



Effect of Mental Training on Selected Psychological Variables among Ball Badminton Players

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Abstract

The purpose of the study was to investigate the effect of mental training on selected psychological variables among ball badminton players. To facilitate the study, thirty ball badminton players from Shanmuga Industries Arts and Science College, Tiruvannamalai, Tamilnadu were selected as subjects at random and their ages between 18 to 25 years. The subjects were divided into two equal groups. In this study, mental training exercises were given to experimental group for the period of 6 weeks. Self confidence and psychological wellbeing were assessed by Agnihotri Rekha self confidence questionnaire and David Goldberg general health questionnaire. The pre-tests were taken from the subjects before administering the training. The subjects were involved with their respective training for a period of 6 weeks. At the end of the sixth weeks of the training post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired t ratio. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 14. The mental training had shown significant improvement in all the selected psychological variables among ball badminton players after undergoing mental training for a period of six weeks.

Keywords: Mental training, Self Confidence, Psychological Wellbeing, Ball Badminton.

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Introduction

Mental training that includes the use of all senses to produce a comprehensive experience in the mind of the athlete (Ungerleider, 2005). Mental imagery and self-talk strategies are implemented by athletes in order to regulate arousal, reduce maladaptive behaviors, reconstruct negative thoughts, and to increase one's concentration and focus. There are many names for mental imagery including visualization, mental rehearsal, mental practice, and cognitive enactment. Numerous studies have examined the relationship between imagery and sport performance and have found that overall imagery has positive effects on many levels. Weinberg, et al. (2003) point out that there have been many quantitative and qualitative studies that have shown that the systematic use of imagery (under certain conditions) was associated with enhanced performance not only in motor performance and skill acquisition, but improvements were also found in confidence, concentration, and decreased anxiety. Richard (1982) offered a more conservative conclusion in his research review. He suggested that mental imagery can have a positive effect on performance, especially when conditions are optimal for practice, but that this is not always the case.

Ball Badminton is generally played in day light and outdoors. As a result, climatic conditions do influence the trend of the game. Game rules were modified to distribute the effects of the climate, more or less evenly on both teams. In the recent years, matches were conducted in indoor and played under floodlights. A good number of All India tournaments have been conducted regularly using floodlights in the southern part of India. The game is widely prevalent in India and will strike someone new to it as a mixture between volleyball, Ball Badminton, and tennis. A good number of All India Tournaments have been conducted regularly using flood lights in the states of Tamil Nadu, Pondicherry, Andhra Pradesh and Karnataka. It is an exceedingly fast game demanding skill, quick perception, correct judgment, agility of movement and capacity to control the ball with proper movement of wrist (Kalidasan & Suresh, 2009).

METHODOLOGY

The purpose of the study was to investigate the effect of mental training on selected psychological variables among ball badminton players. To facilitate the study, thirty ball badminton players from Shanmuga Industries Arts and Science College, Tiruvannamalai, Tamilnadu were selected as subjects at random and their ages between 18 to 25 years. The subjects were divided into two equal groups. In this study, mental training exercises were given to experimental group for the period of 6 weeks. Self confidence and psychological

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post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired t ratio. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 14.

Results

Table 1

ANCOVA between Experimental Group and Control Group on Self confidence of ball badminton players for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	37.38	37.54	BG	0.13	1	0.13	0.01
			WG	293.06	28	10.46	
Post Test Mean	20.36	35.81	BG	2116.80	1	2116.80	160.77*
			WG	368.66	28	13.16	
Adjusted Post Mean	20.37	35.86	BG	2112.56	1	2112.56	155.89*
			WG	365.87	27	13.55	

* Significant at 0.05 level.

df: 1/27= 4.21

Table1 revealed that the obtained ‘F’ value of 75.14 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of

self confidence of college ball badminton players between experimental group and control group. The graphical representation of data has been presented in figure I.

