



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2018; 4(1): 178-180
www.allresearchjournal.com
Received: 22-11-2017
Accepted: 26-12-2017

Badal Kr. Jana
Assistant Professor and Officer
in Charge, Government
General Degree College,
Narayangarh, West Bengal,
India

A study effect of imagery training on the level of anxiety in volleyball players prior competition

Badal Kr. Jana

Abstract

The purpose of the study was to determine the effect of imagery training on level of anxiety in volleyball players prior to competition. The study was conducted on 40 male volleyball players of 14 to 18 years of age, studying in class 9th to 12th, in Kendriya Vidyalaya Air Force Station, Salua, West Bengal and Kendriya Vidyalaya No. 1 IIT, Kharagpur, West Bengal. Rainer Marten's SCAT (sports competition anxiety test) was used as criterion measure for anxiety level. Mean, Standard deviation, Standard error was employed as statistical tools. The results of the study showed significant difference on the level of anxiety and performance of volleyball players.

Keywords: anxiety, volleyballers

Introduction

When we look into the arena of sports participation and the performance of sports person during any level of competition, it is common that they develop the tendencies of feeling pressure and some anxious sensation amongst them. They are not able to control their emotional states as they approach and accrue objects records than their ability deserves.

For many years people associated with sports and physical education are working to improve the sports performance and designing various techniques and training for the peak performance in sports. When it comes to performing excellent in competition, the need of pre-planning, strategy making and pre-descriptions of the skills and related tactics to be performed should be kept in the mind of performer.

Mind plays great role in every critical Situation, and depending upon the ability and reactions of mind any sportsperson can overcome any situation. Mind is that vital part in any human being which avoids burnouts, boosts ill to win.

Anxiety is a complex emotional state characterized by general fear or foreboding usually accompanied by tension. It is related to apprehension of fear and is frequently associated with failure either real or anticipated.

What is anxiety?

The medical definition of anxiety describes it is a state consisting of psychological and physical symptoms brought about by a sense of apprehension of a perceived threat. It also goes on to state that anxiety can differ according to the situation and the individual. Applied to the sporting arena this means that a golfer for example may experience more anxiety playing in a national tournament compared to a club competition. At the same time a club competition may draw the same nerves in another individual.

Psychologists generally differentiate between two types of anxiety. Trait anxiety relates to an aspect of personality in which nervousness is a stable personality trait in an individual.

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. Beach Volleyball was introduced to the programme at the Atlanta 1996. The adapted version of volleyball at the Summer Paralympic Games is sitting volleyball.

Statement of the problem

The purpose of the study was to determine the study effect of imagery training on level of anxiety in volleyball players prior to competition.

Correspondence
Badal Kr. Jana
Assistant Professor and Officer
in Charge, Government
General Degree College,
Narayangarh, West Bengal,
India

Procedure and Methodology

The study was to investigate the anxiety level of 40 male volleyball players of 14 to 18 years of age, studying in class 9th to 12th, in Kendriya Vidyalaya Air Force Station, Salua, West Bengal and Kendriya Vidyalaya No. 1 IIT, Kharagpur, West Bengal.

Before administration of questionnaire, players were well explained about the objectives of the study. Once they have fully understood about the objective of the study and how to fill questionnaires, then the questionnaires were distributed

to players for filling, and if there were any difficulty in filling the questionnaires, it was clarified by researcher. For the assessment of anxiety level: Rainer Marten’s SCAT (sports competition anxiety test) was used as criterion measure for anxiety level. Mean, Standard deviation, Standard error was employed as statistical techniques at the 0.05 level of significance with 95 degree of freedom to assess the anxiety level in volleyball players.

Results and findings

Table 1: The mean differentials between pre and post test scores of EG (experimental group) and CG (control group)

Groups	Number	M1	M2	SD1	SD2	SE1	SE2	t-value
EG	20	19.85	17.9	3.259	3.6746	0.82166	0.72872	1.7755
CG	20	18.7	18.65	2.8303	2.7198	0.63287	0.60817	0.057

