



Effect of imagery ability training on the passing and serving skills of the university volleyball players in Pakistan

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Abstract

The purpose of this study was to investigate the effect of imagery training on the passing and serving skills of university volleyball players in Punjab, Pakistan. The participants were aged between 18-25 years and had at least five years of volleyball playing experience. An imagery training program was based on the 40 players of 10 public and private universities of Punjab. An imagery ability training questionnaire was filed, before and after the imagery training program by using the judgmental sampling technique. Descriptive statistics and paired sample t-test were implemented to analyse the data at $P < 0.05$ level of significance. The results of the study show that imagery training improved the passing and serving skills of volleyball players at the university level. It is suggested that government and policymakers should take initiatives to promulgate the mental training programs to improve the scope and performance of university-level volleyball players so that they can perform well at national and international level.

Keywords: imagery ability, passing skills, serving skills, university level players

1. Introduction

Imagery is an athlete's mental skill toolbox which can be used to perform the various task in competitive situations and to accomplish the dream performance. Imagery skills help athletes to generate persistent images to compete in competitions or during training. Cumming and Williams ^[2] indicated that the usage of imagery skills effectively can lead to enhance the athlete's performance, skills, strategies and learning by attaining optimal mental state. The poor imagery ability can hamper the athlete's progression while the better imagery is linked with superior performance, greater confidence, low cognitive anxiety and cope up with stressful, challenging and threatening situations ^[3,4].

Kim ^[5] examined that teaching of motor techniques can improve the serving, setting, and the passing skills of volleyball players during the off-season. AL-Haliq, Khasawneh ^[6] Highlighted that, mental training programs influences positively the serving, setting, and reception skills of volleyball players. Shoenfelt and Griffith ^[7] investigated the effect of mental skills, relaxation techniques, imagery training, attention focus, goal's setting, modelling of behaviour, and performance on the serving skills of intercollegiate volleyball players. The results indicated that imagery skills utilisation has a significant association with good serving percentage and performance. Balamurugan ^[8] Investigated the effect of imagery training on the male volleyball players by employing two experimental groups in a six-week training program which indicated that, passing and serving skills of players

improved than controlled group players.

The volleyball player's imagery ability training have very strong association with the their performance ^[9], but players at the university level in Pakistan are not being able to use imagery skills perfectly and professionally. So, this study investigated the impact of imagery ability training on the serving and passing skills of university level volleyball players. So that volleyball players could practice the imagery training as part of the game and could enhance their performance.

2. Methodology

An imagery training program based on the 40 players of 10 public and private universities of Punjab was conducted. Every player aged between 18-25 years, having at least five years of volleyball playing experience participated in this study. An imagery ability training questionnaire ^[1] was filed before and after the training program by using the judgmental sampling technique. To measure the influence of imagery ability training on the passing and serving skills of university level volleyball players, two test were implemented; t-test ^[10] and paired sample t-test ^[5]. The athlete's performance was measured by the sum of successful passing's and servings. The seven-point Likert scale was used ranging from; very hard to image=1 to very easy to image = 7 to collect responses from volleyball players. The imagery ability training program consisted of 5 weeks; the description is provided below.

Table 1: Imagery Ability Training

Training Week	Training	Exercises
1 st week	Goal Setting	Categorizing and types of goal setting.
2 nd week	Competitive Anxiety	Breathing & Relaxation techniques.
3 rd week	Relaxation techniques	Getting loose and easy breathing.
4 th Week	Self-confidence Techniques	The confident situation, excellency, positive self-talk, opponent's weakness exploitiveness, the power of sound.
5 th Week	Positive thoughts rehearsal	Thoughts direction, success believe, learning from past, negative to positive thoughts conversion etc.

3. Results

The table of respondent's profile shows that total 40 athletes participated in the imagery ability training program. The majority, 29 (73%) athletes were between the age of 18-25 years. About 23 (57%) were male athletes, and 17 (43%) were females. Majority of athletes, 34 (85%) were unmarried. However, 12 (30%) and 14 (35%) were bachelor's and master's degree holder respectively. Only, 12 (30%) wanted to be professional volleyball players.

Table 2: Paired Sample t-test

Paired Difference			
Imagery Skills Difference	Mean	T-Value	Sig. Value
Imagery Skills Difference	-1.130	-9.375	0.000
Passing skills Difference	-1.800	-13.341	0.000
Serving Skills Difference	-2.050	-25.733	0.000

*Significance at 0.05 level of Significance

Table 2 Shows that, imagery, passing and serving skills of volleyball players were not so easy to perform before the imagery training but after the imagery training their utilization of imagery, passing and serving skills of university players improved and they were feeling very easy to use these skills.

4. Discussion

The results of the study show that five-week imagery training program improved the passing^[7] and serving skills of university volleyball players. The high values of mean difference show that players at university level have great potential to adopt imagery skills so that they can use imagery ability to improve passing and serving skills in their game.

5. Conclusion

The Findings of this study indicates that:

- The results of mean values before the imagery training shows that volleyball players at university level were not aware of imagery skills.
- There is need to teach and practice the imagery techniques to enhance the volleyball player's learning skills positively^[6] at university level.
- There is a need to provide mental trainings to university students so that their performance could be enhanced^[11] by utilizing available resources and they become professional volleyball players.

6. References

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