



IMPACT OF SPORTS VISION TRAINING AND IMAGERY TRAINING ON PLAYING ABILITY OF MALE VOLLEYBALL PLAYERS

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ABSTRACT

Background: The study aims to find out the playing ability of male volleyball players through doing sports vision and imagery training. To achieve the purpose of the present study 30 male volleyball players from different colleges in the Chennai region at age 17 to 22 years

Methods: The subject was divided into three groups. True randomized experimental group design has been employed with three groups, namely the Group A Sports Vision training group, Group B Imagery Training group, and control group with 10 subjects each. Group A and Group B participated in their respective treatments for eight weeks and no particular training was given to the control group. Data were collected from three pre-and post-experimental groups. The raw data on forearm passing and spiking by using the Helman volleyball battery test were statistically analyzed using Covariance Analysis (ANCOVA). In all cases, the significance level of 0.05 has been fixed.

Results: The results of the study showed that there was a significant improvement in playing ability among the experimental group compared to the control group

Keywords: Sports Vision Training, Imagery Training, Playing Ability, Male Volleyball Players

INTRODUCTION

Volleyball is one of the most fashionable team sports in the universe. Volleyball is an exciting and challenging sport that has developed into a premier interscholastic and professional spectator event. Jumping is a basic activity that is needed for successful performance in volleyball. The sport is characterized by serving, receiving, setting, spiking, blocking, digging, passing, and placing the ball are accompanied by spiking or attacking actions.

Body and mind have an equal contribution to human success. Sports vision is an area of study that combines vision science, motor learning, biomechanics, sports psychology, and neuroanatomy as they relate to visual/perceptual-motor performance. Sport-specific vision training improves visual skills and enhances motor skills and athletic performance. Works on improving the visual abilities of an athlete that are most necessary for excellence in their sport. The abilities include eye-hand coordination, dynamic visual acuity, tracking, focusing, visual reaction time, and peripheral vision. Sports vision is not just accurately seeing what is there to be seen, it is using that visual information to make accurate predictions about what will happen in the next few seconds.

Imagery means using all of the senses to rehearse sport in your mind. Imagery is also called visualization or mental rehearsal. Imagery can improve technique by imaging good technique between training sessions. Mental imagery training can be at least as effective as physical repeatedly, when an image is in the mind and visualizes over and over again, the brain will start to believe that the event has occurred. Athletes, who do their visualization exercises day in and day out, will improve their visualization skills. There is no doubt that performance in sport is linked to cognitive and perceptual skills as well as motor and physical abilities. Training and conditioning their visual skills enables athletes to quickly and accurately recognize and process visual information.

STATEMENT OF THE PROBLEM

The purpose of the investigation was to find the impact of Sports Vision and Imagery Training on Playing Ability of Male Volleyball Players

METHODOLOGY

To achieve the purpose of the present study 30 male volleyball players from different colleges in the Chennai region at age 17 to 22 years. The subject was divided into three groups. True randomized experimental group design has

been employed with three groups, namely the Group A Sports Vision training group, Group B Imagery Training group, and control group with 10 subjects each. Group A and Group B participated in their respective treatments for eight weeks and no particular training was given to the control group. The training should be given in the morning time 3 times a week (Monday, Wednesday and Friday) for eight weeks.

The data should be collected before and after the training protocol. Pre and post proportions of forearm passing and spiking were estimated utilizing the Helman volleyball battery test. The three groups were statistically analyzed by using the analysis of covariance (ANCOVA). Information was dissected utilizing the SPSS Statistics (SPSS Statistics for Windows: IBM Corporation, adaptation 26.0).

RESULTS

Table -I

Analysis of covariance on experimental groups and control group on forearm passing

Forearm Passing							
Test	Grp A	Grp B	Grp C	Sos	Df	Mean	F- Ratio
Pre	29.10	28.60	28.90	1.26	2	0.63	0.37
				46.20	27	1.71	
Post	32.00	31.10	28.30	74.46	2	37.23	18.27*
				55.00	27	2.03	
Adjust post	31.83	31.28	28.27	73.44	2	36.72	29.97*
				31.85	26	1.22	

Significance at 0.05 level df 2,27 table value 3.32

The above table shows that the pre-test mean values for forearm passing of experimental groups A and B and the control group were 29.10, 28.60, and 28.90 respectively. The obtained F-ratio of 0.37 for the pre-test was lower than the table value of 3.22 for df2 and 27 required for

significance at a 0.05 level of confidence on forearm passing.

The post-test mean values for forearm passing of experimental groups A and B and the control group were 32.00, 31.10, and 28.30 respectively. The obtained F-ratio of **18.27*** for post-test was superior to the table value of 3.22 for

df2 and 27 required for significance at a 0.05 level of confidence on forearm passing.

The adjusted post-test means for forearm passing of experimental groups A and B and the control group were 31.83, 31.28, and 28.27 respectively. The obtained F-ratio of **29.97*** for adjusted post-test was bigger than the table value of

3.22 for df2 and 26 required for significance at a 0.05 level of confidence on forearm passing.

The result of the study indicates that there was a significant difference between the adjusted post-test means of the sports vision training, imagery training, and control group on forearm passing.

