

A Comparative Study of Mental Imagery Ability between Individual and Team Game Players from Nashik City

Miss. Yogita P. Jadhav¹

Research Scholar

Department of Psychology

Dr. BAMU University, Aurangabad

Dr. P. T. Dumnar²

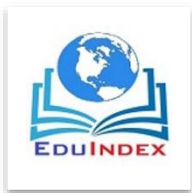
Assistant Professor

**Dagdojirao Deshmukh Arts, Commerce & Science College,
Waluj Tq. Gangapur Dist. Aurangabad**

Abstract

Most of the athletes use mental imagery to learn new skills as well as facilitate their performance in competitive situations. Athletes of individual and team games differ physiologically and in many other ways. Thus, the purpose of the present research is to compare the mental imagery ability of individual and team game players. For the present study sample of 100 boys i.e. 50 players from individual games (Badminton, Table Tennis, Tennis, Gymnastics & Weightlifting) and 50 players from team games (Basketball, Cricket, Handball, Kabaddi & Football) were selected as subject using purposive sampling technique. The research is descriptive comparative survey where 30 items questionnaire of SIQ (Hall; et al.; 1998) based on likert scale is used for data collection. On analysing the available data using descriptive statistics mean performance for mental imagery of individual game was 192.54 (SD=19.637) and of team game 161.80 (SD=28.880). The above groups were compared using independent sample 't' test and the result shows there is significant difference ($p=0.001$) between individual and team game players from Nashik city. From which it can be concluded that individual game players have better mental imagery ability than team game players.

Keywords: -Mental Imagery, Individual Game, Team Game.



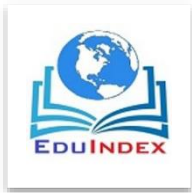
**National Conference on
Psychological Contributions in Sustainable Human
Development in Sports, Organizations and Community Health**
Date of Conference: December 20-21, 2019,
Organised by **Department of Psychology, V.P.S.P.M.S. Arts,
Commerce & Science College, Kannad, Aurangabad, Maharashtra**
431103 India

Introduction

The expression "mental imagery", "mental practice", "mental practice", and "mental recreation" are utilized conversely; mental imagery gives off an impression of being the significant segment of mental practice (Hall, 1985). Richardson (1967) characterized the mental practice as "the representative practice of physical activity without any gross solid developments". Richardson's definition relates mental imagery to engine learning and engine reactions, which can be helpful for learning and keeping up engine abilities. Mental imagery comprises of deliberately carrying pictures to mind or practising execution without quite establishing the exhibition. Mental imagery isn't constrained to perception, and it has been prescribed that it includes all detect like sights, sounds, scents, contact and taste (vealey and Greenleaf, 2006; vealey and Walter, 1993).

Mental Imagery is an outstanding mental preparing methodology in the game setting, and has been demonstrated to be an exceptionally successful presentation upgrading system among competitors everything being equal (Gregg and Hall, 2006; Munroe-Chandler, Hall, Fishburne, and Strachan, 2007), sport types (Munroe, Hall, Simms, and Weinberg, 1998), and focused levels (Hall, Rodgers,& Barr, 1990).). Mental imagery is progressively successful in the event that it happens legitimately before the presentation and after abilities have been built up, the utilization of imagery supplements ordinary physical practice (Hall,2001).). Directly, most specialists utilize more extensive term mental imagery to portray organized mental practice methods to make or reproduce an athletic presentation (Holmes and Collins, 2001; Vealey& Greenleaf, 1998). Competitors utilize mental imagery in rivalry and practice (Hall, 2001; Munroe Giacobbe, Hall and Weinberg, 2000, white and strong, 1998) the customary practice and utilization of these mental abilities is straightforwardly identified with ideal athletic execution (Jackson, 1995: Jackson and Csikszentmihalyi, 1999; Jackson and Robert, 1992).

The numerous scientists directed to date looking at whether sort of game impacts imagery to use. Competitors in individual games announced progressively visit issues with nervousness



National Conference on
Psychological Contributions in Sustainable Human
Development in Sports, Organizations and Community Health
 Date of Conference: December 20-21, 2019,
 Organised by **Department of Psychology, V.P.S.P.M.S. Arts,**
Commerce & Science College, Kannad, Aurangabad, Maharashtra
 431103 India

and certainty, just as experienced contrasts in mental practice Mahoney et al. (1987). Corridor et al. (1998) considered individual and team sports competitors work diversely with their imagery. Individuals perform completely without anyone else quality and capacities while team game players are performing in the team condition where they take the help of other team players to arrive at their last objective. Henceforth, the reason for the investigation is to think about the mental imagery capacity among individual and team game players.

Material and method

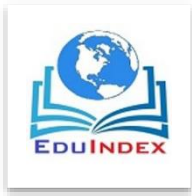
For this study a total No. of 100 i.e. (50 individual and 50 team game players) mean age (22.04 ± 1.37) from Nashik city was selected as sample of the study, using purposive sampling technique. The groups were divided as follows in table no.1, which was further used for collecting and analysing data.

