

“Effect of Mental Imagery Training programme on Cognitive Anxiety of Basketball Players”

Mr. Ashish Madhav Talekar
S.P.J. College, Pabal, Dist. – Pune

Introduction

It has been stated by the sports psychologist that extreme cognitive anxiety during competition can affect the performance of players adversely. It can lead to drop out. Cognitive anxiety challenges the person's mental health by increasing his/her stress. The term anxiety has been discussed profusely in sport culture. It is very essential to know the symptoms of anxiety in order to overcome them. Awareness of anxiety related issues can improve the performance of players. There are two prominent forms of anxiety. One form is known as trait anxiety that is pertained with the inner characteristics of a person. These characteristics are inborn traits of a person. For instance, some persons are inclined to throw up before a competition. The second form of anxiety is situation specific and it is related to the state. For instance, a performer may feel anxious when free throwing in basketball. These two forms establish two different mechanisms known as Somatic and Cognitive. The former is related with physical feelings and the latter is related with mental feelings i.e. anxiety. These two mechanisms affect the performance of the person. It has been observed that the victory of a player depends upon his/her capacity to control the levels of his/her anxiety. The cognitive aspect stimulates the person to think about his/her failure and barriers to succeed. It makes the player to visualize the aftermaths of his/her failures and the player may feel worried and stressful about his/her future performance. The images and visualization of future failures can affect the players' concentration adversely. It increases the worries of the players. Excessive anxiety leads to the emergence of fear, frustrations, irritation and internal conflicts. There are other aspects also that help increase the stress and anxiety of the players. These aspects are overloading playing schedules, various competition places, the media, fans' support and pressures of winning the competitions. The sport psychologists are not in a position to understand the clear and lucid relations between the variables that are studied to know thoroughly about the effect of anxiety and performance. This research paper intends to study the effects of mental imagery and cognitive anxiety on the performance of the basketball players.

Objective of the study:

To study the effectiveness of mental imagery training programme on the cognitive anxiety of the basketball players.

Hypothesis:

The present study was undertaken with the following hypothesis:

H1: there will be considerable effect on Mental Imagery Training Programme on cognitive anxiety of basketball players.

Research Methodology:

The present study is based on the experimental method through which pre and post tests were taken to collect the data. This data was examined by using the Movement Imagery Questionnaire



Revised (MIQR). Two groups, pre test and post test design was used for the experimental part of the research.

Variables of the study:

For this research cognitive anxiety is dependent variables.

Population:

The population for the present study will be Ahmednagar district Senior Basketball player age group between 18 to 25 years.

Sample:

The convenience sample method was used to select the sample for this study. This study restricted to the various basketball clubs as well as senior colleges of Ahmednagar District. For this study 48 no. of Basketball players of Ahmednagar were selected. Basketball players of age group between 18 to 25 years were selected as subjects. For this study, there were four groups such as Experimental (Elite), Control (Elite), Experimental (Novice) and Control (Novice) within 12 subjects each group.

Data Analysis

Pre and Post-Test Scores of the Experimental and control groups on cognitive anxiety

Groups	N	Pre test		Post test	
		Mean	SD	Mean	SD
Experimental Elite	12	23.7333	3.43234	19.8667	2.06559
Control Elite	12	23.3333	1.67616	23.2667	1.79151
Experimental Novice	12	23.3333	1.67616	20.3333	1.17514
Control Novice	12	26.8000	1.61245	26.6667	1.87718

The above table of the pre and post-test means on the experimental and control groups on cognitive anxiety indicates that in case of experimental elite group, the pre and post-test mean and SD were 23.733(3.432) and 19.86(2.065) respectively. In case of control elite group, the pre and post-test mean and SD were 23.333 (1.676) and 23.266(1.791) respectively. In case of experimental novice group, the pre and post-test mean and SD were 23.3333 (1.676) and 20.333(1.175) respectively, and for the control novice group, the corresponding pre and post-test mean and SD were 26.800 (1.612) and 26.66 (1.877) respectively.

Result and Discussion:

On the basis of hypothesis the following result has been noticed.

After the mental imagery training programme, it was found that the two Experimental groups Elite and Novice displayed considerable lower cognitive anxiety as compared to the control groups. Pre Experimental group appeared to be higher in cognitive anxiety.

Conclusion:

The present study indicates that there can be different levels of cognitive anxiety when mental imagery training is introduced to the experimental groups. The result of the study indicates that post experimental groups have lower level of cognitive anxiety in basketball players. The study reinforces





the significance of introducing mental imagery training to the basketball players. Such type of training can reduce the level of stress and increases the performance of the players. Sports counselors and coaches can utilize the results obtained from this research for improving the performance of the basketball players.

References:

1. Anshel M. H. (2012). *Sport psychology*, New York: Routledge.
2. Weinberg R. S. and Gould D. (2011), *Foundations of sport and exercise psychology*, Champaign IL: Human Kinetics.
3. Vincent Parnabas, Juinamary Parnabas and Antoinette Mary Parnabas. (2015) *The effect of cognitive anxiety on sports performance among football players. The International Journal of Indian Psychology, Volume 2, Special Issue, Paper ID: IJIPS20150201*
4. Jarvis M. (2002). *Sports psychology*, New York: Routledge.
5. Martens R., Vealy R. S. and Burton D. (1990). *Competitive anxiety in sport*. Champaign Illinois: Human kinetics.

