Chapter – V
Summary, Conclusion and Recommendations

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Imagery has been used exclusively as an adjust to practice and performance or in connection with practice, and generally under resting conditions. Imagery as a form of mental practice plays an important role in skill acquisition and skilled performance. It is a mental technique that programs the human mind to respond as programmed. Imagery helps an individual to develop a mental blue print of the action required by creating a motor program in the nervous system. This stored blue print then serves as a guide for future skill reproduction.

Although using imagery is often associated with learning new sport skills, athletes use imagery for several different purposes, which include building confidence, helping to correct a skill, preparing to get the most out of a practice or specific drill, assisting to psychological recovery and motivation.

The investigation was focussed on constructing a test to measure mental imagery level of athletes. Development of sport imagery scale is warranted to equip the coaches and trainers to mentally prepare the athletes for competition.

The title of the study is

"A test construction study of mental imagery in sports".

OBJECTIVES

The following were the objectives of the study;

1. To construct and standardize sports imagery scale.

2. To develop norms of sports imagery scale.

SAMPLE

The sample consisted of 390 athletes randomly selected from different sports disciplines to collect the data. The age group of the subjects was 16 to 22 years. The subjects were taken from team and individual sports which included Basketball, Hockey, Soccer, Handball, Cricket, Athletics, Volleyball and Gymnastics. The subjects were drawn from the colleges affiliated to the universities of Punjab i.e. Guru Nanak Dev University, Amritsar, Panjab University, Chandigarh and Punjabi University, Patiala.

Two samples were taken in two different phases. The subjects taken in the first phase numbered 90, while the subjects taken in the second phase were 300.

In the first phase a list of 41 test items was prepared and content validated. After consultations with the subject experts these were reduced from 41 to 24. These were then tested on 90 subjects. The data so collected was used for factor analysis. Wherein 10 factors have emerged. Based on the results of factor analysis the items were selected for the sports imagery scale. The format of these items is reflected in table 13. This scale was tested on 300 athletes from different team and individual sports to prepare the norms.

STATISTICAL DESIGN

Factor analysis was used to construct sports imagery scale. The scientific authenticity of the test was established by computing reliability, validity and objectivity.

The reliability of the sports imagery scale was established by using the test-retest and split-half methods. Results show that the test is highly reliable.

The validity of the test was established by using following procedure:

1. Content validity was established by getting the responses of subjects and experts.

2. Construct validity was established by using the factor analysis technique.

3. Concurrent validity was established by comparing the test with imagery questionnaire developed by Hall, Mack, Paivio & Hausenblas (1998). Both of these tests have been found related.

The objectivity of the scale was established by collecting the data on the same subjects with an interval of two days.

Norms for sports imagery scale were prepared by using Hull Scale and Percentile Scale.

CONCLUSIONS

The following conclusions can be drawn from the present study:

1. The factor analysis yielded 10 factors specific to the study of mental imagery in sports. These factors are considered relevant for construction of Sports Imagery Scale. Since the items falling under there factor have significant rotated factor loadings, which is evident from the results of factor analysis.

2. The newly developed test inventory of imagery meets the criterion of scientific authenticity that is:

    i) The test is highly reliable (Test-retest 'r' is .79, split-half 'r' is .76).

    ii) The test is valid. The correlation between the Sports Imagery Scale and imagery questionnaire developed be Hall, Mack, Paivio and Hausenblas (1998) is .68.

    iii) The Sports Imagery Scale is objective. The objectivity score is .81.

3. This inventory is applicable to the sports population of the State of Punjab and Union Territory of Chandigarh as the subjects were drawn from these regions of the country.

RECOMMENDATIONS

In the light of findings of the present study the following recommendation could be made:

1. Coaches and trainer should use sports imagery scale periodically to evaluate the effectiveness of mental preparation programmes of athletes through mental imagery. This may help in assessing how effectively the athletes respond to their programme.

2. The norms of this study may also help in assessing the imagery level of athletes.

3. Similar inventories should be developed on the population not covered under this study.

4. The functions of imagery should be considered by the trainers and the coaches and they should make efforts to mentally prepare the athletes for competition through imagery training.