Figure I

Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Self confidence

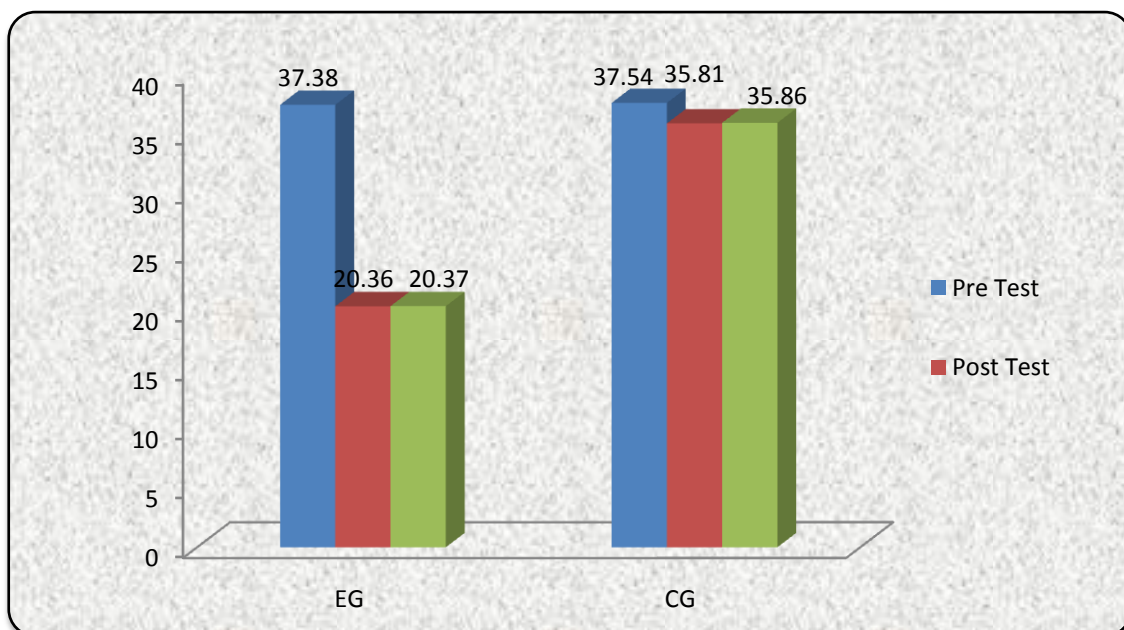


Table 2
 ANCOVA between Experimental Group and Control Group on Psychological wellbeing of ball badminton players for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	15.45	16.11	BG	4.80	1	4.80	3.02
			WG	44.40	28	1.58	
Post Test Mean	11.63	15.43	BG	86.70	1	86.70	63.43*
			WG	38.26	28	1.36	
Adjusted Post Mean	11.65	15.48	BG	83.12	1	83.12	59.83*
			WG	37.50	27	1.38	

* Significant at 0.05 level.

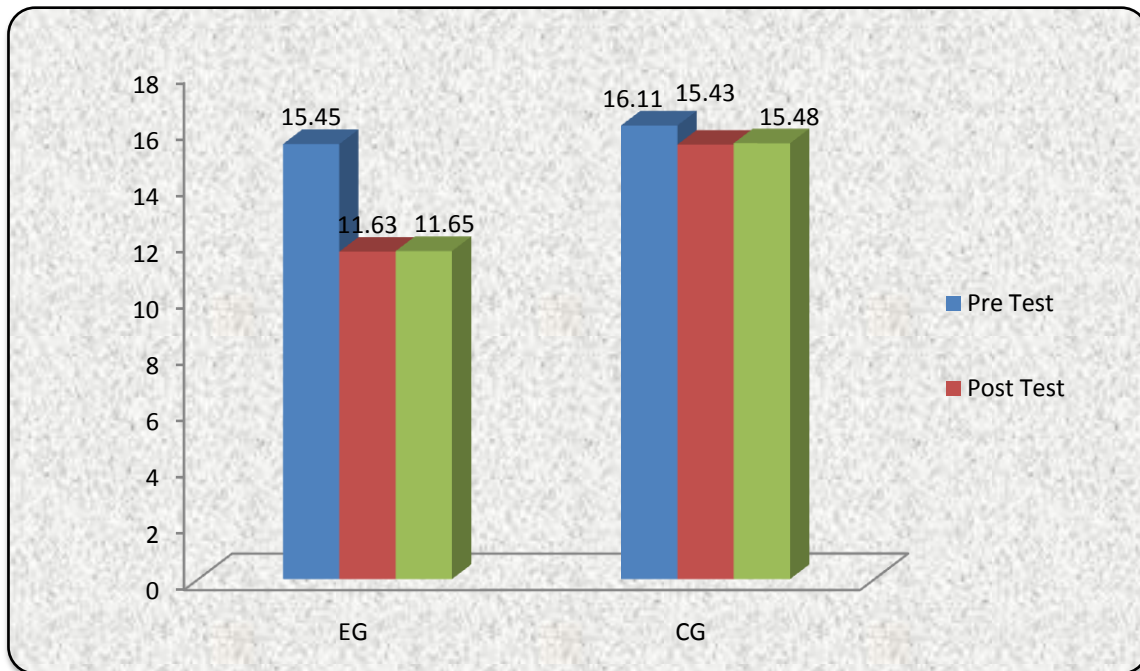
df: 1/27= 4.21

Table 2 revealed that the obtained 'F' value of 19.89 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of

psychological wellbeing of college ball badminton players between experimental group and control group. The graphical representation of data has been presented in figure II.

Figure II

Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Psychological wellbeing



Conclusion

1. The mental training had shown significant improvement in all the selected psychological variables among ball badminton players after undergoing mental training for a period of six weeks.

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