



## **EFFECT OF DIFFERENT TYPES OF IMAGERY TECHNIQUES ON SKILL PERFORMANCE VARIABLE AMONG FEMALE KABADDI PLAYERS**

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### **Abstract**

*The purpose of the study was to find out the Effect of Different Types of Imagery Techniques on Skill Performance Variable among Female Kabaddi Players. To achieve the purpose of the present study, 40 Female Kabaddi players were randomly selected from players participated at intercollegiate level. The subject's age ranged from 18 to 25 years. For this study, pre post random group design was been employed with two groups namely experimental and control group with 20 subjects each. The variables used in this study were Toe Touch ability test was used to measure the Toe Touch ability. The experimental group underwent imagery training for the period of six weeks. The imagery training considered of having auditory listen to a imagery tape. Each participant should listen the auditory, visual, Olfactory Imagery, Gustatory Imagery and Tactical Imagery for 25 minutes prior to Toe Touch performance in Kabaddi. The control group was not given any treatment. The pre and posttest data were collected before and after training period of both experiential and control groups. The Mean, SD and T- Value were used to investigate the effect of imagery training on Toe Touch skill performance variable of Female Kabaddi players. Imagery training has significant impact on Toe Touch among the players of imagery training compared to players of control group.*

**Keywords: Different Types of Imagery Techniques, Toe Touch, Kabaddi.**

### **Introduction**

Imagery implies the utilization of the intelligence to generating or re-generating some incident in a person's mind. Imaging a sport-skill is just like doing the skill, except that sportsmen feel that task only in their minds. Though they do not actually see a tennis ball, feel the racket in their hand or the sensation of their muscles moving or listen to the sound of the racket striking the ball, they do experience all these sensory cues in the mind. Within nutshell, imagery is a creation of one's memory system. One's brain recollects and remakes portions of facts accumulated in one's memory to build a significant image. In the course of imagery, athletes may remember preceding incidents in enormous intensity and detail: A tennis player may recall what it feels like to service an ace. A golfer may visualize the path a ball needs to travel and then imagine the type of putt needed to send the ball on the path at the optimal speed. Sportsmen may also think of incidents about to occur by joining together specks of data already accumulated in their memory. A skier may imagine skiing a new course by joining incidents of preceding runs. A wrestler may organize for new of his opponents steps by analysing video recording, later imagine the way he would tackle conditions likely to build up during the match. A football player can watch a skilled pitcher's outline and imagine throwing strikes with that same form. Thoughts created in this well-organized method are called mental pictures or imagery. Even if this can look somewhat obscured, in actuality, imagery is a straightforward concept with exceedingly fundamental applications. Many among us use imagery everyday even then it is an unstructured or infrequent way (Costas & Peter, 2011).



“Holmes and Collins (2001) developed the PETTLEP model of imagery in response to some researchers' criticizing the lack of theoretical and empirically based evidence of the actual performance-enhancing effects of imagery implementation in sports practices. The PETTLEP model of imagery suggests critical practical components that should be involved in the implementation of motor-based imagery interventions, namely: Physical (the athlete's replication of the actual physiological responses in the sporting situation); Environmental (during visualization of the performance, the environment should be as similar as possible to the actual performance environment); Task (imagined task needs to match the actual task closely); Timing (imagined performance actions should be done at the correct pace); Learning (imagery content should be congruent with the phase of the participant's learning); Emotion (the participant must try and experience all the emotions involved in the performance situation); and Perspective (imagery from an internal perspective is preferable to imagery from an external perspective). The main goal of research on the PETTLEP model is to advocate and provide sound evidence that the concept of 'functional equivalence' explains the performance-enhancing effect of imagery use.”

### Methodology

To achieve the purpose of the study was to find out the Effect of Different Types of Imagery Techniques on Skill Performance Variable among Female Kabaddi Players was given 40 Female Kabaddi players from S.J.M.V. Arts and Commerce College for Women, Dharwad, Karnataka state, were selected randomly as subject for this study. Their age of the subjects were ranged from 18 to 25 years. The selected 40 subject underwent the Different training for the 6 weeks. Their then the Toe Touch skill variable were assessed by means of Subjective in Seconds.

Then the selected subjects were underwent Different Types of Imagery Techniques training for 6 weeks. Immediately after the 6 weeks of Different Types of Imagery Techniques training, post-test were assessed on the Toe touch skill variable Assessments of Toe touch skill variable by Subjective in Seconds were done by two state level qualified coaches and one State level umpire in Kabaddi.

### Statistical procedure used

To conduct the present study single group design was adopted. Therefore descriptive and inferential statistics were used for analyzed the data. Mean and standard deviation were used as descriptive statistics. The significance of difference between the pre-test score and post-test score was computed by using t-test. Only 0.05 level of significance was considered in this study. The statistical calculations have done by the standard statistical software (Excel 2010).

