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A COMPARATIVE STUDY ON THE IMAGERY ABILITY OF MANGALORE UNIVERSITY MEN AND WOMEN INDIVIDUAL AND TEAM GAME PLAYERS

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Abstract

Mental imagery is widely accepted by sport psychologists, coaches, and athletes to be a useful psychological technique in the training of athletes for excellence athletes use mental imagery extensively in their training and in conjunction with competition. The aim of this study is to examine imagery ability of athletes from individual and team game sports and to determine if the groups differ in relation to these imagery attributes. The subject taken for the study were men and women individual and team game players from the representative of the Mangalore university. Data collected from total of 160 subjects of athletes. In that 80 subjects from women individual and team game players and 80 subjects from men individual and team game players. The results showed that a comparative imagery ability for individual men and women, the SIQ subscales like CS, CG, MS, MGA, and MGM. In the first four subscales are represented the women percentage is more than men and (MGA) men percentage is more than women percentage. A comparative of imagery ability for team game men and women in that five SIQ subscales are represented in that women percentage is more than men. This study examined the effects of level of participation and time involvement in sports on mental imagery characteristics and will provide may help coaches and athletes to identify the mental preparation needs of specific sports and to present additional information about individual differences in sports imagery.

Keywords: Imagery Ability, Athletes, Team Sport, Individual Sport.

INTRODUCTION

The ability to use imagery nevertheless people sometimes choose not to use it even in situations in which it could be helpful. Research defined imagery as all those quasi-sensory or quasi-perceptual experiences of which we are self-consciously aware and which exist for us in the absence of those stimulus conditions that are known to produce their genuine sensory or perceptual counterparts and which may be expected to have different consequence from their sensory or perceptual counterparts today, researchers consider imagery to be process of cognitively reproducing an object scene or sensation as though it were occurring in overt, physical reality. It can evoke the physical characteristics of an absent object, event, or activity that has been perceived in the past or may take place in the future. Individual imagery ability is regarded essential determinant for the efficacy of mental training in examining imagery research in sport, suggested that variability exist in imagery ability characteristics in relation to physical activity and athletic performance. Sport plays a very prominent role in the modern society. It is important to individuals, a group, a nation and indeed the world. Through sports and games human can maintain physical and mental fitness, apart from promoting recreation and showing one's upper-handiness over the other. Throughout the world, sport has a popular appeal among people of all ages and both sexes.

Uses of Imagery in sports

- **To help you get the most out of training**. Top athletes use imagery extensively to build on their strengths and help eliminate their weaknesses.
- **To compete more effectively**. Imagery not only helps athletes to regulate the anxiety they experience during competitions, but also helps athletes to stay confident, focused and mentally tough.
- **To speed up your progress on the road to top**. Athletes who have reached the highest levels in their sport have used imagery throughout their career as a tool for developing their sport skills.
- **To help stay motivated along the way**. Imagery is also a tool that can help athletes to maintain a vision of what they would like to achieve in their sport. Athletes can also use imagery to assist them in setting their daily goals, as well as to stay motivated during tough training sessions.
- **To keep in top form when training is not possible**. Injuries will inevitably occur during athletes\' careers, which will cause them to miss training sessions. In these situations, athletes can use imagery to help them to maintain their abilities during the rehabilitation process and to help them cope with their injuries. Imagery can even help the healing process to move along more quickly.

IMAGERY TYPES

Imagery is often referred to, particularly in some A level curriculums, as either visualization or mental rehearsal. However a preferred term to describe the process is imagery. Firstly this is because as well as the seeing element, an image can incorporate additional senses such as being able to hear, smell, or feel characteristics within the image. Secondly, imagery is not only used to mentally rehearse skills and strategies, it can serve a number of other benefits which include motivational purposes. For example, an athlete who becomes very anxious prior to competing may image themselves experiencing the symptoms associated with anxiety such as increases in heart rate, sweaty palms etc, but also image themselves performing well despite experiencing these responses. As a result the athlete can teach themselves that these symptoms are necessary to experience sporting success. Alternatively, an athlete who lacks motivation to attend training one evening may image themselves winning a particular tournament to motivate them to want to work hard and make this image a reality. The majority of reasons for athletes imaging can be classified into five main categories which have been identified in sport psychology research. These are;

