

## Enhancement of the Performance of Players with Natural Language Processing Visualization Mental

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The tough challenges encountered by a sportsperson while participating, competing, and winning national and international events are always the discouraging elements that a sportsman spirit comes face to face with. The physiological side that's intensely subjected to training modules, high endurance training sessions and anticipation-based extreme pressure from trainers create a kind of confidence. This is where the critical participation of mental faculties through researched, tested, and channelized studies through Natural Language Processing (NLP) visualization techniques (balloon exercise) help to overcome the prevailing inadequacies that develop at later stages in high-competition environments. This precautionary measure is taken and implemented on an awareness basis to sports personnel who prepare for greater challenges to be successful in the competitions. This NLP training program entailed a four-week training with a batch of ten sports personnel ages ranging from 16-20 years (mean age=18 years) it has been done in a comfortable environment by giving the psychoeducation and after making them understand how this model works with brain and body training was given to them. A pre-test, intervention and post-test design was used. In the pre-test, athletes' performance in their events was assessed. Then, all participants received mental training based on the NLP visualization model. For four weeks, athletes rehearsed the mental training. The post-test was conducted after the intervention to evaluate athletes' performance. The results showed that NLP visualization significantly improved athletes' performance. Athletes who received NLP visualization performed better in the post-test than they did in the pre-test. This study suggests that NLP visualization is an effective technique for improving sports performance.

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