### Results and Discussions

**Table No.1.Shows the Mean, Standard Deviation and‘t’- Value of Pre-test and Post–test for Different Types of Imagery Techniques Experimental Group and Control Group on Toe Touch performance.**

Variable	Group	Test	N	Mean	SD	t- Value
Toe Touch	Experimental Group	Pre-test	10	49.4000	2.11870	<b>10.549*</b>
		Post-test	10	55.7000	1.05935	
	Control Group	Pre-test	10	46.0000	1.05409	<b>1.000</b>
		Post-test	10	45.9000	.99443	

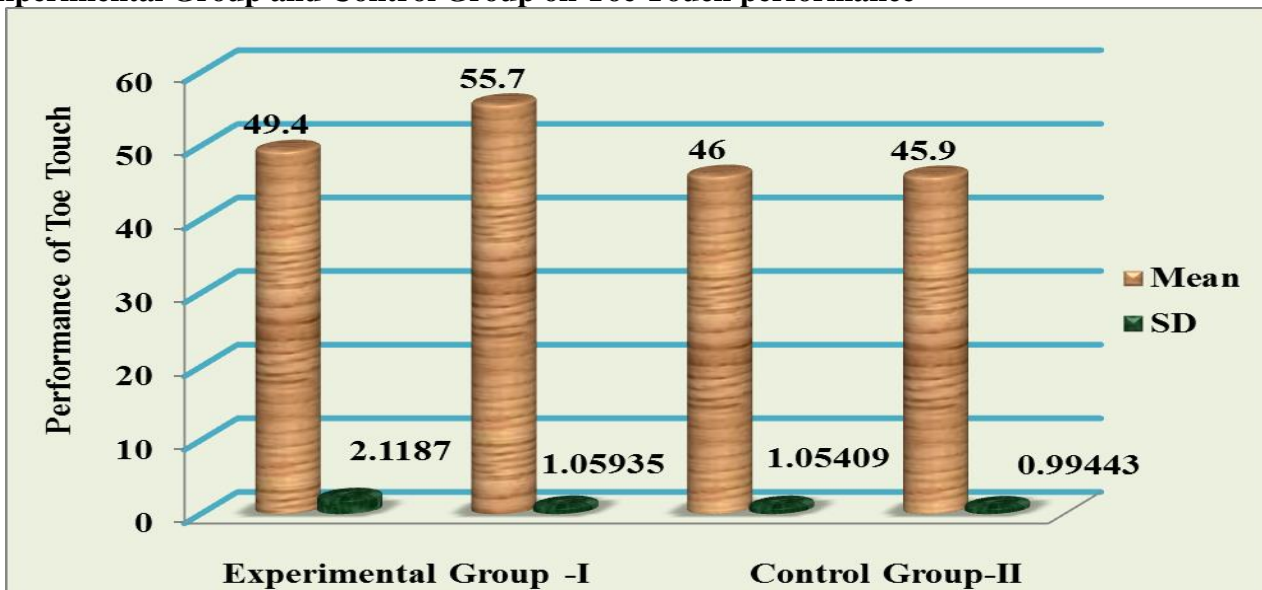
The level of significant 0.05=Table value =1.97



Table No1. Indicates that the 't'- value is more than the table value that is 1.97, hence it is significant. The pre-test mean value is 49.4000 And the post-test mean value 55.7000. The post-test mean value is more than pre-test mean value. It shows significant improvement in the Toe Touch performance of Kabaddi Players owing to the Six weeks Different Types of Imagery Techniques.

The pre-test Mean value is 46.0000 and the post-test mean value 45.9000. The post-test mean value is less than the pre-test mean value. It is shows no improvement in the Toe Touch performance of Kabaddi Players control group did not undergo any kind of training Programme the same as displayed in the figure 1. (a)

**Figure No.1. (a)The Pre-test and Post-test for Different Types of Imagery Techniques Experimental Group and Control Group on Toe Touch performance**



The above figure 1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Toe Touch and also the post test values of Toe touch were more than the pre test values due to Six weeks of Different Types of Imagery Techniques. The Control group pre-test and post- test performance of Toe Touch shows no improvement.

### Summary

The purpose of the study was to investigate the “Effect of Different Types of Imagery Techniques on Skill Performance Variable among Female Kabaddi Players”. The researcher selected Toe Touch for Kabaddi Skill Performance Variable. Six weeks of Different Types of Imagery Techniques were given to 40 subjects before training the researcher conducted pre-test performance on Kabaddi Skill Performance Variable. After the 6 weeks of Different Types of Imagery Techniques the post-test performance was recorded on Toe Touch Skill performance. The result of the post-test performance indicates significant improvement.

### Conclusions

Six weeks of Different Types of Imagery Techniques has shown significant improvement on Toe Touch Skill among Female Kabaddi Players.



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