Figure - I

Graphical Diagram of experimental groups and control group on forearm passing among Men Volleyball Players

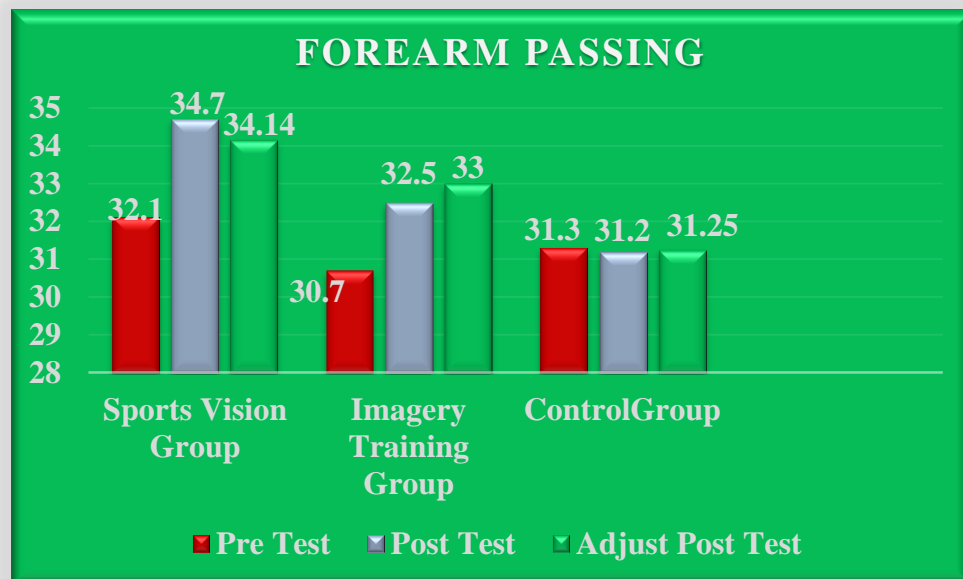


Table -II

Analysis of covariance on experimental groups and control group on spiking

Spiking							
Test	Grp-A	Grp-B	Grp-C	SOS	DF	Mean	F- Ratio
Pre	32.10	30.70	31.30	9.86	2	4.93	2.71
				49.10	27	1.81	
Post	34.70	32.50	31.20	62.60	2	31.30	16.19*
				52.20	27	1.93	
Adjust post	34.14	33.00	31.25	40.96	2	20.48	22.15*
				24.01	26	0.92	

Significance at 0.05 level df 2,27 table value 3.32

The above table-II shows that the pre-test mean values on spiking of experimental groups A and B and the control group were 29.10, 28.60, and 28.90 respectively. The obtained F-ratio of 0.37 for the pre-test was lower than the table value of 3.22 for df2 and 27 required for significance at a 0.05 level of confidence on spiking.

The post-test mean values for spiking of experimental groups A and B and the control group were 32.00, 31.10, and 28.30 respectively. The obtained F-ratio of **18.27*** for post-test was superior to the table value of 3.22 for df2 and 27

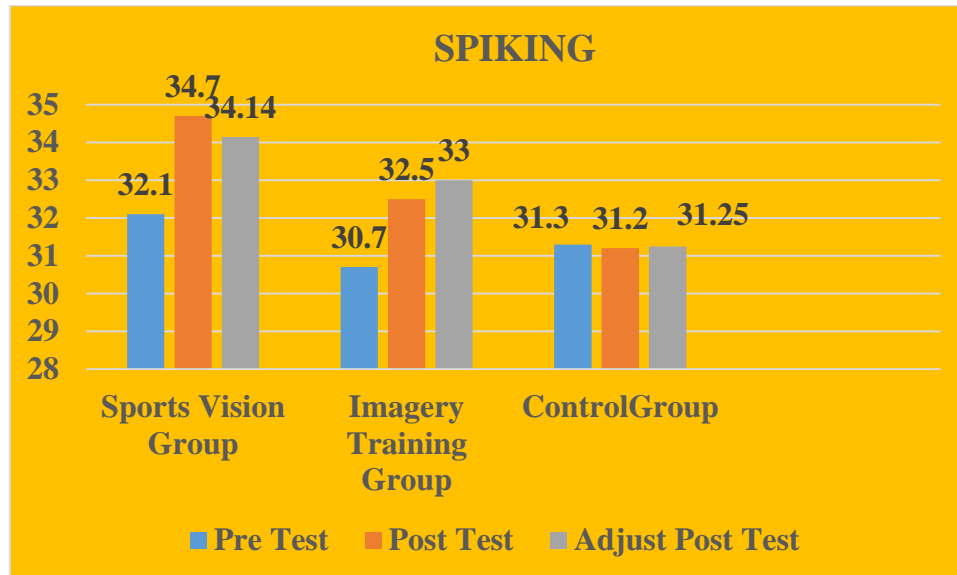
required for significance at a 0.05 level of confidence on spiking.

The adjusted post-test means on spiking of experimental groups A and B and the control group were 31.83, 31.28, and 28.27 respectively. The obtained F-ratio of **29.97*** for the adjusted post-test was bigger than the table value of 3.22 for df2 and 26 required for significance at a 0.05 level of confidence on spiking.

The result of the study indicates that there was a significant difference between the adjusted post-test means of the sports vision training, imagery training, and control group on spiking.

Figure - II

Graphical Diagram of experimental groups and control group on spiking among Men Volleyball Players



CONCLUSION

In the light of this research undertaken with the limitation imposed by the experimental condition, the following conclusion was drawn. The result of the study reveals that there was a significant improvement in the experimental groups compared to the control group. After the completion, the sports vision and imagery training has shown better performance on forearm passing and spiking than the control group and shows better performance. The impact of sports vision and imagery training will help the college men students to improve their performance level in a great manner.

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