

ANALYSIS OF IMAGERY ABILITY AND MENTAL PREPARATION BETWEEN HIGH AND LOW PERFORMING HANDBALL PLAYERS

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Abstract

The purpose of the study was to analysis imagery ability and mental preparation between high and low performing handball players. To achieve the purpose sixty females (high performing=30, low performing=30) handball players between the age group of 18 to 23 years participated in the intercollegiate handball tournament of Manonmaniam Sundaranar University Tirunelveli, Tamil Nadu during 2017-18. Imagery ability and Mental preparation were selected as dependent variables and they were Mental Skills Questionnaire developed by Hardy and Nelson. The Collected data was statistically analyzed by independent t test and it was tested by 0.05 level of confidence to find the significant difference between the selected groups. The result shown that, there was a significant difference exists on imagery ability, mental preparation high and low performing handball players.

KEY WORD: Imagery Ability, Mental Preparation, Handball players.

INTRODUCTION

Sport plays a very prominent role in the modern society. It is important to individuals, a group, a nation and indeed the world. Through sports and games human can maintain physical and mental fitness, apart from promoting recreation and showing one's upper-handiness over the other. Throughout the world, sport has a popular appeal among people of all ages and both sexes. Throwing sports have a long history background; it comes from a lineage of activities that dates to the Ancient Olympic Games.

Handball is a team game and is played popularly by the worldwide nations and is recognized by the International Olympic Association. It is also played professionally in many European countries. In Asia, including India this game has become significant among other popular games. Handball is also known as team handball, field handball, European handball, or Olympic handball. It is a team sport where two teams of seven players each (six players and a goalkeeper) pass and bounce a ball trying to throw it in the goal of the opposing team.

Mental skill is the set of trainable mental abilities and methods that are help to underpin successful learning and performance. The basic mental skills include concentration, goal setting, imagery and mental rehearsal (Mohammad, Sardar, Ali,. 2014) [2].

PURPOSE OF THE STUDY

The purpose of the study was to analyze imagery ability and mental preparation between high and low performing handball players.

METHODOLOGY

To achieve the purpose of this study, the analysis of imagery ability and mental preparation between high and low performing handball players. To achieve the purpose of the study 60 students were selected from affiliated colleges of Manonmaniam Sundaranar University Inter Colligate Players, Tirunelveli district. Administration skill

was selected as independent variables. Data were collected by using Administration Questionnaire scale is developed by Hardy and Nelson (1988.). The collected data was statistically analyzed by using independent 't' test at 0.05 level of confidence.

ANALYSIS OF DATA

TABLE I
COMPUTATION OF MEAN, STANDARD DEVIATION, 'T' RATIO
(IMAGERY ABILITY)

Test	Subject	Mean	SD	t value
High performance	30	21.43	1.17	18.39*
Low performance	30	14.47	1.72	

't' (58) = 2.0

Table I indicated that the obtained 't' ratio was 18.39 But the tabulated table value for significance at 0.05 level of confidence with the df 58 was 2.0. Since the obtained 't' value was greater than the table value at 0.05 level of confidence, it was a significant difference between high and low performing handball players.

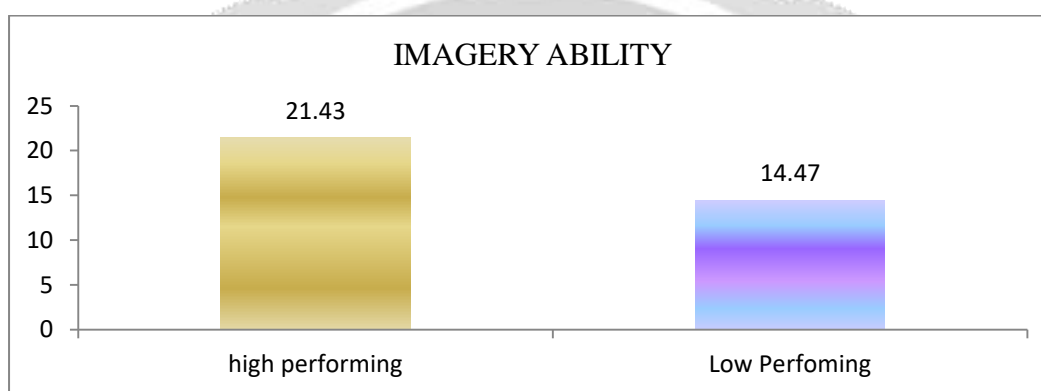


FIGURE I: MEAN VALUES OF HIGH PERFORMANCE AND LOW PERFORMANCE ON IMAGERY ABILITY.

