



## EFFECT OF IMAGERY PRACTICE ON THE SELECTED BATTING SKILLS OF THE COLLEGE LEVEL CRICKETERS

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### Abstract

The aim of the present study was to find out the effect of imagery practice on the selected skill. For the purpose of this study thirty college level cricketers (boys) were selected as subjects. The ages of these subjects ranged between 20-23 years with a mean and SD  $21.4 \pm 1.41$ . The subjects were divided into two groups (experimental and control groups) each group consisted of 15 subjects. The selected cricket skills were front foot defence, front foot off drive and pull shot and start's (1960) technique of mental practice. The imagery training was carried out for six-weeks, three days a week. Pre and post test scores were taken, to find out the effect of mental imagery practice the groups. The data was treated by applying analysis of covariance and level of significance was chosen at 0.05. the analysis of data using analysis of covariance revealed that post adjusted mean of experimental groups trained by mental imagery practice, showed better efficacy on selected cricket batting skills mainly front foot defence (  $F=4.75$ ), front foot off drive ( $F=4.46$ ) And Pull Shot ( $F=5.89$ ) which were higher than the tabulated F ratio 4.21 needed to be significant.

**Keywords:** Imagery, Front Foot Defence, Front Foot Drive and Pull Shot.

### Introduction

Mental imagery can be defined as the process that occurs when we recreate experiences in the mind using information that stored in the memory. Dreaming is an unstructured imagery, but the type of imagery we are interested in here is structured imagery, where the athlete use his or her imagination in a controlled fashion to recreate specific images. There are a number of different ways of visualizing images or experiences recreated in the mind (e.g. you can visualize yourself feeling movement internally, or externally as a spectator) but research shows that the more able athlete is to control his or her imagined movements, the greater the potential performance enhancement.

### Methodology

Thirty cricketers (boys) studying in B.A. 3<sup>rd</sup> year of Amar Singh College, Lakhavati were selected by using purposive sample method as subjects for the study and divided into two groups of 15 subjects each. The ages of these subjects ranged between 20-23 years. All of them were taking part in routine physical education programme as per the schedule of the college. The selected cricket skills were front foot defence, front foot off drive and pull shot and start's (1960) technique of mental practice. The imagery training was carried out for six-weeks, three days a week. Pre and post



test scores were taken, to find out the effect of mental imagery practice. Between experimental group and control group after the training of six week. The data was treated by applying analysis of covariance in order to find out the effects of mental practice on the selected batting skill performance in the cricket. The level of significance was chosen at 0.05.

### Findings

To determine the effect of mental imagery practice on front foot defence, front foot off drive and pull shot of experimental group and control group analysis of covariance was used to analyses of data pertaining to this study are presented in tables 1,2,3,4,5 and 6.

TABLE-1  
ANALYSIS OF COVARIANCE OF THE MAN OF  
EXPERIMENTAL GROUP AND CONTROL GROUP ON  
FRONT FOOT FORWARD DEFENCE

Group	Exp. Gr.	Ctl. Gr.	Sum of Square	df	Mean Square	F-ratio
Pre- test mean	36	33.6	43.2 303.6	1 28	43.2 10.84	3.98
Post- test mean	38	34.13	116.0 342.66	1 28	116 12.23	9.48*
Adjusted post- test mean	36.08	34.55	28.11 159.5	1 27	28.11 5.90	4.75*

\*F- ratio needed for significance at 0.05 level of significance.

The analysis of covariance from table-1 for front foot forward defence indicates that F-ratio applied to the pre- test means. The resultant F-ratio is 3.98 that were insignificant at 0.05 levels. From the above it is cleared that the pre-test means of the all two groups yielded F-ratio Value of 9.48\* which was significance at 0.05 levels. The deference between the adjusted post-test mean was also found significant as adjusted F-ratio was 4.75\* at 0.05 level of significance. As the difference between the adjusted mans were not significant difference between all paired adjusted final means are shown in table2.

TABLE-2  
PAIRED ADJUSTED MEANS AND DIFFERENCE BETWEEN  
MEANS FOR EXPERIMENTAL GROUP AND CONTROL  
GROUP ON FRONT FOOT FORWARD DEFENCE

Mean		Mean Difference	Critical Difference
Exp. Group	Control Group	2.06*	1.81
37.13	35.07		

Significant at 0.05 level of significance

It is evident from the table no. 2 that means difference of experimental group and control group was found to be significant at 0.05 levels. The statistical finding of above table reveals that the mental imagery practice of 6 weeks was effective on the performance of front foot defence.

