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ORIGINAL ARTICLE

THE IMPACT OF MENTAL IMAGINATION TRAINING ON VARIOUS PSYCHOLOGICAL FACTORS IN FEMALE STUDENTS

Dr. Shashi Kanaujia
Assistant Professor, Department of Physical Education,
University of Lucknow, Lucknow, India.

ABSTRACT

This study aims to determine how mental imaginative training affects competitive anxiety in female students. 20 subjects in all were chosen from Lucknow University. They were between the ages of 21 and 25. Eight weeks of mental imagining training were administered to the subjects, and before and after the training period ended, a questionnaire was used to gather information on competitive anxiety. This program's goal is to use mental imagined training to forecast the importance of a psychological variable, specifically competitive anxiety. The results of the statistical analysis of the data using the t ratio showed that the mental imaginative training had a substantial impact on competitive anxiety.

KEY WORDS: Mental Imagination Training, Psychological Factors, Competitive Anxiety.

INTRODUCTION

All significant answers reside in the imagination. Without creativity, a man lacks wings. A person's mental representation of the physical world outside of themselves is called a mental image or mental picture. It is an experience that takes place while the relevant object, event, or scene is not physically present to the senses, yet it usually bears a striking resemblance to the experience of witnessing something. Imagination, not information, is the real measure of intelligence. Imagination is essential to combining experience and the learning process and helps make knowledge accessible to problem-solving. The ability to create new mental images and sensations that are not perceptible by the senses such as sight, hearing, or others is known as imagination. Listening to stories where the accuracy of the words used is the key to "evoke world" is a crucial way to exercise your imagination. Depending on their emotions, a person may picture anything positive or negative, depending on the circumstances. In order to relax, some

people visualize when they are tense or depressed. In many daily actions, both individually and collectively, psychology is currently developing a perspective of imagination as a higher mental function that allows humans to modify complex meanings of linguistic and iconic forms during the experiencing process. In psychology, the process of resurrecting in the mind perceptions of objects previously supplied in sensory perception is called imagination. Some psychologists have preferred to refer to this process as "imaging" or "imagery" or as "reproductive" rather than "productive" or "constructive" imagination because this usage of the term is inconsistent with that of everyday English. The "mind's eye" is used to see imagined images.

One of the best strategies for improving performance in sport psychology is imagery. Using your senses see, feel, hear, taste, and smell to mentally practice your sport is known as imagery. This is accomplished through improving muscle memory and motor skills, as well as through incentive. Using mental imagery can be beneficial. Introduce the athlete to the venue of the competition. Remind the athlete of their objectives for the session, a previous victory, or defeating a rival in a competition to inspire them. Flawless abilities, Focus on positive results to lessen negative thoughts. When necessary, redirect the athlete's attention. Athletes can perceive success when they execute their skills correctly and achieve the intended results. To create the ideal pre-competition emotions and focus, prepare the athlete for performance by mentally going over all of the important aspects of their performance. Almost all athletes experience competitive anxiety at some point during their careers. It is frequently associated with the dread of failing, and an athlete's assessment of their own skills may be influenced by past performance, opinions about the opposition, or the significance of the competition. Depending on the athlete's perceived level of mental and physical preparation for each event, their perception can also differ significantly. The stress and likelihood of a competitor experiencing anxiety increase with the importance of the competition. Individual athletes typically endure more hardships prior to, during, and following competition than do team athletes. In contrast to the relative anonymity of athletes participating in team sports, this is associated with a stronger sensation of exposure and isolation. Therefore, compared to someone who only becomes anxious under extreme situations, an anxious person may find numerous everyday chores distressing. Thus, it was predicted that imaginative training would have a major impact on female students' competitive anxiety.

METHODOLOGY

Twenty female students were first chosen as the subjects from Lucknow University. To acclimatize and prepare them for the specific imagery training, they received a week of general imagery training. Following this, they took the MIQ-R to assess their imaging skills (Hall). 20 female students who had never received this kind of instruction before were chosen as subjects for an eight-week training session. For this study, competitive anxiety a psychological variable was chosen. Five days a week, training took place from 6.30 to 7.30 a.m. A questionnaire was used to gather data both

before and after the training session. To determine the outcome between single-grouped data, the t-test is utilized.

RESULT

Below are data analyses pertaining to the impact of a mental imagery training program on competitive anxiety. The table displays the t-test findings for the pre-test and final post-test scores for a single group following an eight-week competitive anxiety experimental program.

Table 1comparison of Mean, Standard Deviation, Standard Error of Mean, Mean Difference and 'T' Ratio of Competitive Anxiety

Competitive anxiety	mean	Standard deviation	Df	T test
Pre Test	61.73	1.03	18	5.83*
Pro Test	65.13	0.83	18	

*significant at o.o5 level

Table 1 below shows that there are notable variations in competitive anxiety. The computed value of 5.83 is higher than the tabular value at the 0.05 level of confidence, whereas the "t" value that must be significant at the 0.05 level of confidence for 28 degrees of freedom is 1.98. Therefore, at this level, there is a notable difference.

CONCLUSION

According to the results, the students' eight-week training program caused a considerable difference in their levels of cognitive anxiety. By assisting in the development of the proper mental blueprint for the activity, mental imagery can help rookie athletes or beginners master new talents. As a result, the previously proposed hypothesis was accepted, and it was discovered that imaginative training significantly reduced competitive anxiety in female students.

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