Mental Imagery Between Indigenous & Ball Games Players: A Comparison

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ABSTRACT

Background: - Ball game is a very popular game all over the world and indigenous sport also very popular in India. Indigenous sports are native games and play activities originating in and Characteristic of an area or country.
Aims: - The Purpose of the study is to compare indigenous & ball games players in respect of sports imagery ability.
Methods and Material: - Total 40 Inter University level players from Visva-Bharati University, Santiniketa, Birbhum, West Bengal, India were selected as subjects for this study. The age of the subjects were 21-25 years.
Statistical analysis used: - Descriptive statistics and ‘t’ test were used. To calculate the collected data socioscientistatistics.com (Online software) was used.
Results: - The result shows that there is no significant difference of sports mental imagery ability between indigenous sports (kho-kho & kabaddi) and ball game (football & volleyball) players.
Conclusions: - There is no significant difference between indigenous sports and ball game players in respect of Sports Mental imagery ability.

Introduction:

The history of Indian sports can be traced back to the Vedic age. During the era of Ramayana & Mahabharata, around 1900 BC – 7000 BC, men of status & honor were expected to be competitive in sports like Archery, horsemanship, wrestling, weight-lifting, swimming & hunting [1]. Indigenous games are recreational activities that originated from a particular cultural group, community or people. These games are different from your mainstream sports, which are regulated by international federations, and have fixed rules. Indigenous games are a very important part of a people’s heritage and culture. In India so many indigenous game are there, kho-kho and kabaddi are the popular among them.

Kho-kho is played by two teams, each teams consist of twelve players. Only nine players enter the field who sit inside the box as per marking (Chasing Team), and three extra (Defending Team) who try to avoid being touched by members of the opposing team. [3]
Kabaddi Played between two teams of seven players, the objective of the game is for a single player on offence, referred to as a “raider”, to run into the opposing team’s half of a court, touch out as many of their defenders as possible, and return to their own half of the court, all without being tackled by the defenders, and in a single breath [4].

On the other hand there are so many Ball game in this world. Out of which volleyball and football are two popular sports. Football is the world’s most popular ball game in numbers of participants and spectators [5]. On other hand volleyball also popular worldwide. Football is a team sport played between two teams of 11 players each. It is widely considered to be the most popular sport in

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the world. A ball game, it is played on a rectangular grass field, or occasionally an artificial turf, with a goal at each end of the field. The object of the game is to score by maneuvering the ball into the opposing goal; only the goalkeepers may use their hands or arms to propel the ball in general play. The team that scores the most goals by the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extended time, depending on the format of the competition [6]. Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team’s court under organized rules[7].

Mental imagery involves the athlete imagining themselves in an environment performing a specific activity using their senses (sight, hear, feel and smell). The images should have the athlete performing successfully and feeling satisfied with their performance [8]. Mental imagery is the reproduction of perceptual experience across multisensory ways and the processing of images in the absence of external stimuli Mental Imagery Skills in Competitive Young Athletes and Non-athletes [9].

In the sport situation, imagery has been designated as the state in which people imagine themselves while effecting abilities to deal with the forthcoming duty or improve performance. Imagery may be a consequence from both thoughtful and unconscious recall procedures; an individual sees an image, or experiences a movement as an image, without experiencing the real thing through a process. Imagery plays a significant role in this context, improving performance in motor tasks [10]. It is usually assessed in relations of its mental and emotional characteristics, as well as motivational competence. Owing to the gains of imagery, it is, nowadays, included in numerous mental skills line-ups, in addition to physical preparation [11].

Statement of the problem
The present study was to compare between indigenous sports and ballgame players in respect of Sports Mental imagery ability. So the problem was accordingly stated as “mental imagery between indigenous & ball games players: a comparison”

Objective
To identify and compare the mental imagery ability between indigenous (Kho- Kho& Kabaddi) & ballgame (football& volleyball) Players

Method & Materials
Participants: - Total 40 male Inter University level players out of which 10 kho-kho player, 10 kabaddi player, 10 football player and 10 volleyball player were selected as subject for this study from Visva-Bharati University, Santiniketan, Birbhum, West Bengal, India.

Inclusion criteria:-
1) Sports imagery ability.
2) Inter University level Male Players
3) Age range between 21 to 25 years

Exclusion criteria:-
1) Socio-economic status
2) Emotional state, motivational factors & interest of the subjects.
3) Training Age

Procedure:
For the survey and comparison on Sports mental imagery between indigenous Sports & ballgame the data were collected through Sports Imagery Questionnaire (SIAQ) developed by BIRO group, University of Birmingham, 2014. The questionnaire was consist of 15 questions and the rating of each question were made on a 7-point Liket type scale ranging from 1 (very hard to image), to 7 (very easy to image) Soft copy of each questionnaire was send to each player. One online session was conducted with all the participants and in that session the researcher explained the objectives of the study. The researcher also described the format how to fill up the questionnaire and also described
each and every questionnaire in details to make them understand properly. After that online session the researcher provided them 40 to 45 minutes to fill up the questionnaire, after that all the participant send the signed copy of that questionnaire to the researcher [12].

Statistical Procedure:-
For the analysis of the study descriptive statistics and t – test were applied at 0.05 level of significance. To calculate the collected data socscistatistics.com (Online software) [13] was used.

Results

<table>
<thead>
<tr>
<th>Group</th>
<th>Total Number</th>
<th>Mean</th>
<th>Sd</th>
<th>SE</th>
<th>‘t’</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous</td>
<td>20</td>
<td>69</td>
<td>12.96</td>
<td>2.90</td>
<td>1.03517</td>
</tr>
<tr>
<td>Ballgame</td>
<td>20</td>
<td>65.05</td>
<td>11.10</td>
<td>2.48</td>
<td></td>
</tr>
</tbody>
</table>

The p-value is 0.153567 at p< 0.05 level of significant
The result shows that there is no significant difference between indigenous (kho-kho & kabaddi) and ball game (football & volleyball) players in respect of sports mental imagery ability.

Graphical presentation on mean of Sports mental imagery ability of Indigenous & Ball game players of

Graphical presentation on Standard deviation of Sports mental imagery ability of Indigenous & Ball game players
Discussion: -
The findings of the study indicate that no significance difference was found in sports mental imagery ability between Indigenous sports players and Ball game players. The reason of this result may be due to the reasons that-
1. All subjects were selected from one university and the level of their participation were inter- university level and the data were collected from only one university that may be one of the reasons So there was not a huge gap between their Physical & mental capacity.
2. The subjects were from educational field and they were not the professional players, they were only amateur players that’s may be one of the reasons for not significance result.
3. Thirdly for last 15 months they all were staying in their home because of this pandemic Situation. This situation not only effects in social phenomena but also effects in every spear of lifestyle and wellness. Its also effects in sports field, specially it deteriorates physical fitness level of the sports man and also disturbed mental and emotional capacity which deteriorate their sports mental imagery ability too. That’s why the result of the present study indicates not significance difference in sports mental imagery ability of Indigenous and ball games players,

Conclusions: -
Within the limitation of the present investigation following conclusions was drawn on the basis of the results. Through the statistical analysis and interpretation of the data it was observed that there is no statistically significant difference in Sports mental imagery ability betweenthe players of indigenous and ballgame.

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Conflict of Interest
The authors of the present study declare that they have no conflicts of interest regarding the publication of this paper.

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