



Comparative study of mental imagery between sports and non-sports persons

Aarif Hassan War¹, Dr. Jai Shanker Yadav²

¹ Research Scholar (M.Phil), Department of Physical Education, Dr. C.V. Raman University, Bilaspur, Chhattisgarh, India

² Associate Professor, Dr. C.V. Raman University, Bilaspur, Chhattisgarh, India

Abstract

The main purpose of the study was to investigate mental imagery between sports persons and non-sports persons. For the study, standard questionnaire of mental imagery developed by Prof. M. Rajamanickam was used to know and compare the mental imagery between Sports and Non-Sports Persons. For the present study, hundred subjects were selected from the different colleges in Kashmir division, in which fifty sports persons and fifty non-sports persons were selected as subjects. For the collection of data the researcher administered the standard questionnaire of mental imagery developed by Prof. M. Rajamanickam were distributed among the subjects and data was collected for to know the mental imagery on the basis of responses given by the subjects, after that the collected data was analyzed by comparing the means of Sports Persons And Non-Sports Persons groups and was again statistically analyzed by applying t-test to check the significant difference among selected variables. The subjects for each group were selected through simple random sampling. On the basis of experience and knowledge of the researcher it was hypothesized that there would significant difference of mental imagery between sports persons and non-sports persons belongs to Kashmir division.

Keywords: mental imagery, sports persons and non-sports persons

Introduction

Mental ability and imagery help the athletes to mould their emotional state and the way they approach the physical efforts. Such activity enables the athlete to improve the execution and precision of the given skill or task by thinking and imagining about it. Mental imagery of critical competitive situations is essential to boost the fighting spirit to help an athlete to organize himself in a better way. Mental rehearsal of competitive situations certainly helps in improving athlete's emotional state as well as his physical performance. It also helps in the smooth flow of energy as and when required.

Mental imagery remains one of the more contentious issues in sport psychology. Corbin (1972) defined mental practice as the 'repetition of a task, without observable movement, with the specific intent of learning. A problem with Corbin's definition is its all-compassing nature. Although it excludes actual movement, it none the less inherently embraces a very wide range of mental processes, including verbal repetition of a movement sequence, thinking one's way through a movement, and mental problem solving. In addition, the reference to intent of learning excludes several common uses of imagery, such as imagery for stress management, for the control of physiological functions, for pre-game mental warm-up or for injury rehabilitation.

Methodology

The main purpose of the study was to investigate mental imagery between sports persons and non-sports persons. On the basis of experience and knowledge of the researcher it was hypothesized that there would be significant difference of mental imagery between sports persons and non-sports

persons belongs to Kashmir division.

Source of data

For the present study the subjects were selected those sports and non-sports persons who belongs to the Kashmir division only.

Selection of Subjects

For the present study 100 subjects were selected. 50 from sports persons and 50 non-sports persons were selected.

Sampling Procedure

The players will be selected by using random sampling method.

Collection of data

The data pertaining to the study was collected by standard questionnaire of mental imagery.

Mental Imagery

The standard questionnaire will be used for collection of data developed by Prof. M. Rajamanickam.

Equipments used for collection of data

Mental Imagery

The standard questionnaire was used for collection of data developed by Prof. M. Rajamanickam.

Analysis and interpretation of data

For the study, standard questionnaire of mental imagery developed by Prof. M. Rajamanickam was used to know and

compare the mental imagery between Sports and Non-Sports Persons. For the present study, hundred subjects were selected from the different colleges in Kashmir division, in which fifty sports persons and fifty non-sports persons were selected as subjects for conducting study. For the collection of data the researcher administered the standard questionnaire of mental imagery developed by Prof. M. Rajamanickam were distributed among the subjects and data was collected for to know the mental imagery on the basis of responses given by the subjects, after that the collected data was analyzed by comparing the means of Sports Persons And Non-Sports Persons groups and was again statistically analyzed by

applying t-test to check the significant difference among selected variables.

Findings

For the present study, the data were collected from the Sports and Non- Sports Persons. The data pertaining to mental imagery was collected from 100 subjects and 50 subjects were selected from each group 50 from sports and 50 from non sports persons, through simple random sampling for testing the hypothesis. The statistical result of the undertaken Mental Imagery of Sports and Non- Sports Persons for verifying researcher’s hypothesis has shown in the following tables.

Table 1: Comparison of Mental Imagery between Sports and Non-Sports Persons in Kashmir division.

Group	Mean	S.D.	M.D	S.E	Degree of Freedom	O.T	T
Sports Persons	325.52	48.34	7.66	9.85	98	0.778	2.00
Non-Sports Persons	333.18	50.17					

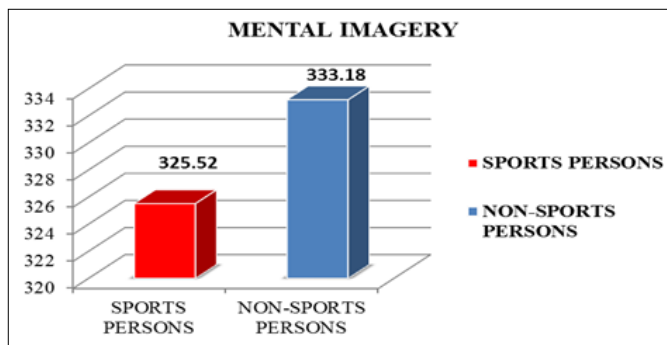


Fig 1: Graphical representation of Mental Imagery between Sports and Non-Sports Persons in Kashmir division.

Conclusion

The researcher initially pre assumed that there would be significant difference in the mental imagery between Sports and Non-Sports Persons in Kashmir division and after the statistical analysis and interpretation of data, it was found that there is insignificant difference in the mental imagery between Sports and Non-Sports Persons in Kashmir division because in all cases the calculated ‘t’ exceeded the tabulate ‘t’ at level of significance 0.05. Hence the Researchers pre assumed have been rejected.

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