A STUDY TO ASSESS THE EFFECT OF PETTLEP IMAGERY TRAINING ON PENALTY FLICK PERFORMANCE WITH PERSON PRESSURE CONDITION AFTER DIFFERENT TRAINING DURATIONS ON DIFFERENT TRAINING GROUPS

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ABSTRACT

To achieve the aim of the present research, a purposive sample of sixty National and Inter-University level male Hockey players of 18-25 years in age was randomly divided into four groups. Pre-test and post-test random group design was employed, groups were assigned to three experimental groups and a control group. The experimental groups along with regular hockey practice group 'A' received imagery training once per week (lx/wk), group 'B' received twice per week (2x/wk), group 'C' received three times per week (3x/wk) and the control group participated in regular routine practice. The experiment continued for twelve weeks. The penalty flick performance with person pressure condition was evaluated after six weeks, nine weeks and finally at twelve weeks at the end of experiment.. ANCOVA was used to determine the significance of difference among mean scores of different training groups and control group after different training durations and Repeated measures analysis of variance was used to find out the significance of difference among mean scores of different training durations of different training frequency groups. Results on analysis of effect of PETTLEP imagery training with various training frequencies per week for different durations revealed that neither training frequency per week nor duration of training produced significant improvement in penalty flick performance of hockey players. As the obtained F-ratio of 1.44,1.409,0.913 and 0.186 were less than the required F-ratio 2.83 to be significant at 0.05 level

Key Words: Imagery training, National, Inter-university, Levels, Hockey, Players, Person Pressure.

1. INTRODUCTION

Imagery within the context of sports is also thought of as "a creation or recreation of an expertise generated from memorial data, involving quasi-sensorial, quasi-perceptual and quasi-effective characteristics, that's willing management of the imager and which can occur within the absence of the important input antecedents ordinarily related to the particular experience" **(Morriss, Pittle and Watt, 2005).**

A sensory or perceptual experience that is produced if an external stimulus is not directly related to imagery. Imagery can involve visual, tactile, auditory, emotional, muscular, olfactory and gustatory experience **(Loehr, 1986).**

The purpose of Anuar, et. al. (2016) was to see that whether the physical and environment elements of PETTLEP imagery relate to the ability to image five kinds of sport imagery (i.e., skill, strategy, goal, affect, and mastery). 290 (Males=152, , 148 Females=148) with mean and SD of age (20.24 ±4.36) years of participants from various sports completed the Sport Imagery Ability Questionnaire (SIAQ). The best fitting physical and environment elements significantly and positively predicted imagery ability of the different imagery types i.e. skill; strategy, goal, affect, and mastery. The model was a good fit to the data, $\chi2$ (174) = 263.87, p < .001, CFI = .96, TLI = .95, SRMR 4 =.09, RMSEA = 0.05 (90% CI = 0.03 – 0.05). Research has shown that prime imagery is associated with improved ability, strategies, objectives, impact and imaging skills with physical and environment components.

Phillip, G Post, et. al. (2015) examined the consequences of a four-week PETTLEP representational process intervention on learners' talent acquisition of a standing long jump. seventy six female students. M±SD of age of scholars was 20.6 ±1.77). They were allotted into one in all four groups: physical practice, mental imagery and physical practice, mental imagery observe, or a control cluster. The study conducted among pre-test, intervention, and a post-test. throughout the intervention part the PP cluster completed eighty physical jumps; information processing + PP cluster completed forty imaged and forty physical jumps; the information processing cluster completed eighty imaged jumps; and also the CON cluster engaged in an exceedingly distraction task. Results discovered that the PP and information processing + PP teams outperformed the CON cluster on the post-test. From pre to post, the PP and information processing + PP teams improved, the information processing cluster maintained performance, and CON cluster attenuated in performance. within the intervention and post-test stages, all coaching teams reportable considerably higher efforts / significance ratings compared with the CON cluster for the IMI. Results extend previous study by showing that imaging combined with physical practise will profit the training of a complex motor task which solely imaging will facilitate students retain their initial skills

Afrouzeh, et.al.(2020) compared the results of physical practice with PETTLEP-based on Physical, Environmental, Tasks, Timing, Learning, feeling and Perspective **(Holmes & Collins, 2001)** imaging, as well as physical practice with ancient imaging interventions, on new talent learning in novice volleyball players. cardinal novice male volleyball players with six – eight months apply expertise were at random allotted to 1 of 3 groups: [physical practice + PETTLEP imaging (n=12), physical apply + ancient imaging (n=12), and physical follow solely (control group; n=12). PETTLEP mental process. Cluster respondents have applied the seven parts of PETTLEP imagery coaching, whereas ancient imagination process on cluster respondents participated during a relaxation session before imagery and motor imagery scripts were loaded. the 2 teams took quarter-hour of imaging coaching and were quickly followed thrice weekly by 13 minutes of "passing." thrice weekly exercise was drained the management cluster simply

thirteen minutes. For seven weeks, every cluster fulfils its obligations. throughout the primary practice, a pre-test was command, during which passing was evaluated. The post-test followed by a pretest and posttest, a 'no practice' week later, preceded the seven weeks of apply. From pre- to post-test and retention tests all teams improved considerably (p<0.05). The cluster PETTLEP, however, improved higher than the normal cluster of physical and imaging (p<0.05) once hypothetized. The results additionally support the potency of PETTLEP in mix with physical apply in up the educational and performance of latest skills.

