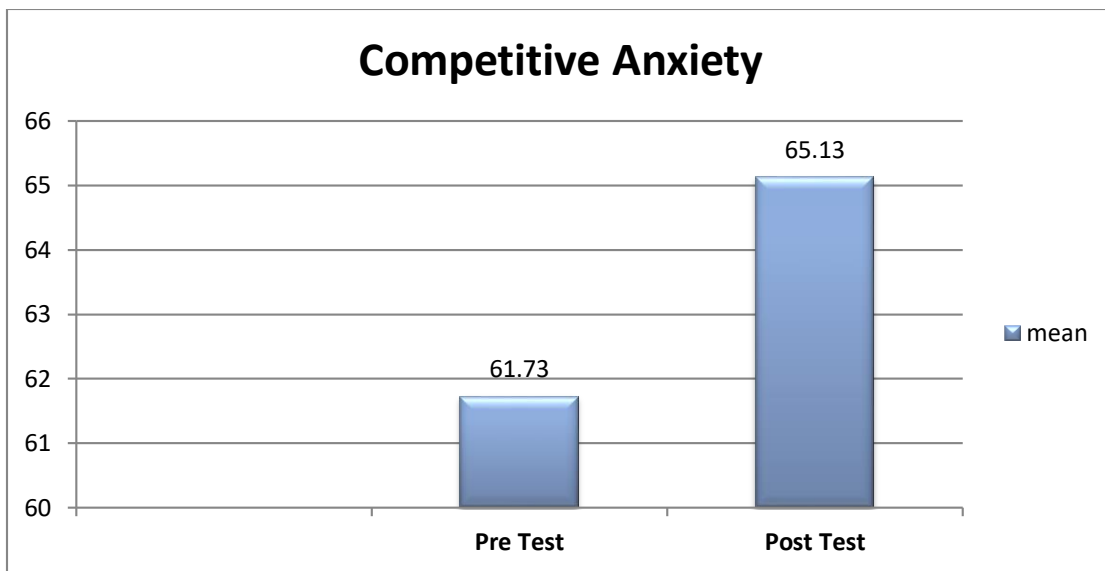
**Table 1 : comparison Of Mean, Standard Deviation, Standard Error Of Mean, Mean Difference And 'T' Ratio Of Competitive Anxiety**

Competitive Anxiety	Total number of Samples	mean	SD	Df	T test
Pre Test	20	61.73	1.03	28	
Post Test	20	65.13	0.83	28	5.73*

*\*Significant at 0.05 level.*

*Required table value at 0.05 level of significance for 2&42 degrees of freedom = 3.23 respectively.*

The below Table-1 indicates that there is significant difference in Competitive Anxiety. The 't' value required to be significant at 0.05 level of confidence at 28 degree of freedom is 1.98 but the calculated value is 5.73 which is greater than the tabulated value at 0.05 level of confidence. So there is significant difference at this level. The mean difference in Competitive Anxiety are the shown in the bar diagram. (Figure 1).



## CONCLUSION

The result predicted that there was significant difference in cognitive anxiety due to eight weeks of training program among the students. In case of beginners or novice sportspersons, mental imagery can aid in learning skills by helping to develop the appropriate psychological blueprint of the skill.

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