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A Survey on Sports Imagery Ability of Male Badminton Players of Arunachal Pradesh

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ABSTRACT: The purpose of the present study was to assess the level of sports imagery ability among male badminton players of Arunachal Pradesh. Sports imagery ability plays a crucial role in enhancing athletic performance, confidence, and psychological preparedness in competitive sports. A total of fifty male badminton players aged between 18 and 25 years were selected randomly as subjects for the study. The Sports Imagery Ability Questionnaire (SIAQ) developed by Williams and Cummings was used as the research tool. Data were analyzed using descriptive statistics, particularly percentage analysis. The results revealed that the majority of badminton players demonstrated a moderate level of imagery ability, with a significant proportion of players showing neutral imagery capacity. The findings suggest that sports imagery ability varies among athletes and highlights the need for psychological training interventions in badminton coaching programmes.

KEYWORDS: Sports Imagery ability, Badminton players and Arunachal Pradesh

Background of the Study

In modern competitive sports, success is determined not only by physical fitness and technical skills but also by psychological preparedness. Among various psychological factors, sports imagery ability has emerged as a powerful mental skill that influences athletic performance. Sports imagery refers to the mental rehearsal of movements, strategies, and competitive situations using sensory experiences without actual physical execution.

Imagery ability enables athletes to visualize successful performance, regulate emotions, enhance confidence, and improve skill acquisition. It has been widely used in elite sports training as a psychological strategy to improve performance outcomes. Research in sports psychology has demonstrated that athletes with higher imagery ability tend to perform better and exhibit greater mental toughness.

Badminton is a fast-paced sport requiring rapid decision-making, coordination, agility, and psychological control. Therefore, understanding the imagery ability of badminton players is essential for improving their performance. The present study was undertaken to explore the level of sports imagery ability among male badminton players of Arunachal Pradesh.

I. INTRODUCTION

Sports imagery ability is defined as the capacity of an athlete to create vivid, controllable, and realistic mental images of sports-related actions and experiences. It involves visual, kinaesthetic, auditory, and emotional components of mental representation. Imagery is widely used by athletes to rehearse skills, plan strategies, and prepare mentally for competitions.

In recent years, sports psychologists have emphasized the importance of mental training alongside physical training. Imagery training has been recognized as an effective psychological intervention to enhance motivation, confidence, and performance.

Badminton players frequently encounter high-pressure situations during matches, requiring mental clarity and emotional control. The ability to imagine successful performance and cope with challenging situations is crucial for achieving excellence in badminton. Therefore, the present study aims to assess the sports imagery ability of male badminton players in Arunachal Pradesh.

II. METHODOLOGY

Research Design

A descriptive survey research design was employed to assess the sports imagery ability of badminton players. The quantitative approach was adopted to analyse numerical data obtained from the questionnaire.

Selection of Subjects

A total of fifty male badminton players aged 18–25 years were selected randomly from Arunachal Pradesh.

Inclusion and Exclusion Criteria

The inclusion criteria for the present study consisted of 50 male badminton players from Arunachal Pradesh belonging to the age group of 18–25 years, while the exclusion criteria comprised female badminton players, players falling outside the specified age range, and players representing regions other than Arunachal Pradesh.

Variable of the Study

| Variable | Test Tool | Score |
|------------------------|---|---------------------|
| Sports Imagery Ability | Sports Imagery Ability Questionnaire (SIAQ) | Questionnaire Score |

Research Tool

The Sports Imagery Ability Questionnaire (SIAQ) developed by Williams and Cummings was used to measure imagery ability among athletes.

Statistical Design

Percentage analysis was used to interpret the collected data.

Statistical Analysis and Tables

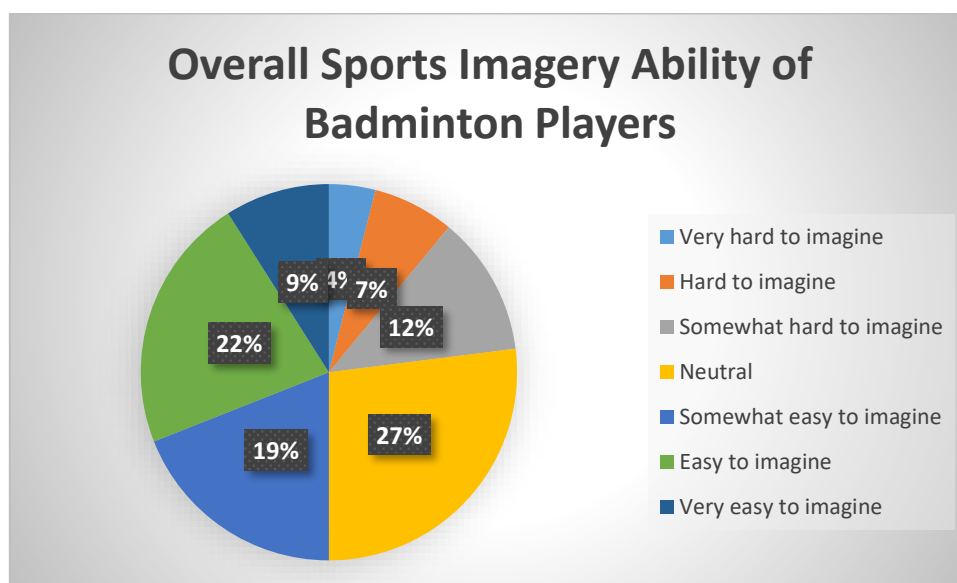
Table 1: Overall Sports Imagery Ability of Badminton Players

