

EFFECT OF IMAGERY TRAINING ON ACCURACY PERFORMANCE**Dr. P. KUMARAVELU**

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Abstract

The purpose of the study was to find out the effect of imagery training on accuracy performance. To achieve the purpose of the study, it was confined to twenty four students studying in Tamil Nadu of Physical education and sports university, Chennai and their age ranged from 20-25 years were selected randomly as subjects. This study is restricted to accuracy in softball throwing. The selected subjects were divided into two groups namely Group 1 for Experimental group (imagery training group) underwent imagery training and Group II acted as a control group who will not participate in any experimental training during the training period other than their daily routine. The data were collected from each subject before and after the training period and statistically analyzed with dependent't test and analysis of covariance (ANCOVA). It was found that there was a significant improvement on accuracy performance due to the effect of imagery training.

Keywords: Imagery, Accuracy.

Introduction

Imagery can be defined as a process by which sensory experiences are stored in memory and internally recalled and performed in the absence of external stimuli. (Murphy, 1997). The terms imagery and mental practice have been used interchangeably in a variety of contexts. For research purpose however, imagery and mental practice should be carefully distinguished. Imagery refers to the mental process; some have called it a "made of thought the introspective or covert rehearsal practice that takes place within an individual. (Thelma Horn, 2002)

It is in vogue to have heard different terms that describe an athlete's mental preparation for competition, including visualization, mental rehearsal and imagery practice. These terms refer to creating or recreating an experience in the mind. The process involves recalling from memory, pieces of information stored from experience and shaping these pieces into meaningful images. These experiences are essentially a product of ones memory, experienced internally by recalling and reconstructing previous events. Imagery is actually a form of simulation.

It is similar to a real sensory experience [e.g. seeing, feeling or hearing] but the entire experience occurs in the mind. Through Imagery one can create previous positive experience or picture new events to prepare one self mentally, for any future event. Imagery involves as many senses as possible and either create or recreate the emotional feeling associated with the task or skill you're trying to execute. (Robert. et.al, 1995).

Imagery process also has been used in the sports contest, as components of other interventions, such as relaxation, meditation, pain reduction and mood control. Thus, imagery is not only use mental practice situation and is not used by athletes only to rehearse performance. Such aten use of imagery has received limited attention in the sport psychology literature. (Thelma Horn, 2002)

Hypothesis

It was hypothesized that there might be significant improvement on accuracy performance to the effect of imagery training.

Methodology

Research methodology involves the systematic procedure by which researcher starts from y initial identification of the problem to its final conclusions. The role of the methodology is to carry on the research work in a scientific and valid manner. To achieve the purpose of the study, it was confre to twenty four students studying in Tamil nadu physical education and sports university, Chennai and their age ranged from 20-25 years were selected randomly as subjects. This study is restricted to accuracy softball throwing. The selected subjects were divided into two groups namely Group for Experimenta group (imagery training group) underwent imagery training and Group II acted as a control group who will not participate in any experimental training during the training period other than their daily routine.

Selection of variable and test items

Table I
Test selection

S.No	Variable	Test
1	Accuracy	Softball overhead throw for accuracy

Training Programme

The experimental group underwent training for all days except on Saturday and Sunday. Training is done everyday early morning from 6 to 6.45 am for six weeks under the personal instruction and supervision of the research scholar.

Every session started with 5 minutes warming up, such as jogging, and stretching exercise. All the subjects were asked to sit and relax. Then oral instruction about the imagery of softball throw was given for 15 minutes. After this, they were asked to imagine the skills with closed eyes for 15 minutes. The investigator gave oral instruction for three weeks and after three weeks black board was used.

Statistical Analysis

The data collections from the imagery training group and control group prior and after the experimentation on selected criterion variable and statistically examined by using dependent't' test and Analysis of co-variance (ANCOVA) was used to determine the differences. In all the cases to test the significance, 0.05 level of confidence was used.