TABLE II
COMPUTATION OF MEAN, STANDARD DEVIATION AND 'T' RATIO
(MENTAL PREPARATION)

Tests	Subject	Mean	SD	't' Ratio
High performance	30	20.47	1.20	18.13*
Low performance	30	13.19	1.58	

't' (58) = 2.0

Table II: indicated that the obtained 't' ratio was 18.13 But the tabulated table value for significance at 0.05 level of confidence with the df 58 was 2.0. Since the obtained 't' value was greater than table value at 0.05 level of confidence, it was clearly indicated that there was a significant difference between high and low performing handball players.

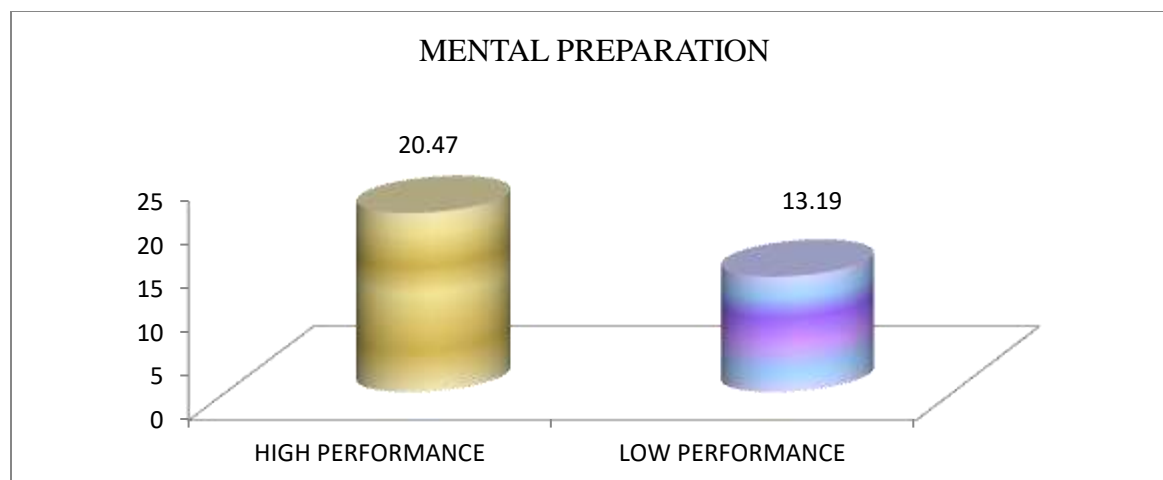


FIGURE II: MEAN VALUES OF HIGH PERFORMANCE AND LOW PERFORMANCE ON MENTAL PREPARATION.

CONCLUSIONS

1. There was a significant difference between high and low performing handball players on imagery ability
2. There was a significant difference between high and low performing handball players on mental preparation.

RESULT

The result of the study similar with the result of Ali, et al., (2011) [1], showed that female elite volleyball players had better Mental Skill than the female sub-elite Volleyball players.

The result of the study similar with the result of Mohammad Maleki, Sardar Mohammadi, Ali Nazarian (2014) [2] showed significant differences between elite and sub-elite basketball players and gymnasts in basic mental skills, psychosomatic skills and cognitive skills.

REFERENCES

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2. **Mohammad Maleki, Sardar Mohammadi, Ali Nazarian (2014)** showed significant differences between elite and sub-elite basketball players and gymnasts in basic mental skills, psychosomatic skills and cognitive skills.