



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2018; 5(4): 91-93
© 2018 IJPESH
www.kheljournal.com
Received: 15-05-2018
Accepted: 16-06-2018

Twinkle Duwarah
Ph.D Scholar, Lakshmbai
National Institute of Physical
Education, Gwalior,
Madhya Pradesh, India

Mridusmita Phukan
Asst. Professor, Dibrugarh
University, Rajapeta,
Dibrugarh, Assam, India

Correspondence
Twinkle Duwarah
Ph.D Scholar, Lakshmbai
National Institute of Physical
Education, Gwalior,
Madhya Pradesh, India

Sports imagery ability status of national and state level Shuttlers in Assam

Twinkle Duwarah and Mridusmita Phukan

Abstract

The present study was undertaken to investigate the sports imagery ability of National and State level shuttlers in Assam state and then to compare their imagery ability status. This study was conducted on 40 shuttlers participated both state and national level tournament from different districts of Assam (20shuttlers in each group) of 11 to 17 years age. The tool used for this study was Sports Imagery Ability Status Questionnaire developed by S.E William and Jennifer Cumming on 2012. The collected data were tabulated and statistically analysed by computing mean, standard deviation, levene's test for equality of variance and independent samples t- test. The findings of statistical analysis revealed that there was no significant difference in Sports imagery ability between National and state level shuttlers in Assam.

Keywords: Sports imagery ability, strategy, global, Shuttlers

1. Introduction

Sports performance may boost up by psychological skills. It is well said that mental skills play a vital role along with physical role to avail in success in performance during competition. Without psychological preparation only physical training is not sufficient to get maximum output in a competition. The athletes, coaches, trainers and all other individuals related to sports regardless of age, gender or skill level are not only rely in physical fitness attributes, they must have to identify and determine all the psychological parameters that influences the cognitive, behavioral and affective performance level. In fact, imagery is creating, or recreating, the entirety of an experience in one's mind. Measurement of imagery ability has been assessed primarily through the use of self-report. The measurement of imagery ability provides a way of monitoring the progression of imagery use and imagery ability. In most of the competitive sports there is a high need of involvement of emotions, intense physical and mental struggle for achievement, cooperation, excellence and supremacy. Collective formation of mental images, figures represents the meaning of imagery. For sport talent identification purpose, Imagery practice is one of the significant mental skills and predictors. The habit of imagery process may enhance the sports performance. In the sport arena athletes use imagery which is associated with image and mental pictures in training, competition and rehabilitation. In the year 1985, Robert L. Woolfolk *et al.* investigated the effect of imagery instructions on a simple motor skill accuracy task (putting a golf ball). Thirty college students were divided into three groups (a) positive imagery, (b) negative imagery, and (c) control. The study was concluded with the result that there was a significant difference among all groups, with positive imagery producing the most improvement, the control condition producing less, and negative imagery resulting in performance deterioration.

Mohd. Sofian Omar-Fauzee *et al.* investigated a study on the effectiveness of imagery and coping strategies in sports performance in the year 2009. The subjects of the study were different level of participants of Sports. In the findings One Way ANOVA analysis revealed that all subscales imagery (SIQ) was significantly different with levels of participation.

Indeed, imagery plays an imminent role to improve the sports performance, very less number of study has been done in this badminton field. To play Badminton as a professional, one may mentally tough enough to lead him or her up to peak performance. Therefore, the present study was designed to investigate the significant differences in Sports imagery status between National level Badminton player and State level Badminton Players of Assam.

2. Method and Procedure

2.1. Sample of respondents

To obtain required data, the investigators had selected forty (N=40) subjects n=20 female National Level and n=20 female State level Shuttlers in Assam by using Purposive sampling method age ranges from 11 to 17 years. All the subjects, after having been informed about the objective and protocol of the study, they participated in this study with their own interest.

2.2. Tool

The tool used for this study was sports imagery ability status Questionnaire developed by S.E William and Jennifer Cumming. Subjects were asked to respond to the statements

on a 7-point Likert scale as to whether they can form the image or not. (1= very hard, 4= not easy or hard to 7= very easy). The psychological conditions of the subjects at the time of answering the questionnaires were not under the control of the scholar and specific motivational techniques were not used at the time of collecting the data to encourage or discourage the subjects.

2.3. Statistical Analysis

The independent t-test was applied to find out whether any significant difference is there in sports imagery ability status between National and state level shuttlers. To test this two tailed hypotheses, the level of significance was set at 0.05.