Table I
The summary of mean and dependent t test for pre and post tests on accuracy of experimental and control group

	Experimental group	Control group
Present mean	13.92	16.33
Post test mean	18.50	15.91
T-test	2.420*	2.666*

'T' value 2.07 significant at 0.05 level of confidence

From the table I, the dependent Ttest values between the pre and posttest means of experimental and control group are 2.420 and 2.666 respectively. Since the obtained t test value of experimental group is greater than the table value of 2.07 at 0.05 level of confidence. It is concluded that experimental group had significant improvement in the accuracy performance. The mean values of experimental group and control group pre and post test on accuracy are presented in figure respectively. The analysis of covariance on experimental training group and control group are analysed and presented in Table II.

Figure 1
The mean values of experimental group for the pre and post test on accuracy

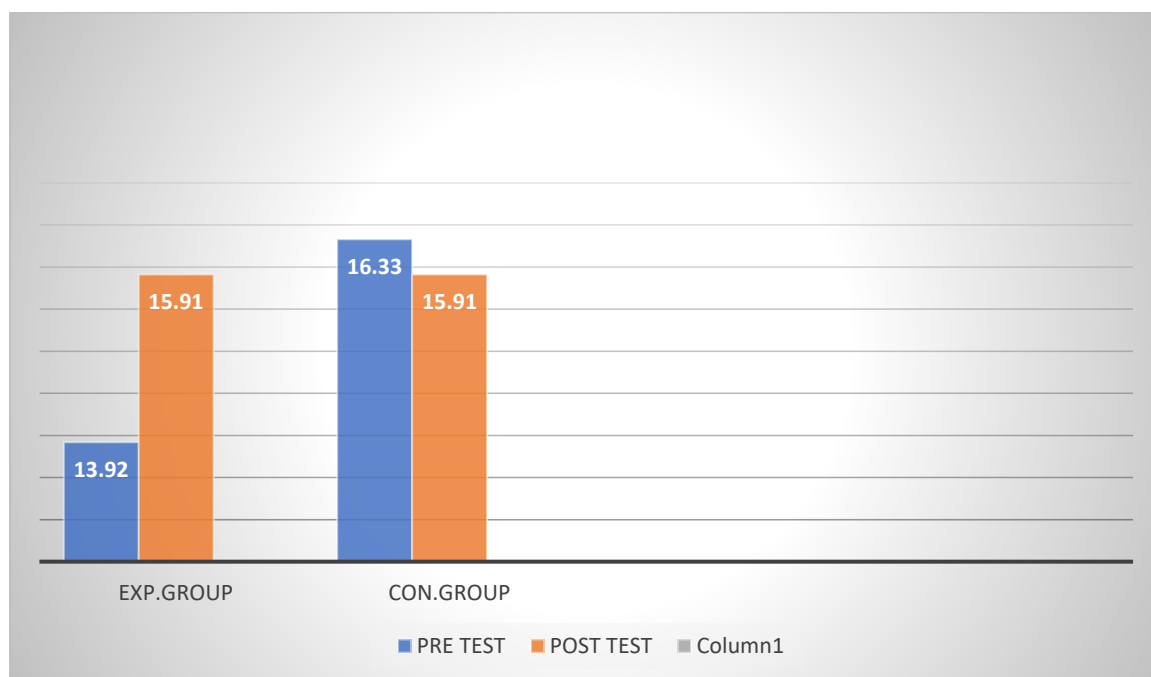


Table II
Analysis of covariance of experimental training group and control group

ADJUSTED POST TEST MEAN	Source of variance	Sum of square	Df	Mean square	'F' ratio
Experimental Group	Control group				
19.47	14.94	Between	1	97.10	52.565*
		Within	21	1.84	

* Significant at 0.05 level of confidence (with df 1 and 21 is 4.32)

From table III the adjusted post test mean value of experimental training group, control group are respectively. The obtained F ratio is 52.565 greater than the table value of 4.32 for significance at 0.05 level of confidence. The results of the study indicate that there was significant difference among the adjusted posttest means experimental training group when compared with control group on the development of accuracy.

Discussion on Hypothesis

In this study the following hypothesis was framed and discussed.

It has been significantly accepted that any systematic training over continuous period of time could produce changes on athletic qualities. Based on this concept, the following hypothesis will be drawn. There is a significant on accuracy performance due to imagery training.

Conclusion

Within the limitation of the present study, the following conclusion was drawn. From the result, it was concluded that, there was a significant improvement on accuracy performance due to the effect of imagery training.

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