

# Analysis Of Mental Imagery Among Elite And Non-Elite Sports Person

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## ABSTRACT

*The development of psychological factors in sports demands deliberate intentions, encouragement and motivation. Against this background the present study investigates about the psychological determinants in elite and non-elite Sports persons for talent identifications and sport performance. By using purposive sampling technique 20 female elite and non-elite Sports persons between the age ranges 19 to 35 years were selected from Sports Authority of India and Guru Nanak Dev University respectively. Semi structured interview was conducted with coaches, to determine the psychological factors among Sports persons. The determinants identified were mental imagery. Further the determinants were measured by standardized questioner and scales; T-test was employed to compare the difference between existence psychological determinants of female elite and non-elite Sports persons.*

## 1. INTRODUCTION

Nowadays, game and sport is becoming essential part of our life. It is not only important for success but also important in every walk of life. It includes indoor outdoor and fun activities and builds sense of cooperation, spirit of disciple and teamwork among individual. It also teaches to use energy in a right way and in right time. People who involves in various sports and games have a lot of advantages in comparison with those who don't like and never participated in games and sport. Study completed by Basiret al.(2013) reveals that "there is significant positive effect of cardiovascular among sports person and non-sportsperson". Sport helps an individual to maintain fitness. It also positively affects the psychological health of people and keeps emotionally and socially fit. The Performance of Indian sports and Sports persons of the international competition had been of great concern especially to the great personality of physical education and sports scientist. Much effort has been made to improve the standard of our sportsman's since long years and still trying for the development in future. However little success had been achieved in their respective field. "There various factors which are responsible for the performance of sports. It is now becoming more and more competitive and has also become a career with an emphasis on monetary gains and the desire to win at any cost" (Basir et.al 2013). Now a days sports is becoming very important part of education. The importance of sports benefits not only for the

body but also to the mind and soul. Almost every game requires a certain degree of skill to play in an effective manner. Sports develop and encourage the spirit of healthy competition and environment. Competition is a natural nature of human being. Sports have extensive scope for the competitive atmosphere. The healthy spirit of rivalry and competition constantly leads to improvement in the performance and previous records and made new records and break the old records and constantly excelled or surpassed. There are several other factors which cause sports to an important place in life. It is generally by involving and taking part in different games and sports so that we cultivate what is called the spirit of showmanship and also teach us to cope with each other. This spirit of sportsmanship is an excellent quality in a man and consists of fair play and sense of discipline quality for team work, cooperation, confidence and team management in oneself that enabled one to accept a defeat optimistically.

#### Statement of the problem

The present study was entitled as investigation of psychological determinants in elite Sports persons for talent identification among non-elite Sports persons. The investigator has identified the psychological factors responsible for good performance in elite Sports person with the help of international coaches. On the basis of that variables comparison has been done between elite and non-elite Sports person.

#### Objectives of the study

1. To identify psychological determinants responsible for performance among elite Sports persons.
2. To examine the level psychological determinants among elite and non-elite Sports persons.

#### Hypotheses

There exist significant different between elite and non-elite Sports persons on the variable Mental imagery.

#### Operational Definitions of Selected Variables

Elite Sports person: - Elite Sports persons are those who have participated one or more than one time in international level competition.

Non Elite: - Non Elite Sports persons are those players who have participated in inter college level competition and could not be selected for higher level competition.

Sports person: - In the study sometime the terms Sports person had been used for both Sports persons and Archers.

## **2. METHDOLOGY**

The study aims to identify psychological factors responsible for performance among elite female Sports persons. It also analyse the difference between elite and non-elite female Sports persons in terms of psychological factors. For this purpose 20 female Sports persons from elite (n=10) and non-elite (n=10) were selected. Elite female Sports persons are those who had participated at international level for one or more than one time and still in practice and were selected from SAI Kolkata and non-elite form Guru Nanak Dev University Amritsar (Punjab) who had participated in inter college level but not selected for higher competitions. The data was collected to see the comparison between identified psychological factor meta cognition of elite and non-elite female Sports persons.

Purpose- To assess the Meta Cognitive Inventor among elite and non-elite players.

Scoring – It contains 30 items each items being a statement by a four point scale ‘not at all’, ‘somewhat’, to a considerable extent and very much so’,. If a response marks ‘ not at all’ he is given weightage of 1 point similarly 2,3, and 4 point are given for marking on ‘somewhat’, ‘to a considerable extent’, ‘and very much so’ respectively.

**Statistical Technique**

The raw data was arranged in tabulated form for the further statistical treatment. Collection data was analysed with the help of t-test because the sample size was less than thirty (30 ) and two groups were there. The results were tested at 0.05 level of confidence. On the bases of findings results will be made.

**3. RESULT AND DISCUSSION**

The main aim of the investigator is to find out the result of the study, with the help of t-test. The main aim and objective are achieved and tested hypothesis were formulated.

