# EFFECT OF IMAGERY INTERVENTION ON PERFORMANCE OF THE SOCCER PLAYERS

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ABSTRACT

*The purpose of the study was to know about the effect of imagery intervention on performers of the soccer players. Sample of the study 16 soccer players (n=16) between age range of 21 to 26 year .Sample was divided in to two comparable group including 8 subject in each group .Both the group were randomly assigned to intervention and control group . McDonald soccer skill test 1951 was controlled for the measuring accurate kicking. Ball control and judgment of moving of the ball in soccer validity coefficient of the test ranged from 0.63 to 0.94 T test and chi square were appliedto analysis the significance of difference between experimental and control group on soccer skill . Imagery and control group did not reveal significant difference on McDonald soccer skill test .But control group had slightly higher level of skill as compare to imagery group.*

*Keywords:Soccer, Imagery and Players.*

## INTRODUCTION:

The ability of the individual to control mental and emotional elements assist task performance as well as creating a psychological foundation for confidence and well-being (Body and Zenong, 1999). When the individual feels as though they possess a degree of self-mastery in relation to psycho-somatic function, this serves to motivate continued efforts in attempting to increase performance (Woof and Toole, 1999) However, when the ability of the individual to control their psychological state is diminished, especially during time of injury or incapacitation, there is risk of a decrease in self-confidence, well-being and future performance (Rotella and Heyman, 1986) . Thus, as its first premise .mantel skill training relies on a methodology of self mastery, generated through self-knowledge, to enhance the psychological state of the individual.

**Heishman (1989)** study was attempt to determine whether learning the serve in conjunction with a routine (as schema theory suggests) was more beneficial the acquiring the serve first and the routine later in learning (as the set hypothesis suggests). The result show that both group made significant gain in service accuracy scores compared to controls, but the stage in which the routine was taught did not influence the accuracy or form scoreHeashiman (1989) concluded pre-service routine were effective for improving service aquracy and form.

**Cohn (1990)**describe some of the practical implication of mantel rehearsal from the theories extrapolated above. Depending Upon the nature of the task (closed or open skill) and skill level of the individual, This is because conscious control of quick and/or complicated movement or too slow in their in intervening power, and thus, contribute to disrupting, the intended movement. Secondly, initiation of a specific skill requires specific psychological condition for optimal performance, such as arousal and attention processes. Therefore, the motor skill component and the pre-skill, or pre- performance lead-up, need to be reversal for efficient execution.

**Gorden (1995),** reviewing conceptual strategies in approaching cognitive retraining of athlete, based on the work of Kirschenbaus, and colleagues define the center problem of CBT as self-regulation. That is attempting to alter habits, whether psychological or physiological on order to change the behavior toward a given situation, depend on the individual's ability to regulate their own behavior. A five stage process of self- regulation o change behavior toward a given task is offered a guide line.

**OBJECTIVE:**

To study the effect of imagery intervention on the skill of the soccer player

**METHODOLOGY-** A control and experimental group design in this study in this study to examine the influence of imagery intervention package on sports performance and soccer skill Subject was randomly(n=16) between the range of 21 to 26 year . The sample was divided into two comparable groups including 8 subjects in each group .Both the groups were randomly assigned to intervention and control group.

**TOOL-** Mc Donald Soccer Skill Test (1951) is constructed for the measuring accurate kicking, ball control and judgment of moving ball in soccer. This test was applied for men and validity coefficient of the test ranged from 0.63 to 0.94, and scoring was given according to the norms.