Table no.1

List of sports under individual and team games

Individual games	No. of sample	Team games	No. of sample
Badminton	10	Cricket	10
Tennis	10	Handball	10
Table Tennis	10	Basketball	10
Gymnastics	10	Football	10
Weightlifting	10	Kabaddi	10
Total	50	Total	50

For this research, descriptive comparative method was used. Descriptive statistics (mean, Standard Deviation) and independent sample t test was used for the evaluation of the differences between both the groups, to test the hypothesis at 0.05 level of significance.



**National Conference on
Psychological Contributions in Sustainable Human
Development in Sports, Organizations and Community Health**
Date of Conference: December 20-21, 2019,
Organised by **Department of Psychology, V.P.S.P.M.S. Arts,
Commerce & Science College, Kannad, Aurangabad, Maharashtra**
431103 India

In this study the researcher has used the mental Imagery Questionnaire (SIQ; Hall et al., 1998) was a 30 item inventory. Each item is rated on a 7-point Likert scale anchored at 1 = rarely use that function of imagery and 7 = often use that function of imagery.

Procedure

The researcher will explain details about the questionnaire to selected players and then asked to complete SIQ. Researcher will collect questionnaire and will do scoring based on player's responses. For the collected score compute mean, Standard Deviation (SD) and compare using Independent "t" test to find out the mental imagery ability amongst individual and team game players.

Result of the study

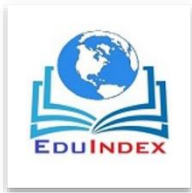
Given below in Table no.2, which shows the descriptive statistics, where mean score of mental imagery for individual game players was 192.54 with standard deviation 19.637 and the mean of mental imagery for team game players was 161.80 with standard deviation 28.880.

Table no.3 shows comparison between individual and team game players from Nashik city. Since the significance value is less than 0.05, equal variance not assumed. On comparing mean performance the computed mean difference was 30.74 and the calculated 't' value was 6.224 for df 86.329 which shows significant difference between individual and team game players at 0.05 level of significance ($p=.001$). Hence the null hypothesis is rejected and research hypothesis is retained.

Table no.2
Descriptive statistics of individual and team game players

Group Statistics

Game		N	Mean	Std. Deviation	Std. Error Mean
Mental imagery	Individual	50	192.54	19.637	2.777



**National Conference on
Psychological Contributions in Sustainable Human
Development in Sports, Organizations and Community Health**
Date of Conference: December 20-21, 2019,
Organised by **Department of Psychology, V.P.S.P.M.S. Arts,
Commerce & Science College, Kannad, Aurangabad, Maharashtra**
431103 India

	Team	50	161.80	28.880	4.084
--	------	----	--------	--------	-------

Table no.3

Comparison of individual and team game players using Independent Samples Test

	Levene's Test for Equality of Variances						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Diff	Std. Error Diff
Mental imagery Equal variances assumed	13.453	.000	6.224	98	.000	30.740	4.939
Mental imagery Equal variances not assumed			6.224	86.329	.000	30.740	4.939

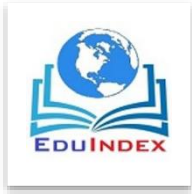
Discussion

The present study shows that there exists significance difference between individual and team game players which is similar to the study by Ville Peltomäki (2014). In his study he has studied mental imagery of individual and team sports and the purpose was to assess if both groups differ in each other. He at last concluded that there is significant difference between individual and team sports.

Conclusion

On the basis of the result obtained in the study the researcher made the conclusion that significant difference exist between individual and team game players on mental imagery. It was further concluded that mental imagery of individual game players is better than team game players.

References



**National Conference on
Psychological Contributions in Sustainable Human
Development in Sports, Organizations and Community Health**
Date of Conference: December 20-21, 2019,
Organised by **Department of Psychology, V.P.S.P.M.S. Arts,
Commerce & Science College, Kannad, Aurangabad, Maharashtra**
431103 India



- Callow, N., Hardy, L., & Hall, C.(2001). The effect of a motivational general mastery imagery intervention on the sport confidence of high level badminton players. *Research quarterly in exercise & sports*, 72,389-400.
- Driskell, J.E., copper, C, & morgan, A.(1994) does mental practice enhance performance *Journal of applied psychology*, 79, 481-492.
- Hall, C.R.(1985).Individual differences in mental practice & imagery of motor skill performance. *Canadian journal of applied sports science*, 10, 175-215.
- Hall, C.R.(2001). Imagery in sport & exercise. In R.N. singer, H.A. Hausenblas, & C.M.Janelle (Eds.), *Handbook of sports psychology* (2nd ed., pp.529-549) new yorkwiley.
- Morgan, A.(1996). *The Psychology of concentration in sports performers*. Hove, UK: psychology press.
- Vealey, R.S., & Greenleaf, C.A (2006). Seeing believes: Understanding & using imagery in sports. In J.M. Williams, *Applied sports psychology: personal growth to peak performance* (5th ed., pp.306-343). New York. McGraw-Hill.
- Vealey, R.S., & Walter, S.M.(1993), Imagery training for performance enhancement & personal development. In J.M. Williams (Ed.), *Applied sports psychology: personal growth to peak performance* (2nd ed., pp.200-224). Mountain View, C.A: Mayfield.