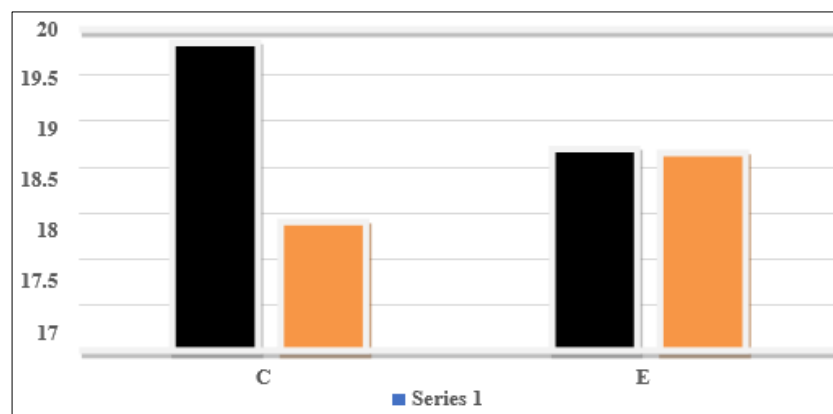


Fig 1: representation the mean difference between pre-test scores and post-test scores of experimental group (EG) and control group (CG)

Table 1: The mean differentials between pre and post test scores of EG (experimental group- imagery training) and CG (control group), represents means, SDs, Standard error and mean differentials (t- value) between pre-test scores and post test scores on anxiety of experimental group(EG) and of the control group (CG) whose subjects were not provided with any treatment or training.

The number of subjects in each group was 20. The mean pre-test scores and post-test scores (M1andM2) of EG, whose subjects were given intervention with training were 19.85 and 17.9 respectively. Its SD1and SD2 were 8.27 and 10.34 respectively, and the standard error was calculated 0.82166 (pre- SE1) and 0.72873 (post-SE2). The calculated value of the t-testy of experimental group (EG) is 1.7755 which is lower than the tabulated value i.e. 2.02. So, it was found that the calculated ‘t’ value was insignificant

Whereas, the mean pre-test scores and post- test scores (M1 and M2) of CG (control group), whose subjects were not provided with any treatment or training, were 18.7 and 18.65 respectively. And the standard error was calculated to 0.63287 (pre-SE1) and 0.60817 (post-SE2). Further the t-value between the pre-test scores and post-test scores of CG (control group) was recorded with 0.057, which is insignificant.

Discussion on Findings

The present study was taken to understand the anxiety level of volleyball players. The analysis of the mean differentials between the pre and post-test of EG (experimental group) and CG (control group) indicated that anxiety level of senior secondary school students of EG (experimental group) have considerably decreased. This decrease in anxiety level of

students can further attributed to the efficacy of imagery training technique. The results given in the table 1 show, that there was almost no decrease in the anxiety of the students who were put in control group, with no treatment Insignificant t-value between the pre-test and post-test scores on anxiety of experimental group was found. The results of the study suggest that there are some changes in the effects of imagery training on anxiety but these changes had no significant effect on the results of the study of the senior secondary school of West Bengal.

Conclusion

On the basis of the results, it can be concluded that imagery training technique have effectively and significantly role by reducing the anxiety level amongst the senior secondary school students between the ages 14-18 years. Thus, it can be broadly used and introduced to students and sportsperson for enhancing their performance too.

References

1. <https://believeperform.com/anxiety-within-sport/>
2. Paivio A. Cognitive and motivational functions of imagery in human performance. Canadian Journal of Applied Sport Sciences 1985;10:22-28.
3. Richardson A. Mental practice: A review and Discussion (Part 1). Research Quarterly 1967a;38:95-107.
4. Richardson A. Mental practice: A review and Discussion (Part 2). Research Quarterly 1967b;38:263-273.
5. Richardson A. Mental Imagery. New York, NY: Springer. 1969.

6. Rodgers W, Hall C, Buckolz E. The effect of an imagery training program on imagery ability, imagery use, and figure skating performance. *Journal of Applied Sport Psychology* 1991;3:109-125.
7. Ryan D, Simons J. What is learned in mental practice of motor skills. *Journal of Sport Psychology* 1983;5:219-426.
8. Salmon J, Hall C, Haslam I. The use of imagery by soccer players. *Journal of Applied Sport Psychology* 1994;6:116-133.
9. Shaw W. The distribution of muscular action potentials during imagery. *The Psychological Record* 1938;2:195-216.
10. Simon J, Martens R. Children's anxiety in sport and non sport evaluative activities. *Journal of Sport Psychology* 1979;1:160-169.
11. Straub WF. The effect of three different methods of mental training on dart throwing performance. *The Sport Psychologist* 1989;3:133-141.
12. Suinn R. Removing emotional obstacles to learning and performance by visuomotor behavioral rehearsal. *Behavior Therapy* 1972;3:308-310.
13. Vealey RS, Greenleaf CA. Seeing is believing: Understanding and using imagery in sport. In J.M. Williams (Ed.), *Applied Sport Psychology: Personal*, 1998.