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Assessment of imagery ability and mental preparation between inter-college and inter-university level volleyball players

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Abstract

The aim of this study was to assess the Imagery Ability and Mental Preparation between Inter-College and Inter-University level Volleyball Players. Twenty-eight (N=28) male subjects, between the age group of 18 to 25 years participated in this study. Inter-College level and Inter-University level Volleyball Players were chosen in this present study. The study was subjected to Imagery Ability and Mental Preparation. Un-paired t-test was used in this study. The SPSS (Statistical Package for the Social Sciences) version 20.0 was used for all analyses. The level of significance was set at 0.05. The absolute value of the calculated t is smaller than critical value [$1.8627 < 2.056$], so the means are not significantly different. Thus, the means of Inter-College and Inter-University are not significantly different at $p < 0.05$ with regards to sub-variable, Imagery Ability. The absolute value of the calculated t is smaller than critical value [$0.5936 < 2.056$], so the means are not significantly different. Thus, the means of Inter-College and Inter-University are not significantly different at $p < 0.05$ with regards to sub-variable, Mental Preparation.

Keywords: Inter-College, inter-university, volleyball players, imagery ability and mental preparation

Introductions

Sports psychology is a branch of psychology that studies the psychological characteristics of people in sports and changes in their regular activities. It is also a new discipline in sports, and theories and methods of physical education and physical education and sports. Studies, exercise physiology, and sports training are closely linked. Sports psychology mainly takes the psychological characteristics of people's psychological process changes when participating in sports as the research object, and studies the psychological changes of sports personnel in the process of sports teaching and training and sports competition, such as the psychological characteristics of sports skills formation, before the game. Mental status, psychological training of athletes, etc. ^[1]. Sports psychology and mental performance coaching has existed in varying degrees for more than a century ^[2, 3]. It has become common practice for elite-level athletes and teams to employ sports psychologists or mental performance coaches to give them the winning edge over their opposition ^[4]. This also applies with elite player development where sports psychologists or mental performance coaches have become part of academies, and pathway programs ^[5]. To optimize athletic performance and well-being, it is crucial for athletes and coaches to recognize the interaction between these psychological factors. By investing in psychological factors, athletes can promote their abilities in coping stress and anxiety, foster mental resilience and maintain a positive mindset in facing the challenging circumstances ^[6]. Interest in the mental health and wellbeing of professional athletes has proliferated in the last decade ^[7].

Material and Methods

Twenty-eight (N=28) male subjects, between the age group of 18 to 25 years from Guru Nanak Dev University, Amritsar participated in this study. Inter-College level and Inter-University level Volleyball Players were chosen in this present study. The study was conducted on Imagery Ability and Mental Preparation.

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Statistical Analysis: Un-paired t-test was used in this study. The SPSS (statistical package for the social sciences)

version 20.0 was used for all analyses. The level of significance was set at 0.05.

Results

Table 1: Descriptive statistics of inter-college and inter-university level volleyball players of imagery ability and mental preparation

Imagery Ability		
	Inter-College level volleyball players	Inter-University level volleyball players
Mean	12.375	16.5
Variance	24.8594	45.5833
Stand. Dev.	4.9859	6.7515
n	16	12
t	1.8627	
critical value	2.056	
t < critical value	no sig. diff.	
Mental Preparation		
	Inter-College level volleyball players	Inter-University level volleyball players
Mean	15.8125	14.5
Variance	36.7773	29.0833
Stand. Dev.	6.0644	5.3929
n	16	12
t	0.5936	
critical value	2.056	
T<critical Value	No Sig. Diff.	

Imagery Ability

The absolute value of the calculated t is smaller than critical value [1.8627<2.056], so the means are not significantly different. Thus, the means of Inter-College and Inter-University are not significantly different at $p<0.05$ with regards to sub-variable, Imagery Ability.

Mental Preparation

The absolute value of the calculated t is smaller than critical value [0.5936<2.056], so the means are not significantly different. Thus, the means of Inter-College and Inter-University are not significantly different at $p<0.05$ with regards to sub-variable, Mental Preparation.