- Motivational-specific (MS) - This involves seeing yourself winning an event, receiving a trophy or medal and being congratulated by other athletes. MS imagery may boost motivation and effort during training and facilitate goal-setting, but is unlikely on its own to lead directly to improved performance
- Motivational general-mastery (MG-M) - This is based on seeing yourself coping in difficult circumstances and mastering challenging situations. It might include maintaining a positive focus while behind and then coming back to win. MG-M imagery appears to be important in developing expectations of success and self-confidence
- Motivational general-arousal (MG-A) - This is imagery that reflects feelings of relaxation, stress, anxiety or arousal in relation to sports competitions. There is good evidence to suggest that MG-A imagery can influence heart rate - one index of arousal - and can be employed as a 'psych-up' strategy
- Cognitive specific (CS) - This involves seeing yourself perform specific skills, such as a tennis serve, golf putt or triple-toe-loop in figure skating. If learning and performance are the desired outcomes, evidence suggests that CS imagery will be the most effective choice
- Cognitive general (CG) - This involves images of strategy and game plans related to a competitive event. Examples could include employing a serve-and-volley strategy in tennis or a quick-break play in basketball.

  Although images tend to be used by athletes for these five reasons, images generated by an athlete can serve more than one purpose. For example, a basketball player may image themselves correctly performing a free throw to help them improve their actual skill level. However this image may also serve as a method to improve their self-efficacy at being able to perform the skill, as seeing themselves successfully perform it could serve as a form of performance accomplishment or vicarious experiences - two of Bandura's proposed sources of self-efficacy.

AIMS OF THE STUDY

The aim of this study is to examine imagery ability athletes from individual and team sports and to determine if the groups differ in relation to these imagery attributes. Moreover, this study examined the effects of level of participation and time involvement in sport on mental imagery characteristics. The information of this study may help coaches and athletes to identify the mental preparation needs of specific sports and to present additional information about individual differences in sport imagery. This knowledge can be used in designing mental imagery rehearsal programs for the purpose of enhancing physical performance. The aims of the program can be generally summarized as follows:

- To compare differences in imagery ability of athletes from individual and team sports

STATEMENT OF THE PROBLEM

The purpose of the study is to compare the imagery ability between individual men and women and team game men and women players of Mangalore University.

DEFINITION OF THE TERMS

Defined mental imagery as a symbolic sensory experience that may occur in any sensory mode. Mental imagery has been used by athletes in term of create or recreate the images, situations, experiences, and movement in the mind which is both attribute to physical feeling (for example; rhythmic movement, movement correction) and psychological feeling (for example; please to win and hurt of injured).

METHODOLOGY

The selection of subject, selection of variables, reliability of data, testers competency, subjects' reliability, collection of data, administration of test and statistical technique to be employed for analysis the data described.

SELECTION OF THE SUBJECTS

The subject chosen for the study were men and women individual and team game players from the representative of the Mangalore University. Data collected from total of 160 subjects of athletes. In that 40 subjects from women individual, 40 subjects from women team game players and 40 subjects from individual men and 40 subjects from team game men players, are selected from the Mangalore University.

SELECTION OF THE TEST ITEMS

Assessment of sports imagery questionnaire

The whole SIQ consists of about 30 questions. These 30 questions are subdivided into five sub-scales of testing namely Cognitive Specific (CS) consisting of 7 questions, Cognitive General (CG) consisting of 6 questions, Motivational Specific (MS) consisting of 5 questions, Motivational General-Arousal (MG-A) consisting of 6 questions and Motivational General-Mastery (MG-A) consisting of 6 questions each. The sub-scales were rated by using Likert Scale which consists of 7-point scale namely 1-Never, 2-Rarely, 3-Occasionally, 4-Sometimes, 5-Frequently, 6-Usually and 7-Every time. The subjects had to write down their responses against the question in a place provided to them. Higher score here reflects a greater imagery use as per the SIQ. All the responses were taken by the researcher and was divided into the different sub-scales was analyzed. The Sports Imagery Questionnaire (SIQ) test was conducted on the subjects to know the imagery ability of the individual men, women and team men, women players of imagery use on the performance of the subjects.

DATA COLLECTION PROCEDURE

The subjects were given the questionnaire to fill. All the subjects were made to assemble in a room and were given individual questionnaires. They had to fill the details regarding their personnel information on the questionnaire. Doubts in regard to understanding the questions were cleared by the researcher before attempting to fill the questionnaire by the subjects. The subjects were given ample time to fill in the questionnaire and were not allowed to discuss the questionnaire.

