



Influence of Imagery Training on Selected Psychological Variables among College Men

Dr.J.Vincent Paul

Assistant Professor, Selvam College of Physical Education, Namakkal, Tamilnadu, India.

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Abstract

The purpose of the study was to investigate the influence of imagery training on psychological variables among college men. To achieve the purpose of this study, thirty college men from Selvam College of Physical Education, Namakkal, Tamilnadu, India were randomly selected as subjects. As per the records, their age ranged from 18 to 27 years. True randomized experimental group design has been employed with two groups, namely imagery group and control group with 15 subjects each. The investigator selected the following variables for the present investigation. Aggression was assessed using Smith aggression and stress was assessed by Everly and Girdano's questionnaire. Group I participated their treatments for a period of twelve weeks and no training were given to the control group. The two groups were statistically analysed by using analysis of covariance (ANCOVA). The result of the study reveals that there was a significant improvement in the experimental group on selected variables when compared to the control group after the completion of twelve weeks of imagery training.

Keywords: Imagery, Aggression, Stress, College Men.

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Introduction

Imagery is thought to provide both cognitive and motivational functions, and that each operate at either a specific or general level. The cognitive function of imagery revolves around imaging sport skills involves the visualization of a task prior to or while engaging in the task. Before beginning the imagery exercises, it was important to provide the subjects with information on the imagery process. In recent times, numerous studies have examined the relationship between imagery and sport performance and have found that overall imagery has positive effects on many levels. Cox (1990) offered a more conservative conclusion in his research review and 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. Imagery can be classified as internal or external. When using internal imagery, players imagine their surroundings and behaviors from their own vantage point. Conversely, when players imagine the situation from the perspective of someone else and see themselves in the image, they are using external imagery. Because both internal and external imagery may facilitate performance, the players were encouraged to use each type.

Methodology

The purpose of the study was to investigate the influence of imagery training on psychological variables among college men. To achieve the purpose of this study, thirty college men from Selvam College of Physical Education, Namakkal, Tamilnadu, India were randomly selected as subjects. As per the records, their age ranged from 18 to 27 years. True randomized experimental group design has been employed with two groups, namely imagery group and control group with 15 subjects each. Group I participated their treatments for a period of twelve weeks and no training were given to the control group. The two groups were statistically analysed by using analysis of covariance (ANCOVA). The investigator selected the following variables for the present investigation.

Table I. Test Items

S.No	Variables	Test Items	Units
1	Aggression	Smith Aggression Scale	Scores
2	Stress	Everly and Girdano's	Scores

Results and Discussion

The detailed procedure of analysis of data and interpretation were given below,

Correspondence

Dr.J.Vincent Paul

E-mail: vincentpaulsoccer@yahoo.com, Ph. +9197514 45253

Table II. Summary of Descriptive Statistics on Psychological variables among College men

S.No	Variables	Experimental Group					Control Group				
		Pre	SD (±)	Post	SD (±)	Adjusted Mean	Pre	SD (±)	Post	SD (±)	Adjusted Mean
1	Aggression	17.14	1.42	11.10	2.12	11.09	17.05	2.05	16.98	1.85	16.54
2	Stress	49.50	1.91	40.54	2.38	40.05	50.55	2.39	49.24	2.56	49.12

The table II shows that the pre and post test means and standard deviation of two groups on psychological variables of college men.

Table III. Analysis of Variance of Pre Test Scores on Psychological variables among College men

Sl. No	Variables	Source of Variance	Sum of Squares	df	Mean Squares	F-Value
1	Aggression	BG	0.14	1	0.14	0.04
		WG	92.33	28	3.29	
2	Stress	BG	10.81	1	10.81	1.39
		WG	217.66	28	7.77	

* P < 0.05 Table F, df (1,28) (0.05) = 4.19

In table III, the results of analysis of variance of pre test scores on aggression (0.04) and stress (1.39) were lesser than the table value of 4.19 indicating that it

was not significant for the degrees of freedom (1,28) at 0.05 level of confidence indicating that the random sampling was successful.

