



## **EFFECT OF IMAGERY TECHNIQUES ON BACK KICK SKILL PERFORMANCE VARIABLE AMONG FEMALE KABADDI PLAYERS**

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### **Abstract**

*The purpose of the study was to find out the Effect of Imagery Techniques on Back Kick 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 Back Kick ability test was used to measure the Back Kick 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 and visual for 15 minutes prior to Back Kick 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 Back Kick skill performance variable of Female Kabaddi players. Imagery training has significant impact on Back Kick among the players of imagery training compared to players of control group.*

**Keywords: imagery Techniques, Back Kick, Kabaddi.**

### **Introduction**

Imagery contains a division of sport- psychology skill (intellectual skill), wherein it helps athletes for triumph in his tournament or game. Apart from it, numerous sportspersons and trainers now are aware of the strength of imagery in sport results. It is true that sportspersons of many games designate at least a division of their triumph to their use of imagery. This report has been substantiated by Murphy and Martin (2002), by stating that imagery is superior in connection between imagery ability and sport output. Various sports persons as well as exercisers apply imagery for lending help to their output (Haunsenblas, Hall, Rodgers & Munroe, 1999).

To relax is to decrease unwanted muscular tension, reduce excessive activation of the sympathetic nervous system (associated with adrenaline and elevated heart rate), and calm the mind by keeping it productively occupied. Anxiety, stress, high heart rate, perspiration and butterflies in the stomach etc. are the symptoms which are resulted as activation of sympathetic nervous system. To lower unwanted arousal, calms the mind and to relax the tens muscles for better performance in sports relaxation techniques have been adopted. Muscle to mind techniques such as diaphragm breathing and progressive muscle relaxation are design primarily to relax the body which in turns calms the mind. In basketball a player may feel unwanted muscular tension before free throw but with the use of muscle to mind technique he can relax mentally. A soft ball pitcher who tenses up before a big pitch may discover that the mind to muscle technique of imagery relaxation enable her to feel comfortable emotionally and thus to relax physically. In order to reduce the tightness of hamstring muscles a



sprinter may can use strategy targeting muscular tension techniques which can improve performance (Damon & Thomas, 2008).

It is merit stating at this juncture that imagery is not limited to remembrance of the exterior of stationary objects, but it relates also to moving things, objects experiencing alterations, in other words, to lively or active incidents . The extent of imagery is not confined to remembering objects or incidents which have been conceived in the past (current or isolated past), but imagery further relates to objects or events still not attained. Imagery permits individuals to expect future (or even purely theoretical) events). For recurrence of a function, sans visible progress, with the specific intent of learning, expressions such as imagery, mental picture, mental practice, and mental rehearsal have been used interchangeably by various investigators, sport-psychology advisors, coaches and athletes for explaining a dominant psychological training method (Taylor & Wilson, 2005). In its previous growth, mental rehearsal and mental rehearsal were expressions which would explain the methods of mental imagery, but these terms only stated a general explanation of the strategy of rehearsing a skill mentally prior to the conclusion of a physical task, without visibly explaining how it is rehearsed and what sensory or cognitive methods were used (Taylor & Wilson, 2005).

**Methodology**

To achieve the purpose of the study was to find out the Effect of Imagery Techniques on Back Kick 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 Imagery Techniques training for the 6 weeks. Their then the Back Kick 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 Imagery Techniques training, post-test were assessed on the Back Kick Skill variable Assessments of Back Kick 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 Imagery Techniques Experimental Group and Control Group on Back Kick performance.**

Variable	Group	Test	N	Mean	SD	t- Value
Back Kick	Experimental Group	Pre-test	10	22.5000	1.08012	10.776*
		Post-test	10	24.8000	1.47573	
	Control Group	Pre-test	10	20.5000	.84984	1.000
		Post-test	10	20.4000	.84327	

The level of significant 0.05=Table value =1.97

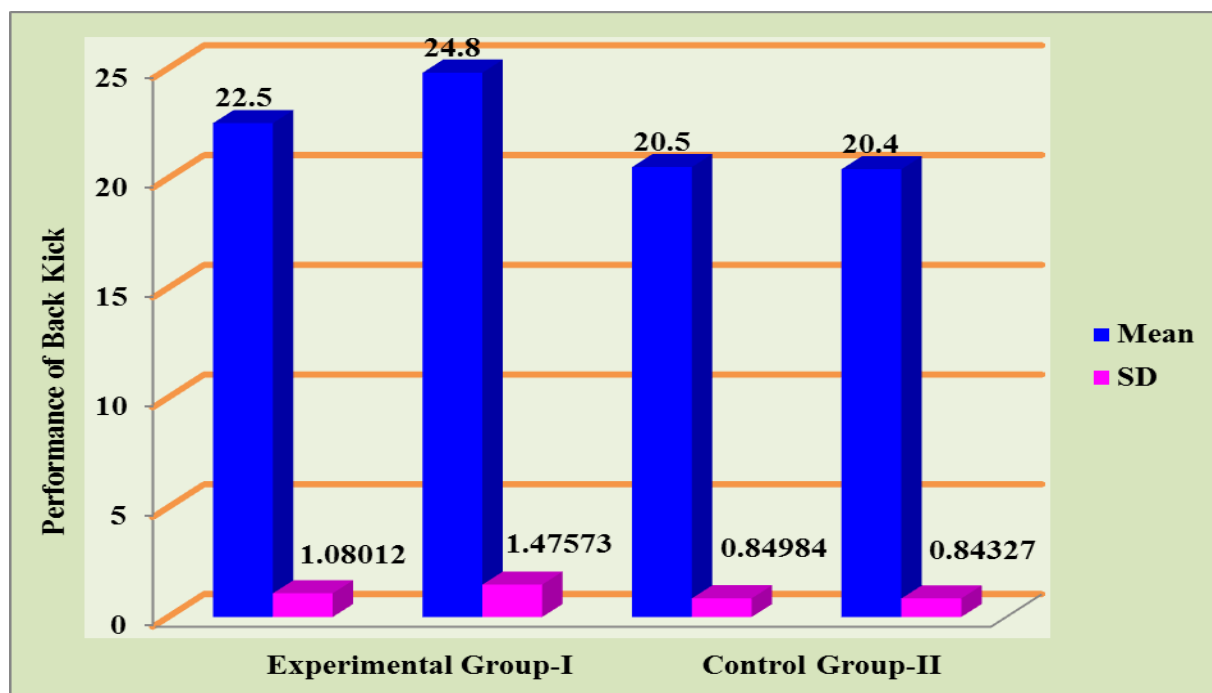


Table No1. Indicates that the 't' - value is more than the table value that is 1.97, hence it is significant.

The pre-test mean value is 22.5000 And the post-test mean value 24.8000. The post-test mean value is more than pre-test mean value. It shows significant improvement in the Back Kick performance of Kabaddi Players owing to the Six weeks of Imagery Techniques.

The pre-test Mean value is 20.5000 and the post-test mean value 20.4000. The post-test mean value is less than the pre-test mean value. It is shows no improvement in the Back Kick 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 Imagery Techniques Experimental Group and Control Group on Back kick performance**



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

### Summary

The purpose of the study was to investigate the “Effect of Imagery Techniques on Back Kick Skill Performance Variable among Female Kabaddi Players”. The researcher selected Back Kick for Kabaddi Skill Performance Variable. Six weeks 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 Imagery Techniques the post-test performance was recorded on Back Kick Skill performance. The result of the post-test performance indicates significant improvement.



### **Conclusions**

Six weeks of Imagery Techniques has shown significant improvement on Back Kick Skill among Female Kabaddi Players.

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