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Effect of visualization and imagery training on sports performance using sports hypnosis

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Abstract

This value of imagery in sports is widely acknowledged. The contribution of hypnosis to enhancing athletes' performance is also recognized, but the value of hypnosis in enhancing imagery has little recognition. To examine the effect of imagery technique using hypnotic state on performance, primary data has been collected through Martens questionnaire. Experimental research has been carried out to collect the data. The experiment has been performed on 22 cricket team players of two colleges of Surat and Bharuch city. The data has been analyzed by applying one sample t-test and regression analysis. From the analysis, it has been concluded that after the experiment of imagery technique using hypnotic state, the performance of cricket team players has been improved. It has been also found that imaging competing situation is more affective component on performance followed by practicing with others, watching team mate and practicing alone.

Keywords: Hypnosis, imagery technique, cricket-team players

1. Introduction

Imagery involves making mental images, seeing and feeling you playing and performing a certain behavior, without actually doing the behavior. Hypnosis and sports performance is one of the fastest growing markets in Hypnotherapy. Sports Hypnosis is one of the easiest, most rewarding, and goal oriented short term therapies that you can do. Mental imagery is widely accepted by sport psychologists, coaches, and athletes to be a useful psychological technique in the training of athletes for if imagery training is to be maximally effective, practitioners need to establish an understanding of the athletes' ability to image. Achieve this, it is necessary to assess imagery ability in a reliable, valid, and comprehensive manner.

Imagery has been effectively used for rehearsing general strategies, learning sport specific skills, and facilitating effective responses to competitive scenarios and stressful emotions. (Junayd M. Abdin, 2010) [2]

Serious sport person are often determined to find anything that will give them an edge over their competition, as well as help them perform optimally. Hypnosis and imagery have been utilized by many such athletes to improve their game. While some regard hypnosis as some mystical or magical form of mind control, it is actually a legitimate form of treatment which has proven to be effective in bringing about positive change, developing new habits and behaviors, and releasing unhealthy or unproductive emotions, habits and behaviors. Many well-known athletes have worked with highly trained hypnotherapists to achieve significant gains in their personal performance, regardless of their sport.

Since the unconscious mind is really the driving force between most of our beliefs and behaviors, it makes sense that a technique which elicits change at the unconscious level can be highly effective. Hypnosis is such a technique. Hypnosis can help a sport person overcome issues of self-doubt which may be keeping him from moving to the next level. It can help an athlete hone his skills, fine-tune a technique, and have a level of self-belief and confidence which will enable him to excel beyond what he may have previously thought possible. Hypnosis can also help an athlete acquire the intense focus required to be at the top in his sport. Hypnosis can help an athlete overcome performance anxiety or pre-game jitters which can make the difference between winning a gold medal and coming in 6th place.

Psychologists, coaches, and athletes typically accept that mental imagery is valuable psychological technique in the training of athletes for excellence.

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If imagery training is to be maximally effective, practitioners need to establish an understanding of athletes' ability to image. To achieve this, it is necessary to assess imagery ability in a reliable, valid, and comprehensive. Keeping this viewpoint, the problem statement has been framed as "Imagery technique using hypnotic state effects on performance?"

This study will be beneficial for the coaches and trainers to choose the correct state of mind using imagery techniques. This study will also create interest amongst sportsman and trainers to experience the unique state of mind consciousness.

2. Material and Methods

The present study was to find out the effect of Imagery technique using hypnotic state on performance The study was experimental based. The subjects selected for the study were twenty two Intercollegiate level Cricket Players limited to Surat and Bharuch district. and the primary data was collected through the Martens sports imagery questionnaire. The Marten's questionnaire consist the component namely practicing alone, practicing with others, watching a team mate and Competing. The data has been collected on five point likert scale starting from 1- No image present, 2- Not clear or Vivid, but the recognizable image, 3-moderately clear or

Vivid, 4-Clear and Vivid, 5- extremely clear and Vivid. 11 cricket team players of D.R.B. Commerce College, Surat&11 cricket team players of S.V.M.I.T. Bharuch were considered as sample to commence the study. After the experiment of imagery technique using hypnotic state, those opinions have been taken. The data has been collected during first week of February, 2016. The data has been analyzed by applying one sample t-test with 3 cut-off point and regression analysis.

The data has been analyzed by applying one sample t-test and regression analysis. T-test has been used to find out the overall performance of cricket team players after imagery technique using hypnotic state. Regression analysis has been applied to find out the effect of selected variables on performance

To analyze the overall performance, t-test has been applied. t-test has been run with a cut-off point of three (3). The hypothesis has been constructed as follows.

H₀: Imagery technique using hypnotic state does not affect performance.

H₁: Imagery technique using hypnotic state affects performance.

Table 1: One-Sample Test

| Test Value = 3 | | | | | | | |
|----------------|-------|-----|----|----------------|-----------------|------|-----------------|
| | t | N | df | Sig.(2-tailed) | Mean Difference | Mean | Null Hypothesis |
| Performance | 4.605 | 100 | 99 | .000 | .42 | 3.42 | Rejected |

From the (Table no.1) it has been found that p value is less than 0.05 hence, the null hypothesis is rejected and alternate hypothesis is accepted. Therefore, it can be concluded with 95% confidence that Imagery technique using hypnotic state affects performance. The mean of performance is greater than three. This indicates that student's performance really improved.