The purpose of Wakefield and Smith (2011) study was to look at the results of differing frequencies of PETTLEP mental imagery on bicep curl performance, employing a single-case style. Following a baseline amount, participants completed PETTLEP mental imagery 1x/week, 2x/week, or 3x/week in a very balanced pattern. it absolutely was found that PETTLEP mental imagery exihibited positive impact on performance. additionally, because the frequency of images will increase, a bigger performance impact was apparent. Findings square measure in per PETTLEP mental imagery that will cause strength gains if performed a minimum of 1x per week, however that finishing mental imagery additional oft is also more practical.

The purpose of Swainston (2011) study was to analyze the impact that a PETTLEP mental imagery intervention enforced into a pre shot routine had on a full swing golf stroke. one subjects style was used with 3 conditions: mental imagery before pre shot routine, mental imagery once pre shot routine and an impact condition. Participants were 9 college man volunteers with a mean age of nineteen.3 years and a mean golf score of eighty two.1. 3 sets of knowledge were recorded: total score, balls in A1 (the nighest space to the pin in a very standardized rating target grid), and balls in A5 (anything outside of the grid). it absolutely was found that participants improved all mental imagery from baseline to intervention all told 3 aspects. Whereas, management cluster induced decreases in performance. mental imagery had the additional impact on performance for balls hit in A-five. Implications from the study could profit golfers of any ability level and sport science Consultants operating with golfers World Health Organization need to extend their full swing shot accuracy.

2. METHODOLOGY

2.1 Sample

To achieve the purpose of the present research, a purposive sample of sixty National and Inter-University level male Hockey players of 18-25 years in age was randomly divided into four groups.

2. 2 Design

In the present study the pre-test and post-test random group design was employed, groups were assigned to three experimental groups and a control group.

2.3 Tools

The Movement Imagery Questionnaire - Revised (MIQ-R) by **Hall & Martin (1997)** was administered to assess the status of Visual and Kinesthetic Imagery of all subjects.

2.4 Statistical Analysis

RM ANOVA was used to determine the significance of difference among mean scores of different training groups and control group after different training durations and Repeated measures analysis of variance was used to find out the significance of difference among mean scores of different training durations of different training frequency groups.

3. RESULTS

TABLE 1
REPEATED MEASURES ANALYSIS OF VARIANCE OF PENALTY FLICK PERFORMANCE WITH PERSON PRESSURE CONDITION AFTER DIFFERENT TRAINING DURATIONS ON DIFFERENT TRAINING GROUPS

S.N0.	Training program	Source of Variance	Sum of Square	DF	Mean Squares	F-ratio
1	One Day/week	Between groups	208.867	3	69.622	1.14
		Within groups	2555.133	42	60.836	
2	Thrice /week	Between groups	30859.33	3	1029.778	1.41
		Within groups	30678.67	42	730.444	
3	Three Times/week	Between groups	95.533	3	31.844	0.91
		Within groups	1464.467	42	34.868	

Insignificant at 0.05 level

$F_{0.05} = (3,42) = 2.83$

Analysis of penalty flick performance data, it is evident from table-18 that the different training frequency groups person pressure data of different training durations as a one day per week (1x/wk)group, twice a week (2x/wk) group, three times per week (3x/wk) group and control group did not showed statistically significant difference.

The obtained f-ratio of 1.44,1.409,0.913 and 0.186 were less than the required F-ratio 2.83 to be significant at 0.05 level.

Analysis of effect of PETTLEP imagery training with person pressure condition with various training frequencies per week for different durations in table-18 revealed that neither training frequency per week nor duration of training produced significant improvement in penalty flick performance of hockey players.

4. DISCUSSION

PETTLEP imagery training with various training frequencies per week for different durations revealed that neither training frequency per week nor duration of training produced significant improvement in penalty flick performance of hockey players. Analysis of penalty flick performance with person pressure condition (with dummy goalkeeper) PETTLEP imagery training with different frequencies groups of different training durations indicate, as a one day per week (1x/wk) group, twice a week (2x/wk) group, three times per week (3x/wk) group and control group did not showed statistically significant difference.

5. CONCLUSION

Analysis of effect of PETTLEP imagery training with various training frequencies per week for different durations revealed that neither training frequency per week nor duration of training produced significant improvement in penalty flick performance of hockey players.

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