



**A STUDY OF CORELATION BETWEEN AMONG INDIVIDUAL PLAYERS ON MENTAL IMAGERY**

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**ABSTRACT**

The Objective of study was to investigate the correlation between mental imagery aspects of swimmers and runners. A total of 50 players (runners =25, swimmers=25) selected randomly through sampling method. The players who had participated in inter collegiate competition (W. B.), were selected as the subjects for this study. The data was collected by through test items for mental imagery components for runners and swimmers. The questionnaire was prepared by Dr. M. Raja mamik chand. To find out the correlation between the variables, product moment co-relation coefficient method was computed at 0.05 level of confidence. The significant relationship was found between visual- auditory followed by touch variables between swimmers The significant relationship was not found between auditory - touch among swimmers. between auditory – touch; visual- touch; auditory - visual among runners. Runner and swimmers did not differ significantly in their mental imagery items.

**Key Words:** Runner, Swimmer, Imagery, Auditory, Touch, Visual.

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## 1. INTRODUCTION

Imagery is generally stated as imageries in plural form in literary works for symbolic representations. Imagery means images in groups. When we wanted to state images collectively, we state it by the concept imagery. Therefore, a group of collective images is called imagery. Imageries are the materials involved in the general process of imagination. Imagery is the distinctive type of mental images formed by a particular individual., Imagery also refers to the mental experience of something that is not immediately present to our senses. The objects of past sensory experiences exist in the memory. A series of mental images may be also called as imagery such as visual images, auditory images, olfactory images, gustatory images, tactual images and so on. It becomes a mental image drawn from our memory. We are forming images of persons, objects, places, events and experiences. Apart from what we have already experienced about many things, we are also experiencing everyday many new thing.

The objects of once sensitive experiences exist in the memory. A series of internal images may be also called as imagery similar as visual images, audile images, olfactory images, gustatory images, tactual images and so on. A internal image is a particular experience of a person about a person, an object or an event that he has formed. These internal images may be pertaining to visual, audile, olfactory, gustatory sensations or the sensation of touch. Apart from what we've formerly endured about numerous effects, we're also passing everyday may new effects ( Manickam, 1985).

Anderson( 1980) stated the propositional theory is presently the most popular in terms of understanding the representation of imaginable information in memory, it too isn't without its critics. The major question appears to be whether mortal memory is simply propositional or if it's possible that three separate codes live.

Weinberg( 1981) explained that internal imagery gets the musculature into action and can prepare an athlete for the factual physical competition. These internal preparations can be helpful to a wide range of sport conditioning, especially for elite athletes who feel to engage in a great deal of internal imagery before competition.

Mantens( 1982) reviewed the imagery exploration related to sport and motor behaviour from 1970 to 1982. He concluded that imagery is an effective fashion to ameliorate performance and proved enhancement in the following sport skills through imagery practice, basketball free throw firing, football place remonstrating, swimming thresholds, drat throwing, alpine skiing, karate skills, running techniqueetc.

Clark( 1994) compared the effect of internal practice with that of physical practice in learning of the pacific seacoast one hand basket ball foul shot. showed that internal practice was nearly as effective as physical practices was far superior to internal practice for the newcomers.

Housner( 1984) handed support for the that visual imagery may play a part in the recall or modeled motoric stimuli.

Olia( 1986) examined the influence of internal imagery in the individual learner's field dependent/ field independent cognitive style. The statistic revealed a high degree of significance in the three main goods. still there was no significant interaction effect among the three factors.

Ragle( 1985) studied significance of imagery as a vital attendant of the literacy process in the developing psyche has largely been ignored by present- day preceptors. nonetheless, it was believed by the investigator that relaxation styles, guided imagery and dream work as regular.

Duane( 1986) determined the goods of internal imagery practice upon the enhancement of pitching skills. He indicated that all three practice groups made significant enhancement between

the pre-test and post-test scores at the .05 position. still, the analysis of variance yielded data that set up no group significantly superior to the other groups.