Table

Significance Difference Between mean score of Elite and Non- Elite Sports persons on the Variable Mental Imagery

Group	N	Mean	SD	Df	t-value
Elite	10	48.25	2.24	18	3.39*
Non-Elite	10	43.11	3.46		

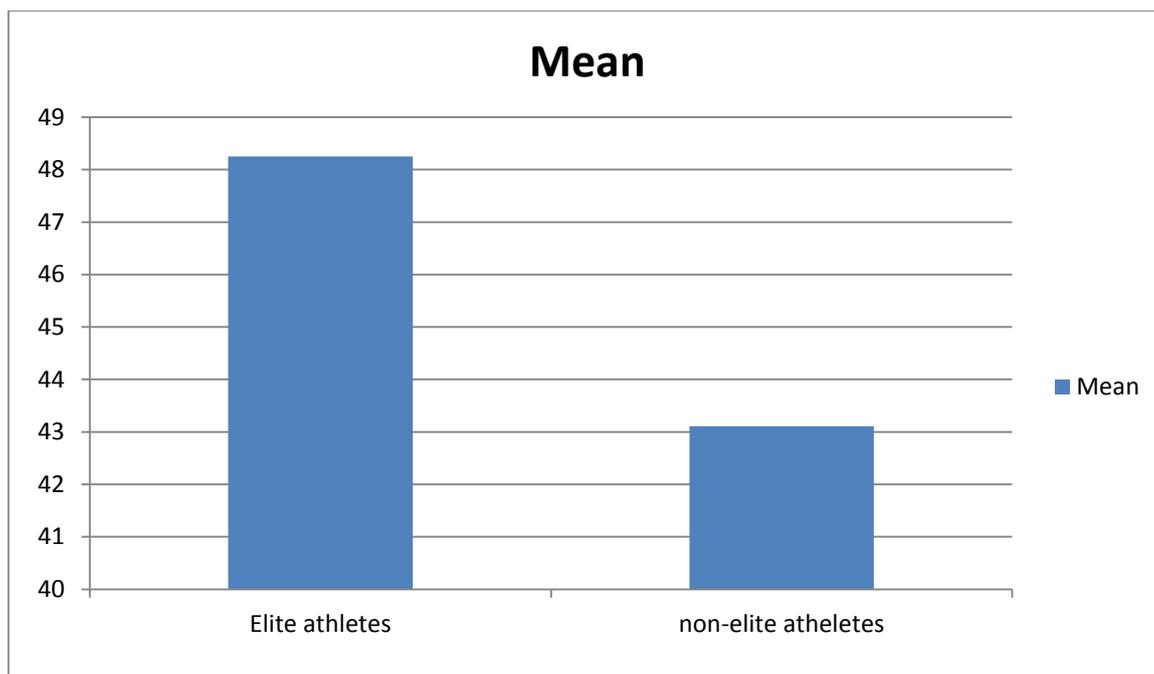
Table value 2.10

\*Significant at 0.05 level

Table reveals that mean score of elite Sports persons is 48.25 were as non-elite Sports persons is 43.11 where as standard deviation is 2.24 and 3.46 respectively the t-value was found 3.39 statistically at 0.05 level of confidence. The result indicates that elite Sports persons have higher mental imagery as comparison to non-elite Sports persons.

Figure

Shows the Comparison of Mental Imagery between Elite and Non- Elite Sports persons



#### 4. DISCUSSION ON TABLE

The above table shows that elite archers and Sports persons performed better on the variable mental imagery in comparison to non-elite Sports person. Mental imagery is a simply a mental technique that venture the mind and the body to respond optimally. Furthermore (Fisher1986) clarifies that imagery is the language of the brain in a real sense, the brain really cannot tell the difference between an actual physical event and the vivid visualization of the same event. For this reason imagery can be used by the brain to provide repetition, elaboration, intensification and preservation of important athletic sequences and skills. (Gould et.al 2002) stated in an article that elite Sports person have higher self-confidence, goal setting and mental imagery. (Thomas et.al 1999) also stated in article that elite Sports person use more mental imagery than non-elite Sports person. (Calmels et .al 2003) also stated that overall successful elite Sports person use imagery more extensively and more systematically because due to this reason elite Sports person has better imagery ability as compared to non-elite Sports person .(Mahammadzahen et.al 2014) studied on elite and non-elite volleyball players and reported that higher level of mental imagery in elite Sports person as compared to non-elite Sports person. Findings confirm talented Sports persons had comprised significantly better mental imagery skills compared to the less talented Sports persons.

Various studies have been performed in this aspect with significant findings (Gupta and Yousaf 2015, Khan and Devi 2019, Singh C. 2019, Kaur et al. 2016, Thakur and Kohli 2015).

#### 5. CONCLUSION

The aim of the study was to compare the psychological characteristics of elite and non-elite Sports person for talent identification. Within the limitation of the study following conclusion was appeared. The psychological variable namely Emotionally Intelligence was significantly different in elite players Sports person as compared to non-elite Sports person.

## Result of the Study

Significant difference was observed between elite and non-elite Sports persons on the Variable mental imagery.

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