Table 1: Descriptive statistics of the State and National level Shuttlers

Global measure of sport imagery ability	Level of shuttlers		N	Mean	SD	SEM
	State level shuttlers		20	4.43	.765	.171
	National level shuttlers		20	4.89	.836	.187

*Significant at 0.05 level

Table 2: F and t-table for testing the equality of variances and quality of means of the State and National level shuttlers

Global measure of sport imagery ability	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	T	DF	Sig. (2-tailed)	Mean Diff.	SE. Diff.	95% Confidence Interval of the Difference	
								L	U
Equal variances assumed	1.087	.304	-1.81	38	.077	-.46	.253	-.973	.053
Equal variances not assumed			-1.81	37.7	.078	-.46	.253	-.973	.053

*Significant at 0.05 level

Table 3: t-table for the data on sport imagery ability of the State and National level shuttlers along with p-value

Levels of the Shuttlers	Means	S.D.	Mean Diff.	SE. of Mean Diff.	t-value	p-value	F-value	p-value
State level Shuttlers	4.432	.766	-.46	.253	-1.81	.077	1.087	.304
National level Shuttlers	4.893	.836						

3. Results and discussion

Table-I infers that the mean, standard deviation and standard error mean sport imagery ability of the National level shuttlers is larger than that of the State level Shuttlers. However, the two-sample t-test is used to test whether the difference is significant or not.

For testing the equality of variances, Levene's test is used. The table-II indicates that F-value is 1.087 which is insignificant as the p-value is 0.304 which is more than 0.05. Thus, the null hypothesis of equality of variances may be accepted and this is concluded that the variances of the State level shuttlers and National level Shuttlers are equal.

Table-III result interprets that the value of t-statistic is -1.81. This t-value is insignificant because the p-value is 0.077 which is greater than 0.05. Thus, the null hypothesis of equality of population means of both the shuttlers is failed to reject and it may be concluded that there is no difference in sports imagery ability of National and state level shuttlers.

On the basis of literature review it was found that very less number of Professional Badminton players has come out from Assam now a day. Beyond that it was also proved that due to psychological weakness most of the players have failed to earn a medal in National as well as International scenario. As the table no I, II and III shows that there is no difference on Sport Imagery ability between National level Badminton player and State level Badminton Player, it may conclude with the words that the national level shuttlers in Assam are

not that much strong regarding Sports imagery ability which is accepted as one of the most important mental skill to obtain peck performance in competitions as well as in training periods.

4. References

- Tossaint L, Blandin Y. On the role of imagery modalities on motor learning. Journal of sports science. 2010. PMID: 20373200
- Robert L. The effects of positive and negative imagery on motor skill performance. Cognitive Therapy and Research. 1985; 9(3):335-341.
- Epstein, Martha L. The Relationship of Mental Imagery and Mental Rehearsal to Performance of a Motor Task. Journal of Sport Psychology. 1980; 2(3):211.
- Krista J. Psychological Imagery in Sport and Performance Oxford Research Encyclopedia of Psychology. 2017. DOI: 10.1093/acrefore/9780190236557.013.228
- Omar-Fauzee, Sofian. The Effectiveness of Imagery and Coping Strategies in Sport Performance. European Journal of Social Sciences. 2009; 9(1):97-106.
- Anne Roe. A study of imagery on Research scientists. Journal of personality. 1951; 19:4.
- Abma CL. Differences in imagery content and imagery ability between high and low confident track and field athletes. Journal of Applied Sport Psychology. 2002;

14:67-75.

8. Catenacci KL. Using a MG-M imagery intervention to enhance the sport competence of young Special Olympics athletes. *Journal of Imagery Research in Sport and Physical Activity*. 2016; 11(1):1-12.
9. Cumming J, Hall C. Athletes use of imagery in the off-season. *Sport Psychologist*. 2002; 16:160-172.
10. Simonsmeier, Bianca A. Interrelations of Imagery Use, Imagery Ability and Performance of Young Athletes. *Journal of Applied Sports Psychology*. 2017; 17(1):37-43.
11. Gregg M. The relationship between imagery ability and imagery use among athletes. *Journal of Applied Sport Psychology*. 2011; 23:129-141.
12. Singh Santosh L. Mental toughness between selected outdoor and indoor games athletes. *International Journal of Physical Education, Sports and Health*. 2016; 3(6):271-273.
13. Phukan Mridusmita. Handful Professional Badminton Players of Assam State- An Introspection, Unpublished Master Degree Thesis, D.C.P.E, Amravati, 2016.
14. Baruah Madhujya. Badminton in Assam. *Khel- Mati*. Assam: Maa Digital, 2013, 150.
15. Kamlesh ML. *Psychology in Physical Education and Sports*. New Delhi: Khel Sahitya Kendra, 2015. Print.