**STATISTICAL ANALYSIS**

**TABLE -1**

**HALF CROSSED**

| GROUP | IMAGERY | CONTROL | Chi – square |
|---|---|---|---|
| NO.OF TIMES | 73 | 40 | 9.64** |

**Significant at 0.01 level

The table-1 show imagery had half crossed 73 time and control group 40 times. The value of chi square (9.64)** which shows significant difference. The Result

shows that imagery group was better than control groups in crossing the half of the opposition**.**

**Figure No. 1**

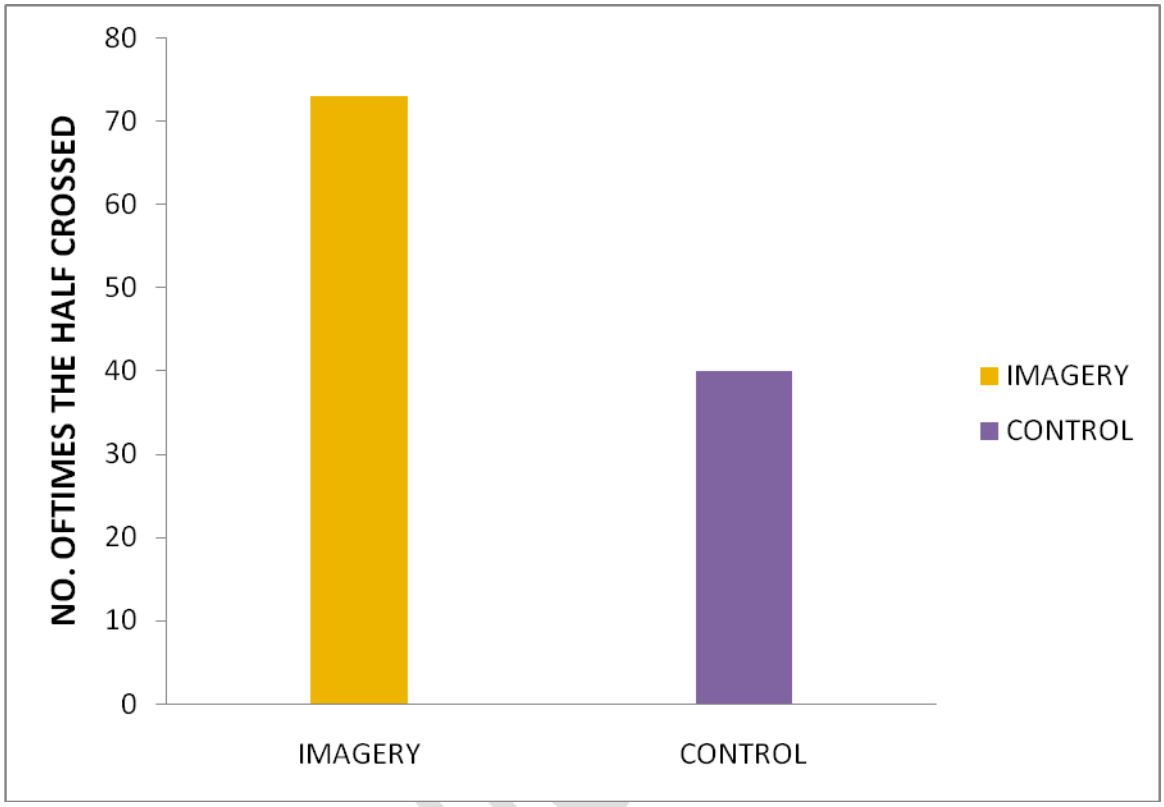



**TABLE-2**

**CARRY TO GOAL**

| GROUP | IMAGERY | CONTROL | Chi – square |
|---|---|---|---|
| NO.OF TIMES | 49 | 29 | 5.13* |

*Significant at 0.05 level

The table - 2 shows those imagery groups carry to goal 49 time and control group 29 time. The value of chi square shows those imagery groups were better than control group in causing the ball to the opposition goal.