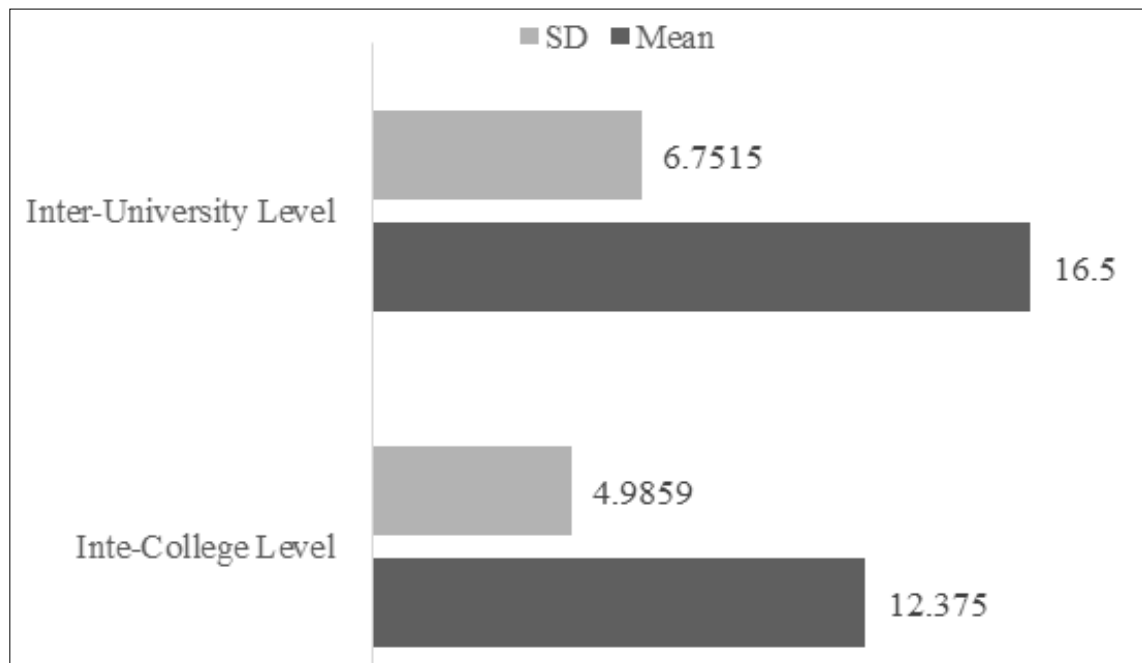


Fig 1: Descriptive statistics of inter-college and inter-university level volleyball players of imagery ability

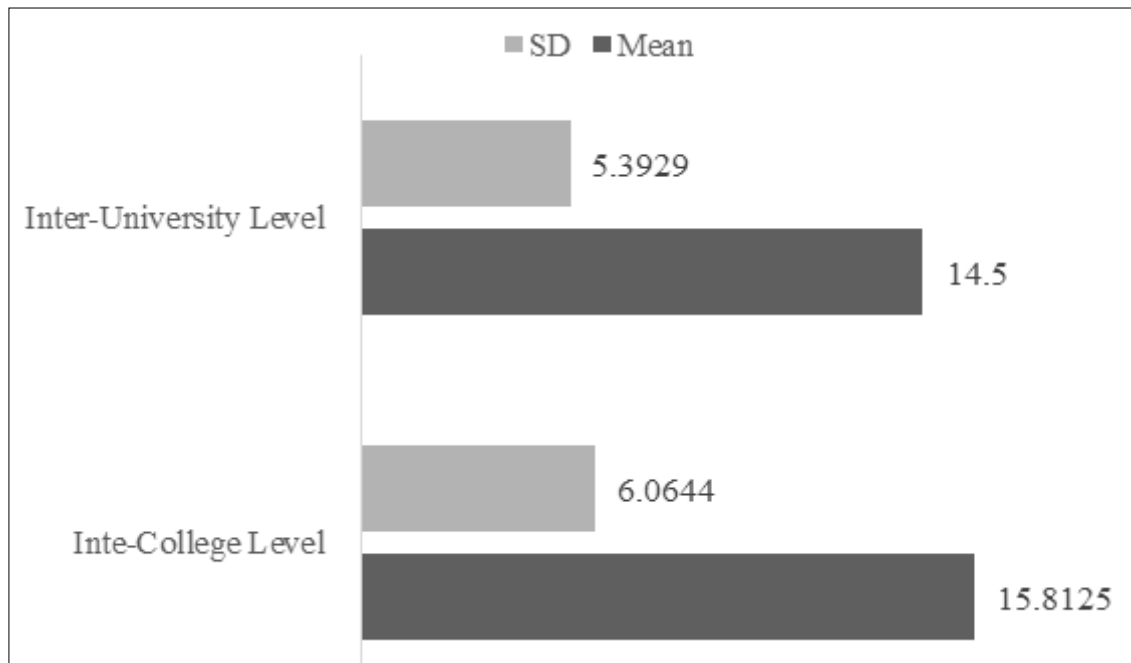


Fig 2: Descriptive statistics of inter-college and inter-university level volleyball players of mental preparation

Conclusion

Our study focused on imagery ability and mental preparation among male volleyball players aged 18 to 25. Utilizing the un-paired t-test analysis via SPSS, we found significant correlations between imagery ability and mental preparation. These findings underscore the importance of mental training interventions in optimizing athletic performance. Recognizing the intricate relationship between psychological factors is essential for athletes and coaches. By integrating mental resilience techniques, athletes can effectively manage stress, enhance performance, and maintain a positive mindset. This study highlights the necessity of incorporating sports psychology strategies into athlete development programs for improved performance and well-being.

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