| Level of Imagery Ability | Percentage (%) |
|--------------------------|----------------|
| Very hard to imagine | 4% |
| Hard to imagine | 7% |
| Somewhat hard to imagine | 12% |
| Neutral | 27% |
| Somewhat easy to imagine | 19% |
| Easy to imagine | 22% |
| Very easy to imagine | 9% |

Table No. 1: The table indicates the distribution of imagery ability levels among the subjects in percentage terms. A small proportion of participants reported difficulty with imagery, with 4% finding it very hard to imagine, 7% hard to imagine, and 12% somewhat hard to imagine, showing that only a limited number of players experience low imagery

ability. A considerable 27% of the respondents fell in the neutral category, suggesting moderate or inconsistent imagery skills. On the positive side, a larger proportion demonstrated good imagery ability, as 19% reported imagery to be somewhat easy, 22% easy, and 9% very easy to imagine. Overall, the table reflects that a majority of the players possess average to high levels of imagery ability, indicating a favourable psychological skill profile among the participants.

Graph No.1



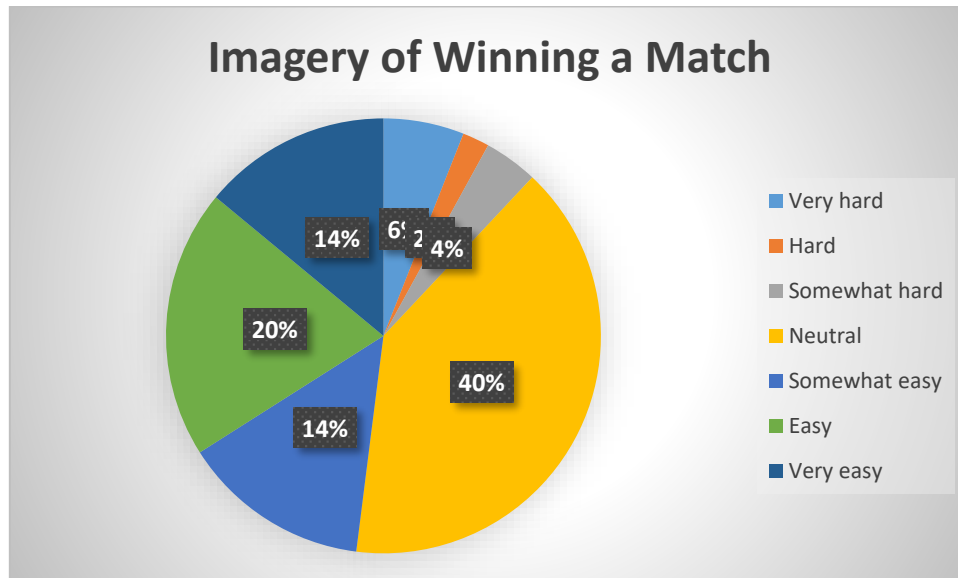
Graph No. 1: Graphical representation of overall sports imagery ability

Table 2: Imagery of Winning a Match

| Response Category | Percentage (%) |
|-------------------|----------------|
| Very hard | 6% |
| Hard | 2% |
| Somewhat hard | 4% |
| Neutral | 40% |
| Somewhat easy | 14% |
| Easy | 20% |
| Very easy | 14% |

Table No.2: The table presents the percentage-wise distribution of responses across different difficulty levels. A relatively small proportion of respondents experienced difficulty, with 6% reporting the task as very hard, 2% as hard and 4% as somewhat hard, indicating that only a few participants faced substantial challenges. A large segment of the respondents (40%) selected the neutral category, suggesting an average or undecided level of response. On the positive end, 14% found it somewhat easy, 20% easy, and 14% very easy, reflecting that a considerable proportion of participants perceived the task as manageable to easy. Overall, the table shows that while most respondents displayed moderate to favourable responses, extreme difficulty was reported by only a minimal number of participants.

