Imagery Intervention for Developing internal Motivation and Sport Confidence of boxing Players

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ABSTRACT

The aim of the present study was to develop internal motivation and sport confidence of boxing players, through imagery intervention. The sample of the study comprised 12 interuniversity level boxing players, between the age ranges of 18 to 24 years. Movement imagery Questionnaire-Revised (Hall etal., 1997) was used to screen out the subjects, on the basis of their imagery ability. Intended motivation was measured through internal Motivation Inventory (Ryan, 1982), and sport confidence was assessed though the Carolina Sprat Confidence Inventory (Manzo, Silva and Mink, 2001). Multivariate Analysis of Variance (MANOVA) was used to analyze the data. The findings revealed that the subjects, in post-intervention condition, scored significantly higher on internal motivation. Sport confidence of the players also increased to significant level. However, the overall F-ratio for multivariate analysis was not found to be significant. Findings of this study provide useful evidence that imagery intervention can be a useful source to develop internal motivation and sport confidence of boxing players, which may further enhance their sport performance.

INTRODUCTION

Modern competitive sports are an extremely complex behavioral phenomenon. In though competitions, some top athletes who were very strong, in terms of techniques or physical fitness, often failed to achieve their potential, just because they lacked confidence or were too nervous. Performance, in sports, is not related to physical strength and skill only, rather psychological states and traits are deeply related to it. According to Goldberg (1998), achieving ultimate sport performance is having the mind and body work together, in perfect harmony. Numerous coaches and athletes maintain that the ability to reach optimal sport performance is 90 per cent mental (Porter, 2003). Literature shows that importance of confidence, internal motivation, intensity/arousal, concentration and now state has been acknowledged by researchers as significant attributes to influence sport performance (Lu, 1991; Seifriz, Duda & Chi, 1995; Jackson, Thomas Marsh & Smethurst, 2001; Kimecik & Jackson, 2002). However, present trend of research needs to focus on as to how required psychological states can be enhanced, to facilitate sport

performance. Present study is directed toward develop internal motivation and concentration, through imagery intervention, in order to help boxing players, to perform well.

The process of creating to recreating an experience, in the mind, is known as imagery (Vealey & Greenleaf, 2006). Murphy and Jowdy (1992) identified some of the terms related to imagery use, in sport, as symbolic rehearsal, visualization, modeling, covert practice, cognitive rehearsal, imaginable practice, dreams hallucinations, hypnosis, visuomotor training, introspective rehearsal, implicit practice, ideolmotor training, and even sofa training, Imagery can be experienced in two ways, using internal of external perspective. Internal perspective involves imaging from within the body and experiencing the action in a multi-sensory manner. External perspective involves imaging the action as if it is outside the body, in the same manner as a video presentation.

Research has indicated that the most consistent factor distinguishing highly successful, from less successful, athletes is confidence (Gould, Weiss, & Weinberg. 1981). How much effort someone expends and how much effort someone expends and how long he/she will persist in pursuit of goal depends largely on confidence (Weinberg, Yokelson, & Jackson, 1980). As athletes have recognized their self-ability more, this would have a strong impact on their sport confidence. Trait general self-confidence and trait confidence, in unfavorable situation, were the most important predictors of young swimmers performance (Psychountaki & Zervas, 2000).

The motivational general-mastery imagery function of imagery seem to be the best source to increase an athlete's self-confidence (Feltz & Riessinger, 1990; Munroe et. AL, 2000). Motivational general mastery imagery involves imagining oneself having the ability to master different challenges and imagining themselves performing a task successfully, enhance their efficacy expectations which leads to increased confidence, efforts and performance. Elite Badminton players increased or stabilized, their confidence level, following a motivational general-mastery imagery intervention (Callow, Hardy & Hall, 2001).

The focus of present investigation is on develop the internal motivation and sport confidence of boxing players so that they may focus on their task, feel competent, put maximum effort enjoy while performing, and deal with the pressure and tension more effectively, during actual performance. Imagery intervention was used for this purpose. In the modem times, performance in sport largely depends upon the mental strength of the players. It is a fact that physical strength, skill and physical training, cannot result in peak performance unless the players are having appropriate amount of mental strength to deal with the psychological demands of sport. There is strong need to implement. Psychological strategies to make players mentally strong. So that they may achieve whatever they can. Imagery is one of the tools that may help players to gain mental strength. But, in sport psychology, more research is required to demonstrate the efficacy of intervention (Biddle, 2000; Nicholls, Holt & Polman, 2004). Moreover, researchers in India have rarely paid attention to imagery as intervention. More importance is given to rigorous

physical training, and in spite of having better skills, many players end up with poor performance, due to lack of mental strength.

Objectives

1. To develop the level to internal motivation through imagery intervention.
2. To develop the level of sport confidence through imagery intervention.

Hypothesis

I. Imagery intervention would develop the internal motivation

2. Imagery intervention would develop the sport confidence.

METHODOLGY

A pre and post experimental design was used to examine the influence of imagery intervention package, on internal and sport confidence of boxing players. Participants were screened on the basis of their ability to imagine, using movement imagery questionnaire. Selected subjects were assessed on dependent measures, in pre and post intervention conditions. They were also interviewed about whatever influences they have felt and experienced, on their performance and behavior, due to the imagery intervention package.

Participants

The sample of the study comprised 12 (N=12) inter-university level boxing 24 years. Initially, 14 subjects were given movement imagery questionnaire to measure their ability to imagine. Only the players with adequate amount of imagery ability were included into the sample.