**Figure No. 2**

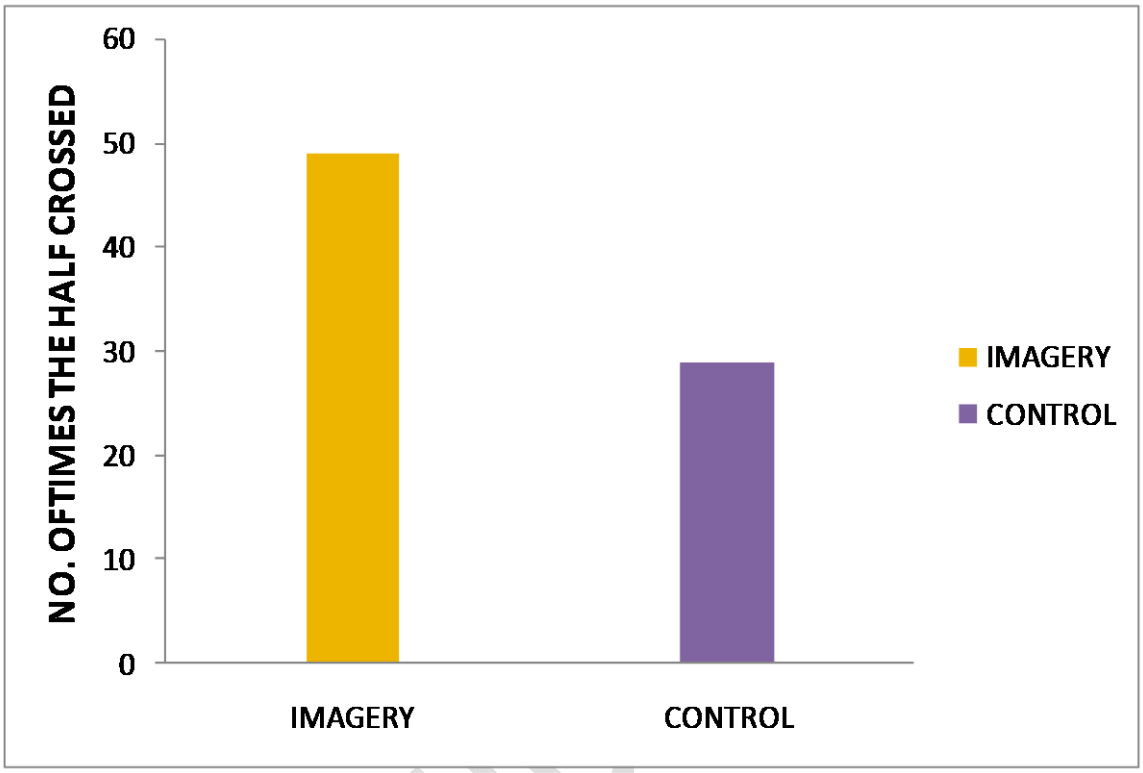


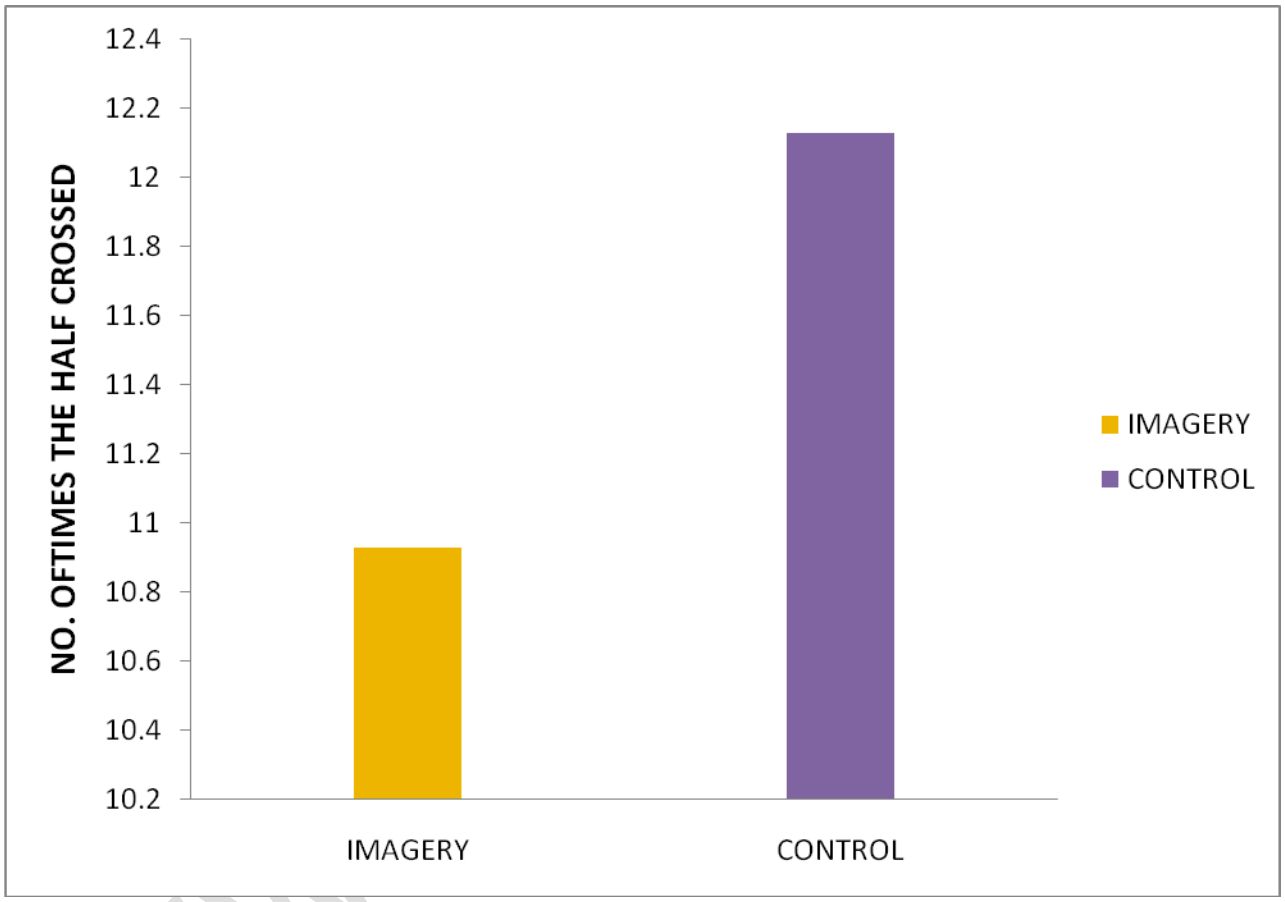

**TABLE-3**

**CARRY TO GOAL**

| GROUP | SD | MEAN | t-Ratio |
|---|---|---|---|
| IMAGERY | 0.77 | 10.93 | |
| CONTROL | 0.74 | 12.13 | 3.65** |

Result shows in the mean difference and 12.13 of imagery and control group respectively. Significant difference is found in between imagery and control group at 0.01 level of significance. The value of't '(2.88) so hypothesis was accepted there was a significance difference.

**Figure No. 3**




## DISCUSSION & FINDING

For study two group were taken imagery and control group imagery is given to experimental group which includes, imagination mental rehearsal, bio feedback progressive relaxation exercise were give for one month.

Mc Donald soccer skill test is use to measure accurate kicking, bell control and judgment of moving ball in soccer and foot ball match between experiment and control group. Sample of the study included 16 soccer players between the age ranges of 21 to 26 years. T-test and chi square was applied to analysis the significance difference between experiment and control group. Iimagery and control group did not reveal significance difference on McDonald soccer skill test. But control group had slightly higher level of skill as compare to imagery group. Imagery group performed better and won the match.

The table's shows imagery group had half crossed 73 time and control group 40 times. The value of chi square (9.64) **which show significance difference and imagery group carry to goal 49 time and control group 29 time. The value of chi square (5.13)* which shows significance difference. Imagery group performed better in every item as compare to control group. Significance difference is found in between imagery and control group at level of significance. The value of t (3.65) was more than value of t (2.88) so hypothesis was accepted there was a significant difference

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