## 2.METHODOLOGY

The test was administered on all selected subjects for the study after seeking permission from the manager and coach of the participating teams as well as team members were requested to cooperate with the investigation for the study. The questionnaires were distributed to the subjects. Necessary instructions were provided before the administration of the test for all the subjects. The purpose of the study was clearly explained to understand the player's mental imagery.

The subjects were asked to respond as quickly as possible without brooding over any questions and statement, once the instructions were understood clearly by them, None of the subjects encountered any serious problem in understanding the questions/statements which were invariably in English .The mental imagery questionnaire contained 45 items and assess the auditory ,touch, visual components of mental imagery.

Total number of subjects were fifty ( Runners=25, Swimmers= 25). The age ranged of subjects was 18 to 27 years. Mental imagery questionnaire prepared and validated by M. Rajamaniekam (1985) was used. Simple random sampling method was used to select the sample. The Pearson's Product Moment Co-efficient of correlation was computed by using the below formula -

$$r = \frac{N\sum xy - (\sum x)(\sum y)}{\sqrt{[N\sum x^2 - (\sum x)^2][N\sum y^2 - (\sum y)^2]}}$$

Scoring: This test items were visual, auditory and tactual. The norms of collecting information were selected are as follows.

No.	Range of Scores	Degree of Mental Imagery	Weight
A	67.5 – 75.0	Very clear & vivid image	5
B	52.6 – 67.5	Fairly vivid image	4
C	37.6 – 52.6	Just clear image	3
D	22.6 – 37.6	Some what clear image	2
E	7.6 – 22.5	Dim image	1
F	0 – 7.5	No image	0

## 3. RESULTS AND DISCUSSION

On the basis of the norms established by Dr. M. Rajamaniekam, the responses were compiled and tabulated accordingly to find out the percentage of responses and as a whole. The responses were also taken into consideration to find out its relationship by using Product Moment Correlation and data pertaining to this have been presented in Table 1 to 3.

**TABLE 1**

RELATIONSHIP BETWEEN THE SELECTED VARIABLES OF THE SWIMMERS

Variables correlated	coefficient correlation
Auditory V/S Visual	0.618*
Auditory V/S Touch	0.184*
Visual V/S Touch	0.658*

Table 1 reveals that the significant relationship was found between auditory – visual; auditory – touch and visual - touch components of mental imagery among swimmers, as the

obtained Correlation Coefficients ( r ) values of .618, .184 and .658 respectively were higher than the required value to be significant.

**TABLE 2**  
RELATIONSHIP BETWEEN THE SELECTED VARIABLES FOR THE RUNNERS

Variables correlated	coefficient correlation
Auditory V/S Visual	0.011*
Auditory V/S Touch	0.146*
Visual V/S Touch	0.298*

Table 2 reveals that the significant relationship was also found between auditory – visual; auditory – touch and visual - touch components of mental imagery among runners , as the obtained Correlation Coefficients ( r ) values of .011, .146 and .298 respectively were higher than the required value to be significant.

**TABLE 3**  
RELATIONSHIP BETWEEN THE SELECTED VARIABLES FOR THE SWIMMERS AND RUNNERS

Variables correlated	Coefficient correlation
Runner visual V/S swimmer visual	0.169*
Runner auditory V/S Swimmer auditory	0.099*
Runner touch V/S swimmer touch	0.070*

Table 3 reveals that the significant relationship was found between runners and swimmers in their visual, auditory, and touch components of mental imagery, as the obtained Correlation Coefficients ( r ) values of .169, .099, and .070 respectively were higher than the required value to be significant.

#### 4. CONCLUSIONS

It was concluded that the significant relationship was found between auditory and visual variables of mental imagery among runners and visual and touch variables of mental imagery aspect among swimmer . Insignificance relationship was found between runners and swimmers in their visual, auditory and touch aspects of mental imagery.

#### 5. RECOMMENDATIONS

Mental imagery may be used by the coaches and the trainers as prerequisite quality among players in selected sports. The study of similar nature may be undertaken by selecting the subjects of national levels. The similar study may be undertaken with the larger sample size. The similar study may be undertaken by selecting the subject of different age groups and different level of performance. The similar study may be undertaken by selecting subjects from both the sexes.

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