
RELATIONSHIP OF MENTAL IMAGERY ABILITY WITH PLAYING ABILITY OF INTER UNIVERSITY FOOTBALL PLAYERS



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Abstract:

The study was conducted on 112 Inter University participated football players, aged 18 to 25 years to assess their level of relationship in the areas namely imagery ability with playing ability and to identify the major factors responsible for relationship of players. Overall relationship of football players was found to be an average in imagery ability with playing three abilities namely shooting, passing and dribbling ability. The result also revealed in average relationship of football players in different areas under study. In shooting, passing and dribbling ability with imagery ability were closely related and their significant. All factors identified in the study were to be responsible for relationship highly scoring imagination pressure was to be found of the players.

Keywords: Mental Imagery Ability, Playing Ability & Inter University Football Players.

Introduction:

Today physical education scientists and coaches need not to be expert in the matter of skill training only, but also should act as engineers, who understand the mechanism of human behavior in and outside the play field under extremely intensive situation. Sport psychology as an applied branch of psychological has taken especially during intense competitive situation. So in the modern time sport and games has become highly complicated process, which involves complex image pressure to convert as imagery ability.

Imagery ability is a high psychological edge that helps one perform at a high level consistently. Image ability of players exhibit a strong self belief or confidence in their ability to perform well, an internal motivation to a successful the ability to focus one's feelings without distraction and composure under pressure. Within sport the term imagery ability is used by a variety of coaches perform and sports psychologists and it is only recently that researchers have attempted to define and understand the concept were the first to identify psychological attributes which players considered to be related to the concept of imagery ability in sport.

Objective:

- To find out relationship between playing ability with respect to imagery ability factors.
- To find out different effect of playing performance with respect to imagery ability.
- To develop counselling strategies for performance of football players at inter university level.

Hypothesis:

On the basis of literature, discussion with the experts and my own understanding it is hypothesis that there has no significant relationship between imagery ability with playing ability of football players (it is null hypothesis).

Methodology:

The present study was conducted on the random sample of 112 inter university football players. Those who are represented as a player on their own university football team of various state of the country in the inter university championship which has been organized by Burdwan university at Burdwan city. The age of the subject was between 18 to 25 years.

Tools for Data Collection:

The imagery ability questionnaire six variables (like visual sensation, auditory sensation, bodily sensation, taste sensation, smell sensation, touch sensation) that are scored on a one point like scale ranging from strongly agree to strongly disagree with an average completion time of between 10 and 15 minutes. Another test designed by Mc Donald to measure general soccer ability through dribbling, passing and shooting skill and is appropriate for most levels.

Procedure:

The inventory was administered on 112 selected inter university represented football players subjects. The items in the answer sheet were scored with the help of scoring keys for all variables questionnaire and playing ability were scored by the number of kicks, dribbling and passing in each 30 second period is recorded, with the highest total being the score.

Result and Discussion:

In the study playing ability (shooting, passing and dribbling) with mental imagery ability of the football players were found to be below.

Table No-I
Distribution of Bodily Sensation with shooting Scoring

Shooting Ability	Bodily Sensation				Total
	Somewhat clear image	Just clear image	Fairly vivid image	Very clear image	
1.00 Count <_5	0	10	1	0	11
% of Total	0%	8.9%	.9%	0%	9.8%

2.00	Count >5	4	12	45	40	101
	% of Total	3.6%	10.7%	40.2%	35.7%	90.2%
Total	Count	4	22	46	40	112
	% of Total	3.6%	19.6%	41.1%	35.7%	100.0%

Chi square =39.369, df= 3, p value= 0.001 Significant.

From the above table it was clear that there is association between imagery ability i.e. bodily sensation and the playing ability i.e. shooting shows significant difference by using chi square test statistics as p value < 0.05.

Table No-II
Distribution of Visual Sensation with Passing Scoring

Passing Ability	Visual Sensation				Total	
	Somewhat clear image	Just clear image	Fairly vivid image	Very clear image		
1.00	Count <_5	3	13	2	0	18
	% of Total	2.7%	11.6%	1.8%	0%	16.1%
2.00	Count >5	1	8	39	46	94
	% of Total	.9%	7.1%	34.8%	41.1%	83.9%
Total	Count	4	21	41	46	112
	% of Total	3.6%	18.8%	36.6%	41.1%	100.0%

Chi square = 55.620, df= 3, p value= 0.001 Significant.

Significant difference was found between playing ability i.e. passing and imagery ability i.e. visual sensation. By using chi square statistic as p value < 0.05.

Table No-III
Distribution of Auditory Sensation with Dribbling Scoring

Dribbling Ability		Auditory Sensation				Total
		Somewhat clear image	Just clear image	Fairly vivid image	Very clear image	
1.00	Count <_5	0	4	0	0	4
	% of Total	0%	3.6%	0%	0%	3.6%
2.00	Count >5	2	23	51	32	108
	% of Total	1.8%	20.5%	45.5%	28.6%	96.4%
Total	Count	2	27	51	32	112
	% of Total	1.8%	24.1%	45.5%	28.6%	100.0%

Chi square = 13.059, df = 3, p value= 0.005 Significant.

Significant difference was found between playing ability i.e. dribbling and auditory sensation. By using chi square statistic as p value < 0.05. mean score of the mental imagery ability and playing ability score of the participants in order to identify case of multi correlating between score as mental imagery ability and playing ability Pearson correlations were computed. Each of the playing ability components showed positive significant to moderate correlation with mental imagery ability with respect to correlation between two inventories correlation was significant at the 0.01 level.

Here the purpose of the study was to identify the relationship of mental imagery ability with playing ability as perceived by inter university football players. In an effort to further investigate the construct by Dr. M.Rajamanickam of mental imagery and playing ability construct by Mc. Donald general soccer test. 112 players comprised with mean score of the mental imagery ability and playing ability score of the participants in order to identify case of multi correlating between score as mental imagery and playing ability Pearson correlations were computed. Each of the playing ability components showed positive significant to moderate

correlation with mental imagination with respect to correlation between two inventories correlation was significant at the 0.01 level.

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