Table IV. Analysis of Variance of Post Test Scores on Psychological variables among College men

Sl. No	Variables	Source of Variance	Sum of Squares	df	Mean Squares	F-Value
1	Aggression	BG	254.03	1	254.03	50.40*
		WG	141.13	28	5.04	
2	Stress	BG	864.80	1	864.80	101.14*
		WG	239.66	28	8.55	

* P < 0.05 Table F, df (1,28) (0.05) = 4.19

In table IV, the results of analysis of variance of post test scores on aggression (50.40) and stress (101.14) were greater than the table value of 4.19 indicating that it

was not significant for the degrees of freedom (1,28) at 0.05 level of confidence.

Table V. Analysis of Covariance of Adjusted post test scores on Psychological variables among College men

Sl. No	Variables	Source of Variance	Sum of Squares	df	Mean Squares	F-Value
1	Aggression	BG	264.83	1	264.83	51.42*
		WG	139.21	27	5.15	
2	Stress	BG	843.28	1	843.28	94.96*
		WG	239.95	27	8.88	

* P < 0.05 Table F, df (1,27) (0.05) = 4.21

In table V, the results of analysis of covariance of adjusted post test scores aggression (51.42) and stress (94.96) were greater than the table value of 4.21

indicating that it was not significant for the degrees of freedom (1,27) at 0.05 level of confidence.

Figure I. Shows the Mean Values of Aggression on Experimental and Control groups among College men

