

Study on Pre-Visualization Mental Health and Fitness Among Athletes

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A coordinated approach for sorting-out obstacles faced by athletes in games especially team games, is the need of the hour. Most of the times only explanation of rules and regulation works as a coordinated approach. But mental practices and imaging or pre-visualization exercises works as a dominant factor during game situation because it provides way to sort-out one game situation through different playing styles. This study was carried out on 25 male subjects, ranging in age group from 21 to 25 years. A tactical understanding and coordinative approach on the side of mental training have been looked upon. A Questionnaire consisting of 21 questions has been employed to know to what extent the subject was affected by the above technique. This questionnaire assessed the perception contents of Athletes, i. e., imaging, visual, tactical outcome during play, Muscle Memory, Creativity, etc. Simultaneously, a personal interview test was conducted with respondents. The Data was analyzed by using t-test. The results revealed that minimum score of pre-test was 29 and maximum score was 89. Result of the post-test i.e. minimum score 34 and maximum score 95. Improvement occurs when it was informed to athletes about orientation towards goal as arousal awaken their visualization contents and it has more enhanced when added with some interesting and creative activities. Thus above statistical result reveals that perceptual sports contents get significant improvements as a result of mental imaging technique. There was a significant difference between pre and post results within group. In game situation, self-criticalness of intelligence may become cause of victory as one acquire to reason and judge well.

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