

The efficacy of
Relaxation Training
and
Mental Imagery
on
Self-Efficacy in athletes

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Introduction

- -Mental skills defined as psychological tools , enhanced sportive performance (Gereg et al, 2003).
- -Feltz & Roissinger (1990): use of mental imagery in athletes was related to the enhance of self-efficacy
- -Self-efficacy is concerned with judgments of personal capability, and self-esteem comprises general judgments of self-worth (Bandura, 1997).
- -Different studies, emphasis on relationship between imagery and self-efficacy (Feltze and Rissinger, 1990) and between imagery and performance (hull et al, 1998).

- **Hall et al (1998):** in elites athletes imagery was predicted the performance and increased the sport self-efficacy
- **-Kokla(1976)** founded that baseball players with relaxation training displayed lower state anxiety experience and higher performance
- **Pre- competition imagery correlated with self-efficacy and performance enhancement (Biuchamp et al, 2002).**
- **-But in literature the effect of relaxation on self-efficacy was not attended.**

Purposes:

- The compare efficacy of relaxation training and mental imagery on self-efficacy

Hypothesis:

There is meaningful difference Between effect of relaxation and mental imagery on increasing of self-efficacy

Methodology

Procedure: The procedure of this study is experimental (pre-test, post- test with control group). So that, 45 Karate (15-18 age) athletes in three groups (relaxation training, imagery training and control group) randomly displaced.

Instruments: The instrument of study are physical exercise self-efficacy (lent et al, 2001). This scale has 9 items. Validity and reliability of this scale was satisfactory (Cron=0/94). In this research (Cron=0/82). The Range of Scores is changes from 9 to 90.

Interference program:

- For group 1 relaxation training (Jacobson, 2000) was applied in 8 session:

Session 1: pretest and preparation to relaxation

Session 2, 3, 4, 5, 6, 7 relaxation was trained.

Session 8: posttest.

- For group 2 imagery training was applied in 8 session:

Session 1: pretest and preparation to mental imagery

Session 2: imagery about competition and sportive scene

Session 3 and 4: mental imagery (Motivational general Mastery)

Session 5, 6, 7 : mental imagery (mastery and failed in competition)

Session 8: posttest

- For group 3 not applied any training .

Results:

Mean and standard deviation of self efficacy in three groups:

groups	M and SD	Pre-test	Post test
Relaxation training	M	44/5	56/5
	SD	15/65	15/94
Mental imagery training	M	47/06	64/75
	SD	16/46	14/34
Control group	M	44/56	44/64
	SD	15/02	14/53

This table is showing the mean and standard deviation of self-efficacy in three group.

mean of self efficacy in three groups in pretest and post test

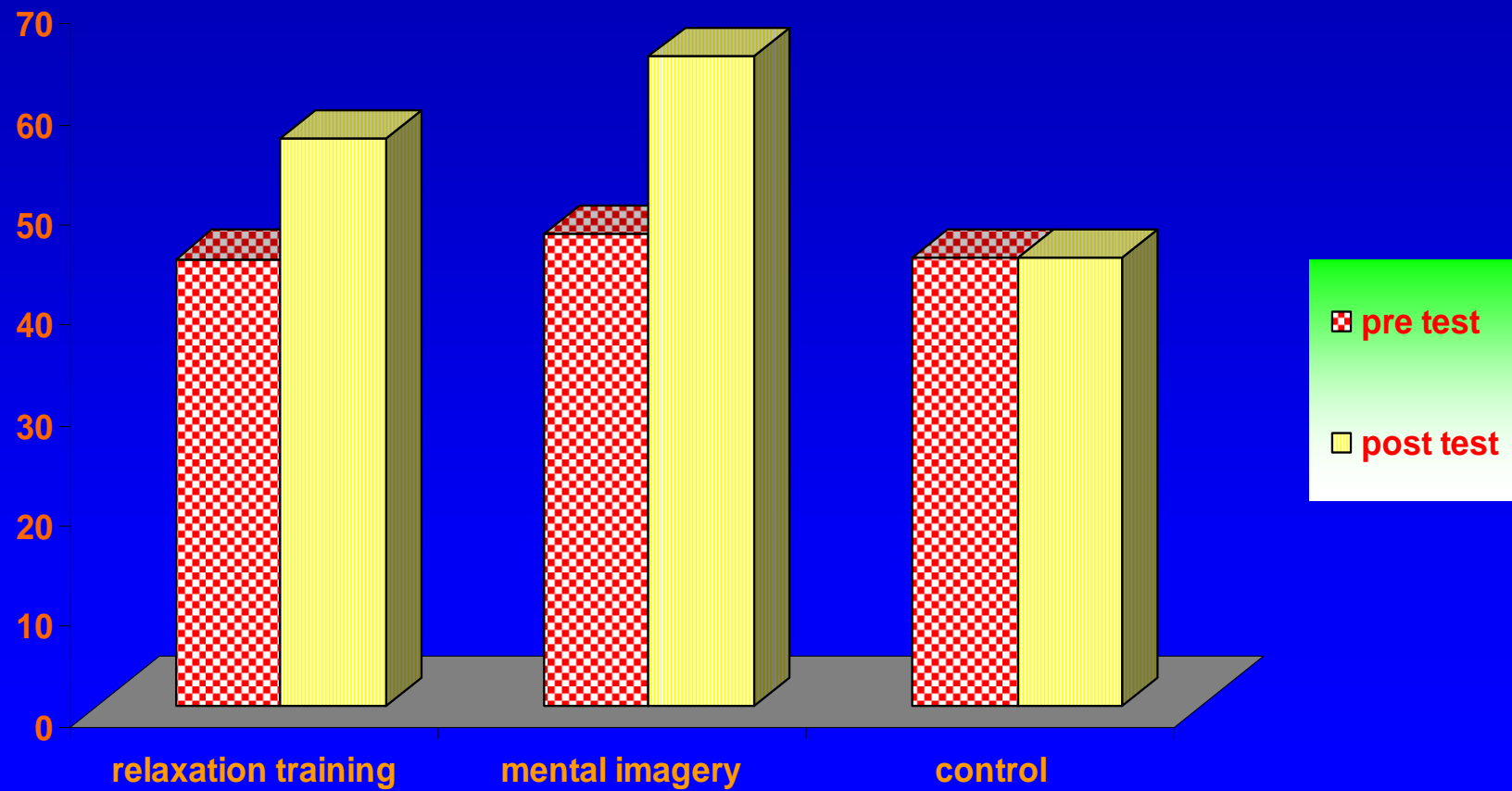


Table 1: Compar meaning of three groups in self-efficacy, in post-test

Variables		df	SS	MS	f	p
Self-efficacy	Between group	2	3253/88	1626/94	7/27	0/002
	Inter group	45	10070/44	223/79		
	total	47	13324/31			

Results indicated that there is a meaningful difference between three groups in self-efficacy. The post hock test of Tukey indicated that The scores mean of self-efficacy in mental imagery training group higher than relaxation training group and control group.

Discussion and Conclusion

Results indicated that efficacy of imagery training on self- efficacy was higher than relaxation training in athletes. This is corresponding by findings of Feltze and Risinger (1990), Hall et al (1998) and Beuchamp et al (2002), and indicated that efficacy of relaxation training was Higher than imagery training on competitive anxiety in athletes, this corresponding by findings of Kukla (1976) and Tel Wel and Greenless (2003).

-Results suggested that the relaxation and mental imagery necessary for athletes before competition.

The end

Thanks you for your attention.