

## Comparison on Imagery and Self-Esteem of Various Level Footballers

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### Abstract

The present study was conducted for the comparison on imagery and self-esteem of various levels of footballers. Twenty five district level footballers ( $N_1=25$ ) and twenty five state levels footballers ( $N_2=25$ ) of West Bengal were taken as the subjects for the present study. Thus total no of subjects were ( $N=50$ ) fifty only. The age group of the subjects were ranged from 15 to 19 years. Imagery and Self-Esteem were the variables for the present study. Imagery was measured by the Sports Imagery Questionnaire (Cumming, 2002) and Self-Esteem was measured by the Rosenberg Self Esteem Scale (1965). Mean and standard deviation of each variable were calculated. The means of respective variables between two games were compared by using t-test. Statistical significance was tested at 0.05 level of confidence. The results of the present study showed that there was statistically significant difference in the mean value of imagery and self-esteem between the district and state level footballers.

**Keywords:** Imagery, Self-esteem, Sports Imagery Questionnaire, Rosenberg Self-esteem (RSE) scale.

### Introduction

In sports, imagery and self-esteem are well-known factors that may enhance or improve sports skills. Most sporting programs consist of mental practice, which has been found to help the basic development of athletes at lower skill levels. The use of imagery for success is not a clearly understood method because its processes, including effective techniques, are not defined. Athletes need to mentally practice both imagery and self-esteem. Imagery is influenced by many factors including somatic anxiety, motivation, emotions, and confidence. It has been found that a factor like self-esteem is one that athletes and coaches consider as relevant for good performance.

Some studies found that many people and athletes use imagery to increase exercise and physical fitness as the

imagery helps the success of their exercise (Hall, 2001). An athlete's enactment of performance imagery is the normal procedure in training programs. This method is used more heavily by elite athletes with higher self-esteem than non-athletes. Studies suggest that imagery may help athletes to build more self-confidence in relation to performance. Kendall et al (1990) demonstrated that imagery, in combination with relaxation and selftalk, increases the utilization of specific defensive skills. Moreover, athletes who displayed high selfconfidence and low anxiety were able to perform under more relaxing conditions to thereby enhance their performances (Covassin, 2004).

Self-esteem is one of the most frequently cited psychological factors considered by many to be a key factor for a successful performance stated that in