



Imagination & Visualization: A Perfect Tool For Sportsperson For Sports Preparation

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“Physical Education is the sum of changes in the individual caused by experiences centered in motor activity”

- R. Cassidy

Imagination is more important than knowledge --- Albert Einstein

The human race is governed by its imagination – Napoleon Bonaparte

Abstract –. In sports, sometimes situation can be worsen which impact athletes, body physiologically or psychologically despite training. At this time, functional fitness always helps athlete to overcome worsen situation by placing the other alternative solution; it could be not best one, but could be best with the outcome of result. For Obtaining such purpose, the level of subject is set upon B.A., B.P.Ed. and M.P.Ed. Batch of Lucknow University consist of 60 subjects through a self made schedule cum questionnaire approved by imminent personalities of Physical Education through personal interview integrated with specific and purposive questions.

Introduction – Sports science literature frequently suggests that both game intelligence and tactical creativity is important for successful athlete in different kind of sports. In order to generate decision possibilities and seek original solutions Players must be able to perceive all important information from their environment (position of team mates and opponents, players emerging unexpectedly) and consider this information when generating an action plan. Tactical creativity is increasingly significant for complex sports games because coaches are able to collect more information about their opponent. For example, with game observation and game analysis it is possible to study the individual tactical behavior of the player (e.g. tendency to move left or right in one on one situation), the tactical interaction of group of players(specific combination in offensive play) and general strategy of a team(e.g. fast breaking at every opportunity).

Syer and Connolly (1989) state that in sports, when one practices a skill, one is running signals to ones muscles from the brain and back ,clearing and widening those nervous pathways ,clearly making connections and intersections so that there will be minimum of delay in translating the signals and coordinating movement. They also believe that mental rehearsal can held shortcut the learning process and complement actual physical practices of skills. It allows one to travel the pathways and make the connections, emphasizing the specific aspects of the skill where necessary

Sherrinton (1940) observes the muscle is the cradle of recognizable mind. He firmly believes, “recognizable mind seems to have arisen in connection with the motor act where motor integration progressed and where motor behavior progressively evolved.” The mind has no existence away from the existence of the body. The biological integration of the body and mind has been scientifically proved and universally accepted as an actuality.

Prof.A.K.Uppal stated that the performance efficiency of the central nervous system and the functional capacity of various sense organs are important factors for the existence and further development of coordinative abilities. It influences performance in games and sports in combination with each other and also on relation to motor abilities and psychological factors. It improves only when movements are performed. The extent of acquiring mastery will depend upon the quality of movement or existence of functional fitness. The pace of learning and acquiring skills in games and sports is influenced by the co-ordinative abilities, in the long term of training process, the continuous refinement and modification of skills is affected by the level of coordinative abilities of the sportsperson. It also helps for effective and economic utilization of motor abilities and acquiring of technical and tactical mastery. Systematized and optimum development of coordinative abilities during childhood can help a sportsperson in learning complex skills in latest years.

Blume suggested various Co-ordinative abilities viz. Combinatory ability is the ability of a sportsperson to systematically and meaningful combine the movements of different body parts for successful performance of a sports movement. It also reflects the ability of an individual to effectively combine meaningful parts of a skill into a whole during the skill learning process. This ability depends upon the functional capacity of kinesthetic and optic sense organs. Coordinative abilities viz. Orientation ability is the ability of a sportsperson to analyze and change the position of the body and its parts in time and space in relation to performance area or moving object. This ability depends upon the functional capacity of optic sense organ, vestibular apparatus and kinesthetic receptors. Reaction ability is the ability of a sportsperson to respond quickly to a given stimulus and execute well directed actions following a signal depending upon the functional capacity of optic, acoustic and tactile sense organs. Rhythm ability is the ability to understand the rhythm of movements and to execute the movement with required rhythm depending upon the functional capacity of optic, acoustic and kinesthetic sense organs. Blume suggested about the improvement of coordinative abilities by exercises to be used as training means should be correctly executed with conscious control of movement i.e. repetitions of incorrect movements lead to acquisition of faulty actions which impede formation of skills. While teaching exercises, a variety of audio- visual aids should be used and after every execution, the performer should receive feedback regarding the quality of movement. Individual should adopt specialized means for enhancing the functional capacity of the sense organs i.e. increased functional capacity of various senses e.g. sense of hearing, sense of sight, sense of touch, kinesthetic sense and sense of balance helps in improving coordinative abilities. The following selected activities can be introduced in this regard which are differentiating body positions and position of various parts of body, use of turn-table for improving capacity of vestibular function, differentiating between time intervals and rhythms, noticing a change without directly looking for enhancing peripheral vision.

MATERIAL AND METHOD: This study was carried on 25 each subjects of B.A.,B.P.Ed. and M.P.Ed. Level whose age ranging between 21 to 28 years. A tactical understanding and coordinative approach on the side of imagination and vialization has been looked upon. Further more this study analyzed imagination and vialization after employing mental imaging technique experienced by Researcher at *Brahmakumari shivir* at Northern Railway Stadium, Lucknow. A Questionnaire consist of 21 questions made by Researcher has been employed to know to which extent subject got effected by above technique. This questionnaire assessed Perception contents of Athletes i.e. imaging, visual, tactical outcome during play, Muscle Memory, Creativity etc. Every question is consisting of 5 marks, evaluated and checked by sports psychologists, thus ultimately quantifying the sample. Simultaneously a personal interview test was conducted with face to face individual participants to scale the immediate effect of understanding of Researcher's effort. The aim of this procedure is to enhance tactical thinking, interest and creativity enhancement. It became interesting when participant knew

their position viz. First, Second and Third. Data was analyzed using dependent t- test. This study was carried on in January 2016. Participation was voluntary with limited number of subjects at a time and consent has been approved by respective authority. It has been hypothesized that there would not be significant difference as a result of mental imaging training. And there shall be significant difference as a result of mental imaging training.

RESULTS: The analysis prevails below provide following results:

TABLE: Study on the effect of M.P.Ed. Level student:

TEST	NUMBER	MINI. SCORE	MAX. SCORE	MEAN	S.D.	r
Pre	25	29	89	56.08	19.343	0.9
Post	25	34	95	61.12	19.486	

Significant at level .01 (one tailed)

$$t_{cal} = 2.89$$

$$df = 24$$

$$t_{tab} = 2.49$$

$$df = 24$$

Estimating meaningfulness of Treatments:

Mean difference $M_D = 5.04$

Mean of Pre test score = 19.343

Working it out:

$$\text{Magnitude of Increase} = 5.04/19.343$$

$$= .26$$

The gain is almost 26 % means nearly 26% improvement occurs when it was told to Athletes about orientation towards goal as arousal awakes their visualization and imagination contents and it has more enhanced when added with some interesting and creative activities.

Thus above statistical result reveals that imagination and visualization sports contents get significant improvements as a result of mental imaging technique. There was a significant difference between pre and post results within group.

CONCLUSION: Athletes have more advantage of such Mental Imaging Technique and imagination and visualization and have positive impact on their respective games. It can be realized only by doing with the abstract means individual can get experience when involve with things of environment, by doing experiment upon it. He then be able to visualize and differentiates the instant situation into small tasks, ultimately able to solve with right and wrong differences. In game situation, self criticalness of Intelligence may become cause of victory as one acquires to reason and judge well.

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