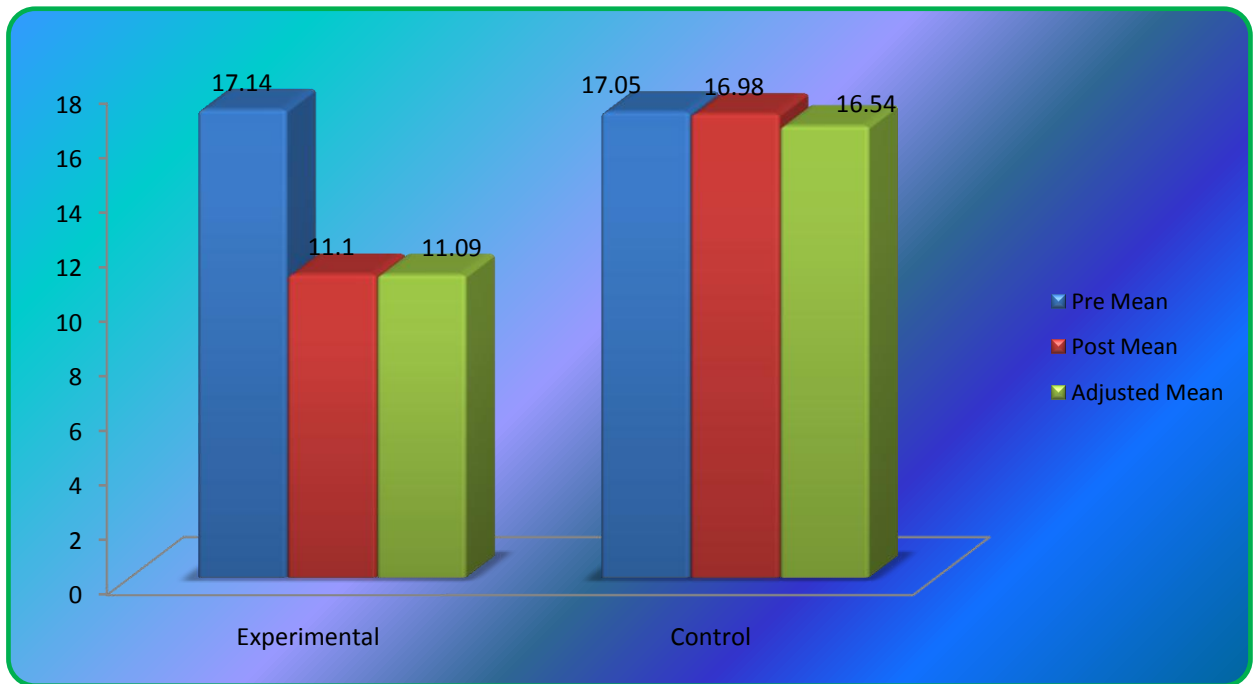
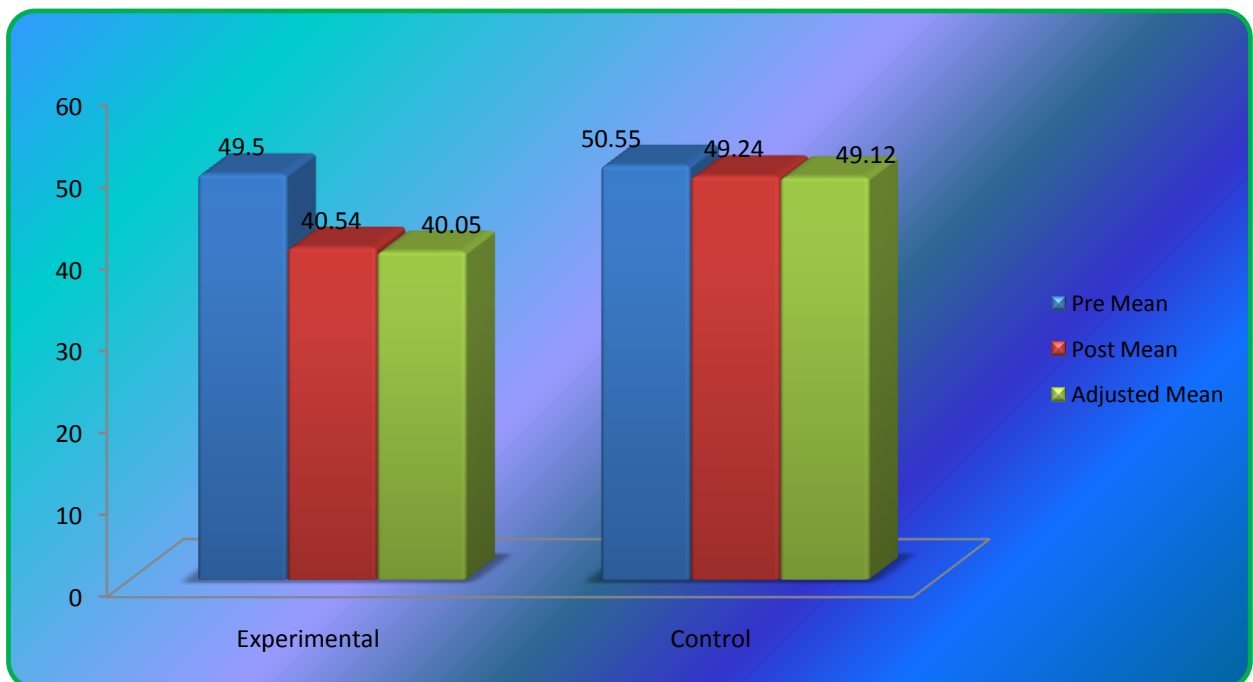


Figure II. Shows the Mean Values of Stress on Experimental and Control groups among College men



In case of psychological variables i.e. aggression and stress the results between pre and post (12 weeks) test has been found significantly higher in experimental group in comparison to control group. The findings of the present study have strongly indicates that imagery training of twelve weeks have significant effect on psychological variables i.e. aggression and stress of college men. Hence the hypothesis earlier set that imagery training programme would have been significant

effect on psychological variables in light of the same the hypothesis was accepted.

Conclusions

In the light of the study undertaken with certain limitations imposed by the experimental conditions, the following conclusion was drawn.

The result of the study reveals that there was a significant improvement in the experimental group on

selected variables when compared to the control group after the completion of twelve weeks of imagery training.

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