Here are some questions regarding the way you way you feel right now, that is, at this moment. There are no right or wrong answers. Do not spend too much time on any statement but give the answer which seems to describe your present feeling best. Convenience your subjects and make them fully comfortable on filling the question.

The answered questionnaires were collected then and there. The data collected was carefully screened, to delete improper sheets. There after the collected response were converted into scores as per instructions mentioned in the manual of the questionnaire. The data collected was tabulated and analyzed.

STATISTICA ANALYSIS

Suitable statistical tests will be used for testing the hypothesis set up. The obtained data from all three questionnaires will be subjected to statistical treatment mean, standard deviation will be adopted. The information obtained has been analysis with the help of tables showing the 160 subjects in that 40 subjects from men individual, 40 subjects from men team game players and 40 subjects from individual women, 40 subjects from women team game players representatives of Mangalore University.

ANALYSIS OF DATA

The consists of analysis and interpretation, researcher collected data and it is showed in a graph. The percentage level of the respond is mentioned in each graphical representation.

Table 1.1

Shows mean, standard deviation and t value of imagery ability individual men and Individual women from Mangalore University.

	Men (individual)		Women(individual)		
Imagery sub-scales	Mean	S.D	Mean	S.D	t value
CS	35.55	7.059999	37.55	4.30831	-1.11266
CG	29.825	6.180563	30.125	3.545944	-0.19507
MS	24.85	4.731509	27.325	2.885752	-2.05497
MGA	27.925	5.355982	31.625	4.105578	-2.47326
MGM	32.225	4.90153	31.225	4.747401	0.655467

In the *Table 1.1* the SIQ (subscales) the comparative of imagery ability between individual men and individual women we see that mean and SD value of CS, CG, MS, MGA, MGM of individual men are 35.55, 29.825, 24.85, 27.925, 32.225 and 7.05, 6.18, 4.73, 5.35, 4.90 respectively and that of individual women are 37.55, 30.125, 27.325, 31.625, 31.225 and 4.30, 3.54, 2.88, 4.10, 4.74 respectively. Hence the formulated hypothesis there is no significant difference between imagery ability of individual men and women here the null hypothesis is accepted in every imagery ability except MS and MGA.

The multiple bar about mean imagery ability of individual men and individual women from Mangalore University.

Bar diagram clearly express mean imagery ability of individual women is more than that of individual men except in MGM.

If we start to difference both individual men and individual women in a single bar diagram we can see CS men is 35.55 and women 37.55. So we can include that in CS women is greater than men now next we will consider CG. Men is 29.825 and women is 30.125 here we can see closed difference between men and women. But when we consider wise again CG women is greater than more.

Next is MS women is 27.325 and men is 24.85. So we can again women of MS is larger difference to MS men. Last but one is MGA here women is 31.625 and men is 27.925. Here also again women takes the more difference to men. Lastly if we consider MGM 32.225 and 31.225 to women and men respectively, but here we can see men has taken more than women.

