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Practice Of Mental Imagery As A Psychological Technique To Enhance Sports Archer's Performance At The University Level

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Abstract

Imagery interventions significantly enhanced motor performance, motivational outcomes, and affective outcomes. Top athletes use imagery extensively to build on their strengths and help eliminate their weaknesses. To compete more effectively. Imagery not only helps athletes to regulate the anxiety they experience during competitions but also helps athletes to stay confident, focused and mentally tough. The purpose of this study was to measure the effect of imagery on an Archer's performance. The sample size of this current study was comprised of male (n=30) of archery players from the University of the Punjab, Pakistan, Punjab Sports Board. Researchers worked on the imagery and imagery session design by PETTLEP Model. A paired-sample t-test showed that the imagery training (Treatment Group) improved significantly ($p<0.001$) from the pre-test to the post-test. The results strongly support the use of imagery in enhancing the performance of male Archers at the university level.

Introduction

Imagery is one of the most popular and well-accepted sports psychological strategies to improve performance, psychological skills, and injury rehabilitation (Keilani et al., 2016). As archery's popularity has grown, so has the need to use mental abilities to assist archers in improving their execution. It can frequently be the difference between losing and winning in a sporting realm, particularly in a subjective activity such as archery, which requires the use of both physical and mental ability (Smoll et al., 2006). Because of the concept of archery, archers who can manage their emotions perform better than those who can't. Before, during, and after sporting tournaments, archers use mental talents such as excitement management and focusing attention. Research in archery and MST initiatives has largely focused on world class archers, with only a few studies focusing on highlevel archers who are also active in some ac ademic activities at the university level. Because archery requires a large deal of subjective ment al abilities, MST programmes have sprung up all across Europe, Asia, and North America to help archers improve their mental abilities and hence improve their success in their sport (Dal, 2019).

There has been little research in Pakistan on the effect of psychological training on archery perfo rmance.The goal of this study was to determine t he effect of Imagery frequency for archers to im prove their performance. The Imagery training p rogramme was created with the sole purpose of determining the impact of Imagery training Six Times a Week (6x/wk) on Archers. The PETTLEP Imagery technique was utilised f or this investigation because it has shown to be t he most effective. The PETTLEP group improve d the most. As a result, the findings supported the superiority of PETTLEP-based imagery over traditional imagery. Smith et al. (2008) obtained comparable results for golf bunker shots. Matthews (2003) provided a premise for the mental abilities required in archery. Theory of mental toughness, which proposed three components that are important for mental toughness: control, challenge, and commitment. Confidence was identified as a fourth segment by Clough et al. (2002). Control, Commitment, Challenge, and Confidence are the four components.

Research Methodology

The present study was conducted on archer players of the University of the Punjab, Lahore and Punjab Sports Board. The sample size of this study was comprised of male (n=30) archery players. The researchers divided the sample (n=30) into two groups, (Experimental Group n=15), and (Control Group n=15). Before giving the treatment, the procedure of the study was explained to the participants, and ethical approval was taken from the concerned office.

The Sports Imagery Ability Questionnaire (SIAQ) by William and Cumming (2014) was used to take the response of players on imagery. The questionnaire was given to players in pre and post-tests. After collecting the response of players by using SIAQ in the pre-test then, 8 weeks training plan was designed on imagery to improve the performance of players following the PETTLEP Model (Holmes & Collins, 2001). Each imagery session was fifteen (15) minutes a day and Six Times a Week (6x/wk). The eight-week imagery training program was organized for the Treatment Group at the ground of the Department of Sport Sciences and Physical Education, on the campus of the University of the Punjab Lahore Pakistan and there was no imagery training for the control group. Statistical Package for Social Sciences (SPSS-25) was used to analyze the data and independent T-Tests was used in this study.

Results:

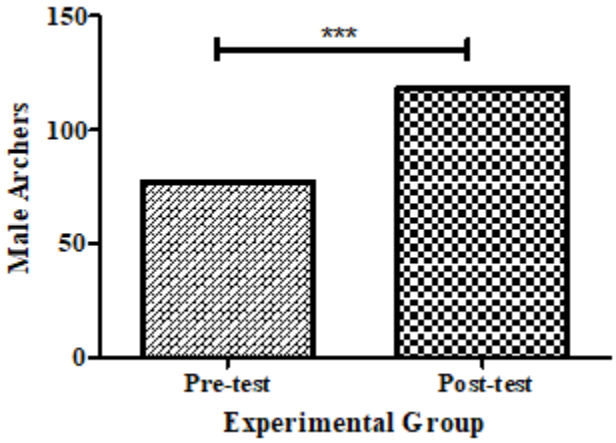

Figure No.1 Paired Sample T-Test of Experimental Group Pre and Posttest on male Archers Players.

Figure -1 shows the results of Paired Sample T-test Experimental Group pretest and Experimental Group posttest. The experimental group pretest had a mean of 77.40 and the Experimental Group posttest mean of 118.5. This **Figure** shows that there was a significant difference ($p<0.05$) between the mean score of the Experimental Group pretest and the Experimental Group posttest. Further, it was determined that imagery had a significant ($p<0.005$) positive effect on male Archers players.

Figure No.2 Paired Sample T-Test of Control Group Pre and Posttest on male Archers of University level

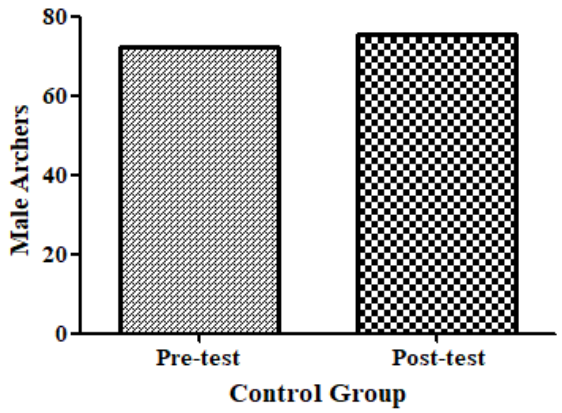

Figure -2 shows the results of Paired Sample T-test Control Group pretest and Control Group posttest. The Control Group pretest had a mean of 72.13 and the Control Group posttest mean of 75.33. This **Figure** shows that there was no significant difference ($p>0.05$) between the mean score of the Control Group pretest and the Control Group posttest. Further, it was determined that without imagery practice had no significant ($p>0.005$) effect on male Archers players.

Discussion and Conclusion

A sample of thirty (30) of male Archers was selected by random sampling method and it was divided into two groups (i) Treatment Group and (ii) Control Group. The researchers administrated Sport Imagery ability Questionnaire to both groups as pretest. The Treatment Group completed 15 minutes of imagery training six times per week. The Control Group did not perform any imagery training. After the eight week imagery training program, both groups were given Sport Imagery ability Questionnaire as post-test. It was observed that Treatment Group improved significantly ($p<0.001$) from pre to post-test. In this research nevertheless, as hypothesized Imagery has positive effect on male Archers. A paired- sample t-test showed that the imagery training (Treatment Group) improved significantly ($p<0.001$) from pre-test to post-test. The results strongly support the use of imagery in enhancing performance of male Archer's at university level. The results of present study also supported with previous studies (Hashmi et al., 2020; Butt et al., 2016). Research has shown that athletes can improve both physical and psychological reactions in certain situations with visualization. Imagery can build both experience and confidence in an athlete's ability to perform certain skills under pressure or in various possible scenarios (Gee, 2010).

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