Tools Used

I. Movement Imagery Questionnaire- Revised(Hall & Martin, 1997) was used to assess each participant's ability to see (visual imagery) and feel (kinesthetic imagery) movement. This instrument consisted of 8 items: 4 visual and 4 kinesthetic. On visual imagery scale, the subject rated him/herself on 7-point rating scale, ranging from 7= _very easy to see' to I= _very hard to see'. On Kinesthetic imagery scale, ratings were being marked on 7-point ratio scale ranging from 7= _very easy to feel' to I = _very hard to feel'. High scores indicated high ability to visualize, and to actually feel the movement being imagined. The test-retest coefficient for the MIQ was 0.83, for a one-week interval (Hall, Pongrac, Buckolz, 1985). Similarly, Atienza et al (1994) Reported internal consistency was of 0.89 for the visual subscale and 0.88 for the kinesthetic subscale of the MIQ. Hall & Martin (1997) found a significant correlation between the MIQ and the MIQ-R in both scales, visual and kinesthetic.

2. Intrinsic Motivation Inventory (Ryan 1982) assesses participants interest/enjoyment, perceived competence, effort pressure/tension, perceived choice and value/usefulness, while performing a given activity. The IMI consisted of varied number of items from these subscales, which measured on 7-point Likert scale, ranging from I= _not at all true' to 7-'very true' Scores for some of the items were reversed. The general criteria, for inclusion of items on subscales had been factor loadings of at least 0.6, on the appropriate subscale, and no cross loadings above 0.4. McAuley, Duncan, and Tammer (1987) examined psychometric properties of the IMI and found strong support for its validity. Reliability scores varied from 0.71 to 0.90, for all dimensions of IMl. In the present study, first four dimensions of this scale were used depending upon the purpose of the study and scores for pressure/tension dimension were reversed, in order to obtain composite scores.

3.The Carolina sport confidence inventory (Manzo, Sil.va & Mink, 2001) consists of 13 items designed to measure sport confidence. A four-choice structured response is used, ranging from _very true for me' to _somewhat' true for me'. Each response choice is assigned a numeric value I to 4. Two independent studies supported a two factor (dispositional optimism and perceived competence) 13-item model for the CSCI, The first study utilized exploratory factor analytic techniques, concurrent validity, social desirability assessment, internal consistency, and test-ratest reliability to establish the psychometric properties of the CSCI. The second study employed confirmatory factor analytic techniques with a sample of 123 intercollegiate varsity athletes along with measures of convergent validity, to provide further support for the two factor model and the psychometric properties of the instrument. Support for the convergent validity of the CSCI was demonstrated by correlating it with Vrealy's (1986) TSCI (r = 0.77) and the lack of significant correlation between the CSCI and the Crown Marlowe social desirability scale (r=O.032), a unrelated to sport confidence, provided preliminary evidence of discriminate validity. The test re-test reliability of CSCI ranged from 0.78 to 0.94.

RESULTS & DISCUSSION

Multivariate analysis of variance was computed upon the data in order to analyze the scores on internal motivation and sport confidence for pre and post treatment conditions.

Table - 1: Mean and F-ratio for internal motivation and sport confidence

Variables	Pre-treatment Condition	Post-treatment Condition	F-ratio (1,1l)
Internal motivation	129.25	130.75	4.18*
Sport confidence	28.33	29.17	5.17*

Table - 2: MONOVA Table for internal motivation and sport confidence

Variables	SS	MS	F (1.11)	Over all F (2.42)
Intrinsic motivation				
Between Ss	4891			
Within Ss	49			
Treatment	13.5	13.5	4.18*	0.11
Residual (error)	35.5	3.23		
Sport confidence				
Between Ss	475.5			
With Ss	13			
Treatment	4.17	4.17	5.19**	
Residual (error)	8.83	0.803		

The aim of the present study was to develop the internal motivation and sport confidence of Boxing players, through imagery intervention, Results have shown that the players have scored significantly higher (F=4.18*, p<015) in post-treatment condition, as compared to pre-treatment condition, on internal motivation. It shows that imagery intervention has develop internal motivation. Thus, supported the first hypothesis of the study. Results can be discussed within the framework of Paivio's (1985) motivational expectation theory, which proposed that imagery exerts its influence through motivational and cognitive functions. Motivational general function of imagery produce relaxation, and images related to general psychophysiological arousal, which leads to increased effort, pressure and tension. All these dimensions add to ones sense of internal motivation. Another reason could be that, during imagery; players imagined themselves performing well and see positive things happening, provided them with sense of internal satisfaction, which in turn develop their internal motivation. Gradually, they started enjoying while taking part in actual performance because performing on that started enjoying while taking part in actual performance because performing on that task was associated with the state of relaxation, satisfaction and positive moments (Martin & Hall, 1995). Result could be interpreted within the framework of Nicholl's (1979, 1984) theory of ego verses task involvement, hence, their interest and internal motivation was develop.

The players were also interviewed in post-treatment condition. Most of them reported that the imagery intervention package had helped them in feeling more confident energetic, and relaxed while playing. They realized fact that they can do better than before. Thus, on the whole imagery intervention has helped them to improve their performance, by increasing their internal motivation and sport confidence.

CONCLUSION

The present research provides useful support that imagery intervention does develop internal motivation and sport confidence of Boxing players.

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