Graph No. 2



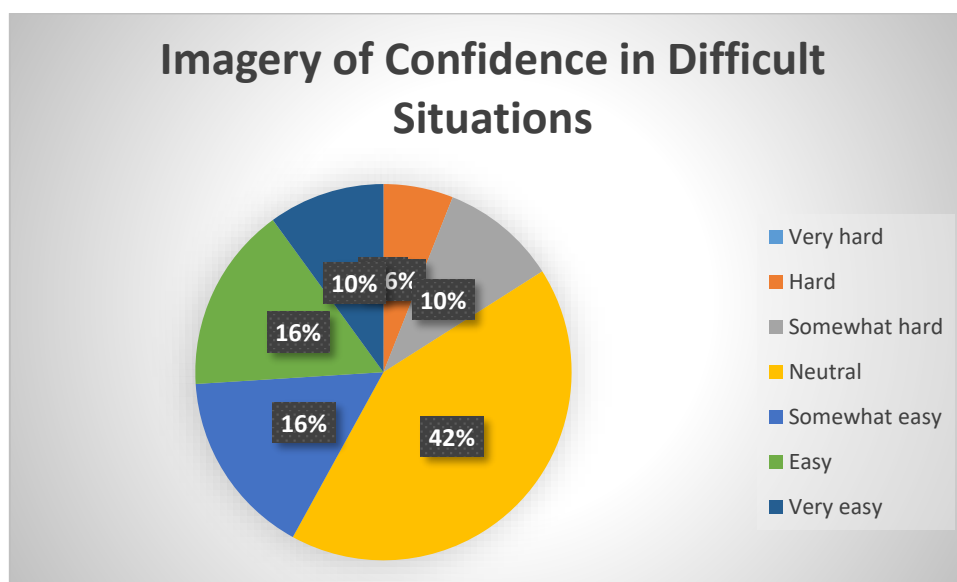
Graph no. 2: Graphical representation of imagery of winning matches

Table 3: Imagery of Confidence in Difficult Situations

| Response Category | Percentage (%) |
|-------------------|----------------|
| Very hard | 0% |
| Hard | 6% |
| Somewhat hard | 10% |
| Neutral | 42% |
| Somewhat easy | 16% |
| Easy | 16% |
| Very easy | 10% |

Table No.3: The table illustrates the percentage distribution of responses across different levels of difficulty. Notably, no respondent (0%) reported the task as very hard, indicating the absence of extreme difficulty among the participants. A small proportion perceived difficulty, with 6% reporting it as hard and 10% as somewhat hard. The majority of respondents (42%) selected the neutral category, reflecting an average or balanced level of response. On the positive side, 16% found the task somewhat easy, 16% easy, and 10% very easy, showing that a substantial proportion of participants experienced ease in performing the task. Overall, the findings suggest that respondents predominantly demonstrated moderate to favourable responses, with minimal difficulty reported.

Graph No. 3



Graph No. 3: Graphical representation of imagery of confidence in difficult situation

III. RESULTS

The findings of the study revealed that the majority of badminton players demonstrated a moderate level of sports imagery ability. The highest percentage (27%) of players showed a neutral level of imagery ability, indicating an average mental visualization capacity. A considerable proportion of players (22%) reported that it was easy to imagine sports situations, while 19% found it somewhat easy. Only a small percentage of players experienced difficulty in imagery. These results suggest that although badminton players possess basic imagery ability, there is significant scope for improvement through systematic mental training.

IV. DISCUSSION

The results of the present study highlight the importance of sports imagery ability in badminton performance. The moderate level of imagery ability observed among the players suggests that psychological skills training is not yet sufficiently integrated into routine coaching programmes. Similar observations were reported by **Vealey (1986)**, who emphasized that systematic mental skills training is essential for optimal athletic development.

Previous research has consistently demonstrated that imagery ability enhances skill acquisition, self-confidence, motivation, and performance consistency. According to **Paivio (1985)**, imagery plays both cognitive and motivational roles in sports performance, while **Hall, Mack, Paivio, and Hausenblas (1998)** reported that athletes with higher imagery ability perform better under competitive pressure.

The findings of the present study are also in agreement with studies by **Weinberg and Gould (2015)**, who highlighted imagery as a core psychological technique for improving performance and psychological preparedness. Thus, the present investigation confirms that badminton players require structured and systematic mental training programmes to enhance imagery ability, which in turn can contribute positively to their overall performance.

V. CONCLUSION

The study concludes that sports imagery ability among male badminton players of Arunachal Pradesh is predominantly moderate in nature. While some players exhibit high imagery ability, a significant proportion shows average or low levels of imagery skills.

The findings indicate that sports imagery ability is an important psychological variable that influences badminton performance. Therefore, it is recommended that coaches and physical education teachers incorporate imagery training programmes into regular sports practice sessions.

The study also suggests that future research should include larger samples, female players, and experimental designs to examine the impact of imagery training on sports performance.

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