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Comparative study of sports imagery ability between elite and non-elite cricketers from Goa

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Abstract
The individuals with higher imagery ability experiences greater productiveness or successfulness with compare to poor imagery. There is a need to bridge the gap between player's mental set and performance and imagery is a popular and well-established strategy used to improve performance. Thus, the primary purpose was to compare sport imagery ability between Elite and Non-Elite cricketers. For present study the sample of 126 i.e., 63 Elite and 63 Non-Elite cricketers were selected using purposive sampling technique. The research is descriptive comparative survey where 15 items questionnaire of SIAQ (Cummings, J & Williams, and S.E. 2015) based on a 7-point Likert type scale is used for data collection. On analyzing the data using descriptive statistics mean performance for sport imagery ability of Elite cricketers was 5.40 (SD=±0.650) and of non-Elite cricketers was 4.90 (SD=0.913) respectively. Further for comparing the data independent sample-t test was administered. The calculated 't' value was 3.559. The result shows the calculated 't' value has significant difference at 0.05 level of significance (P=0.001). Hence it can be concluded that there is significance difference in sport imagery ability between Elite and Non-Elite cricketers from Goa.

Keywords: Sport imagery ability, elite and non-elite, cricketers

1. Introduction
The ability to mentally visualize and imagine athletic performance has long been recognized as a crucial factor in achieving success in sports. Sports imagery ability refers to an individual's capacity to create vivid mental representations of sport-related scenarios, events, and actions. It involves the use of all senses to simulate the physical and psychological aspects of athletic performance in the mind. Athletes who possess a well-developed sports imagery ability can effectively rehearse skills, strategize, and overcome obstacles, leading to enhanced performance and competitive advantage. The aim of this dissertation is to provide a comprehensive exploration of the role of sports imagery ability in performance enhancement. By examining the psychological processes underlying imagery ability, its impact on various aspects of athletic performance, and potential mechanisms through which it influences performance outcomes, this study aims to contribute to a deeper understanding of the significance of mental imagery in sports. To substantiate the research, this dissertation will draw upon a wide range of empirical studies and theoretical frameworks. Notable researchers such as Dr. Jennifer Cumming, Dr. Aymeric Guillot, and Dr. Craig Hall have extensively investigated the topic of sports imagery ability and its implications for athletic performance. Their seminal works will serve as the foundation for this dissertation, providing a comprehensive theoretical framework to explore the impact of imagery ability on athletes' mental, technical, and tactical skills. Moreover, this study will employ a systematic review methodology to examine relevant literature from diverse fields, including sport psychology, cognitive psychology, neuroscience, and motor learning.

2. Materials and Methods
This study was to compare the sport imagery ability between Elite and Non-Elite cricketers from Goa. To achieve this purpose, the researcher conducted the investigation on total 126 players of age 18 to 30 years, of which 63 were Elite cricket player and 63 were Non-Elite cricket players were selected as a sample of the study using purposive sampling technique using comparative method.

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3. Variable and Tool
3.1 Sports Imagery
Sports imagery, also known as mental rehearsal or visualization, is a technique used by athletes to mentally simulate sports-related scenarios and actions. By vividly imagining themselves performing successfully in their sport, athletes aim to enhance their performance, build confidence, and improve their overall mental preparation.

3.2 Sport Imagery Ability Questionnaire (SIAQ)
For measuring Sport Imagery Ability, the researcher has used Sport Imagery Ability Questionnaire test which was developed by the Williams and cummings, 2015. The SIAQ is a 15-item questionnaire to examine five type of athlete imagery ability: skill imagery ability, strategy imagery ability, goal imagery ability, affect imagery ability, and mastery imagery ability. As per the above questionnaire the athletes are asked to image each item and then rate how easy are they able to image each scenario in relation to their sport. For scoring there is 7-point Likert type scale ranging from 1(very

hard to image) to 7(very easy to image. (Williams, S. E. & Cummings, J. 2015).

4. Results and Discussion

Table 1: Descriptive Statistics of sports imagery ability of Elite and Non-Elite cricketers.

Group Statistics					
	Level	N	Mean	Std. Deviation	Std. Error Mean
SIA	Elite	63	5.4098	0.65036	0.08194
	Non-elite	63	4.9070	0.91349	0.11509

From the above table which shows the descriptive statistics, when the Sport Imagery Ability Questionnaire test was administered, where the mean score of sport imagery ability of Elite cricketers was 5.40 with standard deviation 0.650 and standard error of mean was 0.081 respectively. Similarly, the mean score of Non-Elite cricketers was 4.90 with standard deviation 0.913 and standard error of mean was 0.115 respectively.

Table 2: Independent sample t-test of sports imagery ability between Elite and Non-Elite cricketers from Goa.

	Levene's Test for Equality of Variances		T-Test for Equality of Means						
	F	Sig.	T	DF	Sig. (2-Tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Equal variances assumed	8.227	.005	3.559	124	0.001	0.50286	0.14128	0.22323	0.78248
Equal variances not assumed			3.559	112.005	0.001	0.50286	0.14128	0.22294	0.78278

From the above table in case of independent sample t-test, we need to test equality of variances between groups for which Levene's test for equality of variances was calculated. The calculated value F value for sport imagery ability was 8.227 and significant value was 0.005. The significant value is less than 0.05 hence the equal variances are not assumed.

For comparing sport imagery ability between Elite and Non-Elite cricketers from Goa, the mean difference was calculated. The mean difference was 0.50286 and the calculated 't' value was 3.559 for degree of freedom is 128 which shows there is significant difference between Elite and Non-Elite cricketers at 0.05 level of significance (P=0.001). Hence the research hypothesis is accepted and null hypothesis is rejected.

5. Conclusion
In this study researcher found that there was a significant difference sports imagery ability between Elite and Non elite cricket players from Goa. The higher value of mean difference shows that Elite cricketers have higher sports imagery ability than Non-Elite cricketers in Goa.

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