TABLE -3  
ANALYSIS OF COVARIANCE OF THE MEAN OF  
EXPERIMENTAL GROUPS AND CONTROL GROUP ON  
FRONT FOOT OFF DRIVE

Group	Exp. Gr.	Ctl. Gr.	Sum of Square	df	Mean of Square	F-ratio
Pre- test mean	26.6	27.13	2.13 193.3	1 28	2.13 6.90	0.30
Post- test mean	25.06	27.2	34.13 223.3	1 28	34.13 7.97	4.27
Adjusted post- test mean	25.24	27.03	23.8 143.8	1 27	23.8 5.32	4.46

\*F-ratio needed for significance at 0.05 level of significance.

From the table-3 the analysis of covariance for front foot off drive clearly signifies that F-ratio applied to the pre- test means. The resultant F-ratio is 0.03 that was significant at 0.05 levels. From the above it is cleared that the pre-test mean did not differ significantly and random assignment of the subjects in two groups was successful. Thee post-test mean did all two groups yielded F-ratio value of 4.27\* which was significance at 0.05 levels. The difference between the adjusted post-test mean was also found significant as the



adjusted F-ratio was 4.46\*at 0.05 level of significance.

As the difference between the adjusted post-test means for two groups were found significant the critical difference between the paired adjusted final means were not significant difference between all paired adjusted final means ate shown in table 4.

TABLE -4  
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR THE EXPERIMENTAL GROUPS AND THE CONTROL GROUP ON FRONT FOOT OFF DRIVE

Mean		Mean Diff.	Critical Diff.
Experimental group	Control group		
25.24	27.03	1.79*	1.72

\* Significant at 0.05 level of significance

Table-4 shows that mean difference of experimental group and control group was found to be significant at 0.05 levels. The statistical finding of above table reveals that the mental imagery practice of 6 week was effective on efficacy of front foot off drive.

TABLE- 5  
ANALYSIS OF COVARIANCE OF THE MEAN OF EXPERIMENTAL GROUPS AND CONTROL GROUP ON PULL SHOT

Group	Exp.	Ctl.	Sum of Square	df	Mean of Square	F-ratio
Pre- test mean	24.06	25.26	10.8 91.86	1 28	10.8 3.28	3.29
Post- test mean	26.06	24.06	30.0 189.86	1 28	30.0 6.78	4.42*
Adjusted post- test mean	26.32	23.12	39.09 178.95	1 27	39.09 6.62	5.89*

\*F-ratio needed for significant at 0.05 level of significance

Table- 5 suggested that the analysis of covariance for the pull shot clearly signify that F-ratio applied to the pre-test means. The resultant F-ratio is 3.29 that were insignificant

at 0.05 levels. From the above it is cleared that the pre-test mean did not differ significantly and random assignment of the subjects in two groups was successful. The post-test means of the all two groups yielded F-ratio value of 4.42\* which was significance at 0.05 levels. As The difference between the adjusted post-test means for two groups were found significant. The critical differences between the paired adjusted final means were not significant differences between all paired adjusted final means are shown in the table 6.

TABLE-6  
PAIRED ADJUSTED MEANS AND DIFFERENCES BETWEEN MEANS FOR EXPERIMENTAL GROUPS AND CONTROL GROUPS ON PULL SHOT

Mean		Mean Difference	Critical Difference
Exp. Group	Control Group		
26.32	23.12	3.2*	1.92

\* Significant at 0.05 level of significance

Table- 6 shows that mean difference of experimental group and control group was found to be significant at 0.05levels. The statistical finding of above table reveals that the mental imagery was effective on the Pull Shot.

### Conclusion

Research has shown that the ere visualization of the muscle movement in the mind can create electrical activity in that muscle even though there's no actual movement in the muscle itself, and also that the pattern of electrical activity closely resembles that seen during actual movement. The analysis of data using analysis of covariance revealed that front foot defence, front foot drive and pulls shot. There was no change found in control



group because the control group was not edged in any type of mental imagery practice as the experimental group were. The better performance of experimental group as compared to the control group may be due to the fact that the experimental group have undergone a systematic and progressive training program (thrice a week) for duration of six weeks whereas control group did not participated in any kind of formal training. It is well known fact that to perform any skill in game and sports an athlete should equally prepare himself/ herself physically and mentally. Then only he/she is able to implement that skill with maximum efficiency. Mental imagery preparation helps athlete to make himself/herself ready in advance for the task he/she is going to perform and it help to preparing themselves psychological with the practice of mental imagery program for the skills which they were going to employ and which will help them to perform the skill with more confidence and to bring more efficacies while executing the skills better than the control group after the 6 weeks of mental imagery practice.

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