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## **Effect of Vmbr Technique on Competition Anxiety of Table Tennis Players**

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**Received:** 02 July, 2016; **Accepted:** 16 July, 2016; **Published:** 25 July, 2016

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**Abstract:** The purpose of the study to compare the effect of VMBR technique on the sports competition anxiety of the table tennis player of state level. 20 male players were selected age ranging from 17-23 yrs from LNIFE, Gwalior (10 for controlled group and 10 for treatment group). SCAT (sports competition anxiety test questionnaire) was applied to assessment of sports competition anxiety. The result was found that there was significant difference found in sports competition anxiety of controlled group and the group who got VMBR technique as a experimental group. Sports competition anxiety between controlled group and experimental group has descriptive value  $24.10 \pm .73$ ;  $24.30 \pm 1.33$  and t value was found 3.726 which is more than 1.734 where we can see that competition anxiety of treatment group is less than control group. This means the VMBR technique is beneficial to reduce the competition anxiety of the table tennis players.

**Keywords:** *sports competition anxiety, VMBR technique.*

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### **Introduction:**

Sport psychology is a science in which the doctrines of psychology are concerned in a sport or exercise setting. These are the principles which often use as a performance enhancer. Mostly the enthusiast sport psychologist always interested in more and view sport as vehicle for human enrichment. Sport psychology is all about dedication to enhancement of athletic performance and the social-psychological aspect of human enrichment (Cox, 2007). Table Tennis is a racket game which is of small playing surface and needs great accuracy and quickness with full self-confidence. There may be disadvantage to the player who is having

high anxiety level which may lead to the problem such as shivering, lack of coordination and loosing self confidence (Bernard Ulrich and Warner Schlager, 2011).

Psychology as a science of human behavior has given its contribution for betterment of sport performance. The sport psychology has got rapid growth in terms of interest on it, concern the use of stress management procedure such as visuo-motor behavior rehearsal to enhance athletic performance by reducing anxiety (Carpenter, 1998).

VMBR (Visual motor behavior rehearsal) which has to major components i.e., relaxation technique and imagery training which is helpful to reduce the anxiety level of the player. Relaxation technique helps to enhance the mental image whereas imagery technique leads to visualization of successful performance (Suinn, 1976).

The research scholar undertook this study to trace the effect of VMBR (visuo-motor behavior rehearsal of the sports competition of table tennis player.

**Objective:**

The researcher aimed to study the effect VMBR on the competition anxiety of the table tennis players of the LNIPE.

**Method:**

**Selection of subjects:**

Subjects were selected randomly in this study. Subjects were 20 male table tennis player (10 for treatment group and 10 for control group).

**Treatment:**

Treatment group got the imagery training and relaxation training for four weeks (thrice a week) which includes : video clippings of elite player, images of different skills, controlled breathing, progressive muscle relaxation and correction of errors.

**Variable and Test:**

SCAT (sports competition anxiety test by Marten, 1990) was use to obtain the data of controlled group and treatment group. Post Test were conducted one hour before the district tournament conducted by the Gwalior district table tennis association.

**Statistical Analysis:**

To compare the post-test anxiety level of both the groups the independent t test was applied in SPSS.

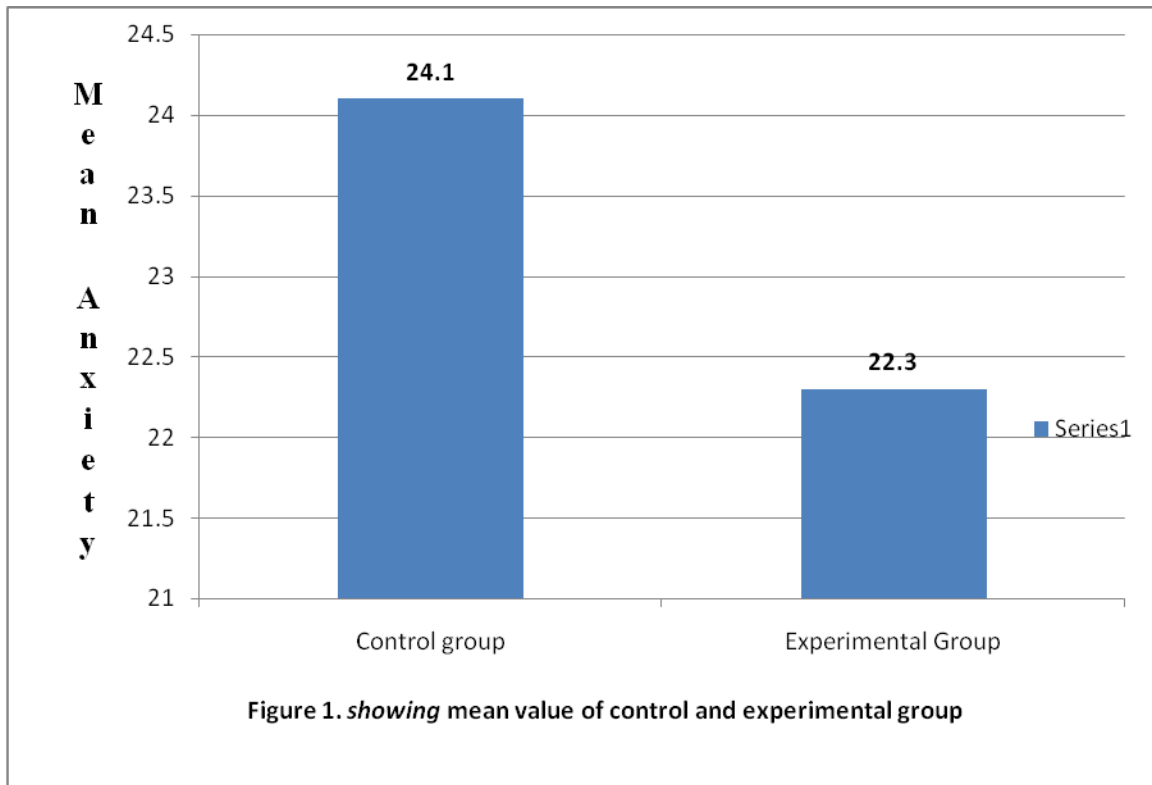
**Result:**

The result was found that there was significant difference between the controlled group and

the treatment group as Sports competition anxiety between controlled group and experimental group has descriptive value  $24.10 \pm .73$ ;  $24.30 \pm 1.33$  and t value was found 3.726 which is more than 1.734 where we can see that competition anxiety of treatment group is less than control group. This means the VMBR technique is beneficial to reduce the competition anxiety of the table tennis players.

Group	Mean	S.D.	M.D.	S.E.	t-ratio
Control	24.10	0.73	1.80	.48	3.726
Experimental	22.30	1.33			

Above table showing the mean value of control group which is more than the experimental group and the calculated t value 3.726 on 0.05 level of significance which is more than the tabulated t value which is 1.73 at 18 degree of freedom.



**Discussion and Conclusion:**

The result was found that there was significant difference found in sports competition anxiety of controlled group and the group who got VMBR technique as a experimental group. Sports competition anxiety between controlled group and experimental group has descriptive value  $24.10 \pm .73$ ;  $24.30 \pm 1.33$  and t value was found 3.726 which is more than 1.734 where we can see that competition anxiety of treatment group is less than control group. Anxiety is

generally considered as an important factor influencing sport performance. However, the research findings are inconsistent with respect to the size and even the direction of the relationship. Music, imagery and relaxations are some of the technique which helps athlete to optimize the competitive anxiety and increase the level of performance (Kleine, 2007).

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