



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.2331(UIF)

VOLUME - 7 | ISSUE - 4 | JANUARY - 2018

UGC APPROVED JOURNAL NO. 48514



EFFECT OF IMAGERY TRAINING ON CRICKETERS PERCEPTION OF ANXIETY IN A SUPER OVER

Dr.Verma Bharat

Asst. Professor , Lakshmbai National Institute of Physical Education, Gwalior (M.P)

ABSTRACT—

This paper intended here is to determine the effect of imagery on anxiety level among cricketers of LNIPE, with the help of random sampling method 20 university level player were selected for the study, the age range between 18-24 years. For the study two groups i.e Experimental and Control were taken. Through this paper the conclusion was found



that there is a significant difference between the Control and Experimental group while testing the pre and post effect of imagery training on their anxiety level. and was measured with the help of 'SCAT', developed by R.Martens. 'ANCOVA' as a statistical technique was used in the study.

KEY WORDS: cricketers of LNIPE , Control and Experimental.

INTRODUCTION

Cricket is a game of uncertain situations where the contest is between two for sure, either it's the batter who uses his conscience to deliver the amount of practice which he might have done outside the match situation without any hesitation and on the other hand the bowler who uses his experience to pitch the ball from where there is less chances of leaking runs and optimum possibility of batsman making a mistake. In a standard match , we see the skills of the players are almost the same but what differs is the mental strength and the optimistic character one show up during a pressure / un-favorable condition. As cricket is having various formats of play either it be a test , one day or the T-20 , having different conditions and the mental makeup of the players with the positive attitude and the confidence towards every ball.

The most beautiful skill which a human is being gifted is the ability to imagine , either it be the visual , auditory or kinesthetic . While sleeping we are able to create image , as well as when we are awake too. This beauty of this natural process is that using imaging can help gain , maintain and increase self confidence (Short,Afremow & Overby, 2001) .

METHODOLOGY

Selection of Subjects:

The male cricket students of Lakshmbai National Institute of Physical Education ,Gwalior

Selection of Test:

Keeping the feasibility criterion in mind, especially in case of availability of test on anxiety the SCAT was chosen. SCAT was developed by Rainer Martens, Sports Psychologist.

Selection of Variable : Anxiety was selected for study as a variable.

Administration of the Test:

All the subjects for the study were using SCAT to check their anxiety. The data was collected individually for all the players belong to their practice schedule on the process required to be tested . The data was collected by the recorder himself for all the subjects

Results and Findings:

Various comparison of means for the psychological variable was calculated and presented in the following tables

Table 1

Descriptive Statistics			
Mean and Standard Deviation of Different Post-treatment Group			
Group	Mean	Std. Deviation	N
Control	24.4000	1.17379	10
Experimental	18.6000	2.17051	10

Descriptive statistics of the Post- Test: The value of mean and standard deviation for the data on SCAT (Sports Competition Anxiety Test) in different groups shown in **Table:1**

Table 2
ANALYSIS OF CO VARIANCE ON THE MEANS OF
SELECTED PLAYERS

Source	Type I Sum of Squares	df	Mean Square	F	Sig.
Pre_Test	19.271	1	19.271	13.448	.002
Group	179.367	1	179.367	125.164	.000
Error	24.362	17	1.433		
Total	9468.000	20			
Corrected Total	223.000	19			

Table 2 reveals the main result of the ANCOVA analysis , which clearly shows that the 'p' value is less than 0.05 and rejects the null hypothesis where it was assumed as the 'p' value will be greater than the level of significance.

The graphical representation of score has been exhibited in figure 1.

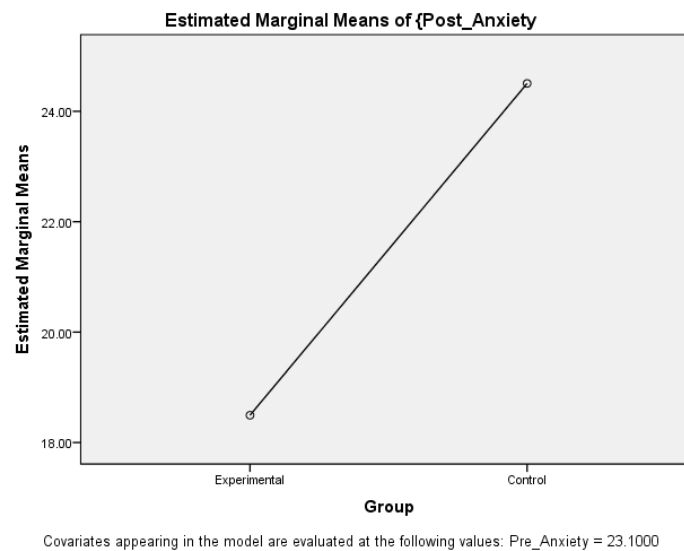


Figure 1. The adjusted post mean value for control group is 24.40 and for experimental group it is 18.60.

DISCUSSION OF FINDING:

The purpose of the study was to investigate the effects of eight weeks imagery training program on perception of anxiety of cricket players.

For the purpose of the study twenty male cricket players were selected randomly and further they were divided into control and experimental training groups. The experimental training group went under eight weeks imagery training program for reducing the anxiety while playing in the super over.

The statistical results of the study revealed that after went through eight weeks training program, the anxiety variable of cricket players have exhibited significant changes.

The comparisons for dependent variables exhibited that

- There was a significant difference in the adjusted mean of the pre and post test control and experimental group.

Hence the researcher can conclude that eight weeks training program was sufficient to reduce the anxiety among the players. The control group irrespective of the experimental group undergo daily practice with the other members for which they were nowhere found to be over anxious towards the test trails and hence it may be the reason of no difference found in their post test of the players.

REFERENCES:

- Christos Papadelis et al (2007) "Effects of imagery training on cognitive performance and use of physiological measures as an assessment tool of mental effort", *Brain and Cognition* 64 (2007) 74–85, Science Direct
- Cotteril ,Stewart and Barker,Jamie (2017) "100 things every professional cricketer must know" , *The psychology of Cricket Developing Mental Toughness*, GoSports Foundation
- Holmes, Emily A et al (2006)" Effect of Mental Imagery versus Verbal Training on positive mood", *Behavior Therapy* ,Science Direct, MRC Cognition and Brain Sciences Unit , Cambridge ,UK.
- Hassan , Ghrayagh Zandi and Hassan , Masomi (2009) "The effect of imagery in soccer players perceptions of anxiety during penalty kick", *Journal of India International Congress in Sports psychology* , Dept. Of Teacher Education 39, p.192

-
- Mamassis George, Doganis George (2004) The Effects of a Mental Training Program on Juniors Pre-Competitive Anxiety, Self-Confidence, and Tennis Performance, *JOURNAL OF APPLIED SPORT PSYCHOLOGY*, 16: 118–137, 2004
Association for Advancement of Applied Sport Psychology
- Phillip G. Post et al (2010) A Field Test of the Influence of Pre-Game Imagery on Basketball Free Throw Shooting, *Journal of Imagery Research in Sport and Physical Activity*, Volume 5, Issue 1, Article 2
- Rodgers, Wendy Hall, Craig & Buckolz, Eric (1991) The effect of an imagery training program on imagery ability, imagery use, and figure skating performance, *Journal of Applied Sport Psychology*, 3:2, 109-125
- Stephen J. Page et al (1999) "The Effects of Imagery on Female College Swimmers Perceptions of Anxiety", *The Sport Psychologist*, 1999, **13**, 458-469 1999 Human Kinetics Publishers