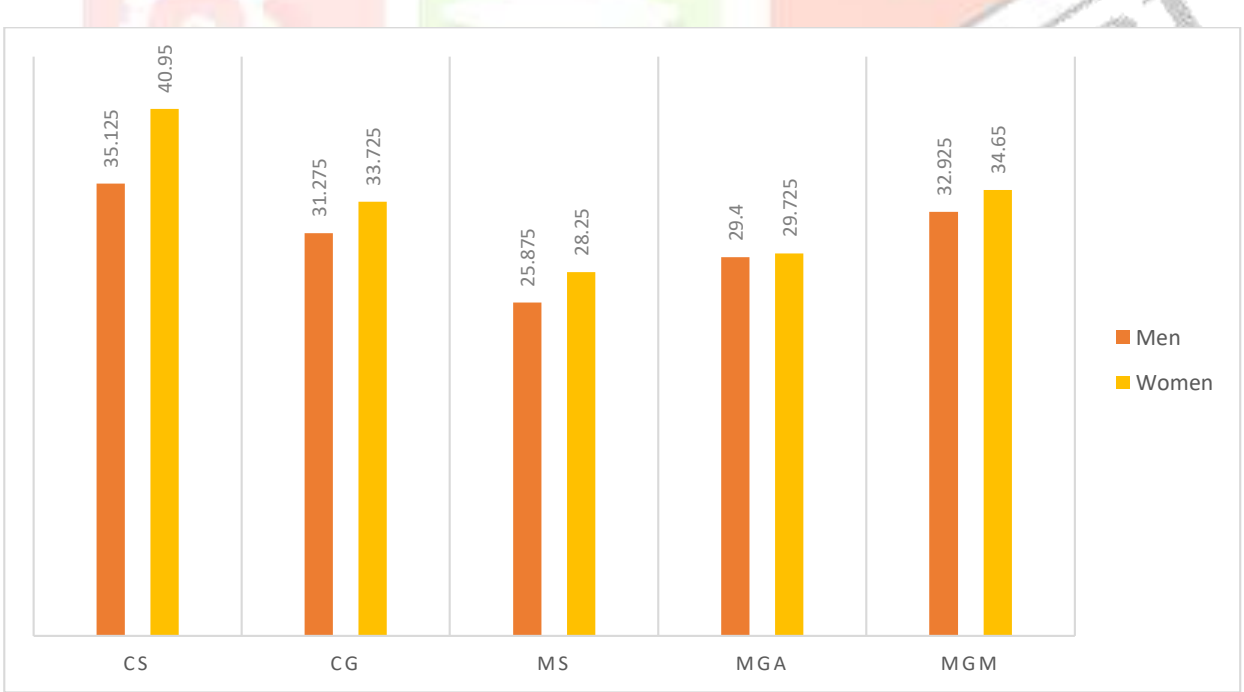
Table 1.2

The below table shows mean, standard deviation and t value of team game men and team game women from Mangalore University.

	Men(team game)		Women(team game)		
Imagery sub-scales	Mean	S.D	Mean	S.D	t value
CS	35.125	5.282712	40.95	4.031606	-3.95526
CG	31.275	4.23046	33.725	4.082404	-1.864
MS	25.875	3.553168	28.25	4.342692	-1.90237
MGA	29.4	4.955184	29.725	5.50984	-0.19641
MGM	32.925	4.028027	34.65	3.925917	-1.37163

In the above *Table 1.2* the SIQ (subscales) the comparative of imagery ability between team game men and women we see that mean and SD value of CS, CG, MS, MGA, and MGM are 35.125, 31.275, 25.875, 29.4, 32.925 and 5.28, 4.23, 3.55, 4.95, 4.02 respectively and that of team game women are 40.95, 33.725, 28.25, 29.725, 34.65 and 4.03, 4.08, 4.34, 5.50, 3.92 respectively. Hence the formulated hypothesis there is no significant difference between imagery ability of team game men and women here the null hypothesis is accepted in every imagery ability except CS.

The multiple bar showing mean imagery ability of team game men and team game women players from Mangalore University.



The Above bar diagram clearly express mean imagery ability of team game women is more than that of team game men.

In this figure we start to difference the CS, CG, MS, MGA, and MGM individually. Here we can consider CS first men has 35.125 by men and 40.95 by women here as number suggest women has taken the first position compared to men.

Next we consider CG here 31.125 and 33.725 respectively is taken by both men and women here we can see that again women has taken more percentage than men. Now MS here men has taken 25.875 and women 28.25 here also we can conclude that women has taken more position.

Last but one is MGA here women is 29.725 men 29.4. Here there is no any changes as above women is greater than men. Lastly MGM here men and women has taken 32.925 and 34.65 respectively here as above women has only taken greater position than men.

CONCLUSSION

The purpose of this study was to collect information about imagery ability of individual men and individual women and team game men and team game women players from various sports in Finland from Mangalore University. More specifically, the aim was to compare athletes from individual and team sports and to determine if the groups differed in relation to these imagery attributes. Secondly, this study examined the effects of level of participation and time involvement in sport on mental imagery characteristics. The information this study will provide may help coaches and athletes to identify the mental preparation needs of specific sports and to present additional information about individual differences in sport imagery. This knowledge can be used in designing mental imagery training programs for the purpose of enhancing physical performance.

We see that imagery ability mean value of individual men and individual women players of Mangalore University, men SIQ subscales are CS 35.55, CG 29.825, MS 24.85 MGA 27.925, MGM 32.225 and women scales are CS 37.55 CG 30.125 MS 270325 MGA 31.625 MGM 31.225brespectively.

The imagery ability mean value of men team game and women team game players of Mangalore University SIQ subscales are CS 35.125 CG 31.275 MS 25.875 MGA 29.4 MGM 32.925 and women scales are CS 40.95 CG 33.725 MS 28.25 MGA 29.725 and MGM 34.65 respectively.

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