Further The multiple regression equations for assessing the was used to find out Performance as a dependent variable and practicing alone, practicing with others, watching a team mate, competing as independent variables

$$y = \alpha + \beta_1 \times x_1 + \beta_2 \times x_2 + \beta_3 \times x_3 + \beta_4 \times x_4 + e$$

Where, y= the dependent variable Performance, α is the y intercept which means the value of y when all the x values are zero, x_1 =practicing alone, x_2 = practicing with others, x_3 =watching a team mate, x_4 =competing= the coefficient of the independent variable, e= error

$$\text{Performance} = 0.022 + 0.052\text{PA} + 0.265\text{PO} + 0.142\text{WTM} + 0.523\text{C} + 0.335$$

The above mentioned regression equations show that the performance of an individual competing affects the performance most than other factors.

2.1 Multiple Correlation for Exploratory Factor Analysis

Further Multiple Correlation Exploratory factor analysis statistical technique was used to reduce data to a smaller set of summary variables and to explore the underlining theoretical structure of the phenomena. It was used to identify the structure of the relationship between the Dependent Variable (Performance) variable and the Predictors (Practicing alone, Practicing with others, Watching a team mate, Competing)

$$H_0: R^2=0$$

$$H_1: R^2>0$$

Table 2: Multi Co-relation Coefficients between Independent Variables and Dependent Variable

| Model Summary | | | | |
|--|-------------------|----------|-------------------|----------------------------|
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .928 ^a | .861 | .861 | .335 |
| a. Predictors: (Constant), Practicing alone, Practicing with others, Watching a team mate, Competing | | | | |
| b. Dependent Variable: Performance | | | | |

The value of the multiple co-relation coefficients between independent variables and dependent variable is 0.928. The value of R² (0.861) shows that 86% variance in performance comes due to these factors. In another words, it can be said that 14% variance in performance comes due to other factors. The value of adjusted R² (0.861) remains same which indicates that if the model will be derived from the population instead of the sample, it may be possible that no variation will be accorded.

2.2 Anova for F Value

H₀: Independent variables (practicing alone, practicing with others, watching a team mate, competing) collectively do not affect Performance

H₁: Independent variables (practicing alone, practicing with others, watching a team mate, competing) collectively affect Performance

Table 3: Anova for F Value

| Anova ^b | | | | | | | |
|--|----------------|----------|-------------|---------|----------|-------------------|----------|
| Model | Sum of Squares | df | Mean Square | F | Sig. | Null Hypothesis | |
| 1 | Regression | 987.136 | 4 | 246.784 | 2.261 E3 | .000 ^a | Rejected |
| | Residual | 158.937 | 1415 | .112 | | | |
| | Total | 1146.073 | 1419 | | | | |
| a. Predictors: (Constant), Practicing alone, Practicing with others, Watching a team mate, Competing | | | | | | | |
| b. Dependent Variable: Performance | | | | | | | |

Anova F- value is 2.261E3 which is significant ($p \leq 0.05$) means this model is fit for regression. More over null hypothesis is rejected which implies that independent variables affect performance. To know the level of effectiveness of these independent variables, results of t-test has been taken into consideration which is shown in Table

no.3

2.3 Estimated Beta Coefficients

H0: $\beta_1=0, \beta_2=0, \beta_3=0, \beta_4=0$

H1: $\beta_1 \neq 0, \beta_2 \neq 0, \beta_3 \neq 0, \beta_4 \neq 0$

Table 4: Estimated Beta Coefficients

| Coefficients ^a | | | | | | | | |
|------------------------------------|-----------------------------|------------|---------------------------|------|-------|-----------------|----------|---|
| Model | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Null Hypothesis | Rank | |
| | B | Std. Error | Beta | | | | | |
| 1 | (Constant) | .022 | .043 | | 0.508 | .612 | | |
| | Practicing alone | .053 | .027 | .052 | 01.99 | .047 | Rejected | 4 |
| | Practicing with others | .269 | .023 | .265 | 11.85 | .000 | Rejected | 2 |
| | Watching a team mate | .147 | .019 | .142 | 07.66 | .000 | Rejected | 3 |
| | Competing | .533 | .024 | .523 | 22.05 | .000 | Rejected | 1 |
| a. Dependent Variable: Performance | | | | | | | | |

From (Table no.4), it has been found that practicing alone, practicing with others, watching a team mate and competing all are significant. This implies that the null hypothesis for all independent variables is rejected as p-value is less than 0.05. The standardized coefficients for the independent Competing has the highest β_4 (0.523) and so it has been concluded that it has the strongest influence on the performance followed by Practicing with others ($\beta_2=0.265$), Watching a team mate ($\beta_3=0.142$) and Practicing alone ($\beta_1=0.052$)

3. Results and Discussion

In the light of the data analysed by using Martens sports imagery questionnaire similar studies and results were compared the study conducted by Junayd M. Abdin (2010)^[2] has concluded that recent research has indicated that imagery can be helpful for non-athletes in exercise settings as well. He has noted earlier, as the field continues to advance, sport psychology practitioners may be presented with numerous opportunities to assess how imagery can help individuals in a variety of ways and settings.

Sharon Jalene and Gabriele Wulf (2014)^[3] have examined whether motor skill learning could be enhanced through a hypnotic intervention They have observed that the hypnosis group showed an increase in throwing accuracy relative to the pre-test and more effective performance than the control group whose performance was similar to that on the pre-test. They have found that hypnosis can have a positive impact on motor learning.

In the light of the present study the data it has been concluded that after the experiment of imagery technique using hypnotic state, the performance of cricket team players has been improved. It has been also found that imaging competing situation is more affective component on performance followed by practicing with others, watching team mate and practicing alone.

4. Conclusion

It has been concluded that imagery technique using hypnosis induction affects the performance. It has been found that the

performance of cricket team players has been significantly improved. From the regression analysis, it has been found that imaging competing situation is more affective component on performance followed by practicing with others, watching team mate and practicing alone.

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