

## **THE USE OF MENTAL IMAGERY AND CONCENTRATION IN THE ELIMINATION OF ANXIETY AND BUILDING OF SELF CONFIDENCE OF FEMALE CRICKET PLAYERS PARTICIPATING AT NATIONAL LEVEL**

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### **ABSTRACT**

*The purpose of the study was to see the effect of mental imagery training, and concentration training in the elimination of state anxiety and building of self confidence among female cricket players participating at national level. The subjects selected for the study were 90 female national level cricket players from Madhya Pradesh. The players were divided into three groups i.e. experiment group I, experiment group II and control group of 30 subjects each. The age of subjects was ranged between 17 to 25 years. The Criterion Measure chosen for the study were the scores obtained by the subjects in the Sports Competitive Anxiety Test-by Rainer Martens and Sports Self Confidence Questionnaire (SSCQ) developed by Robin S. Vealey employed for the study. The experimental design chosen for the study was pre test- post test random group design. Treatments were assigned to both experimental groups and control group did not undergo any type of treatment and were instructed to follow their regular routine. At first the research scholar took pre test by employing the standard questionnaire. After wards experiment group-I received six weeks mental imagery training and experiment group-II received six weeks concentration training. For the statistical interpretation of the collected data t-test (depended/ paired) was used separately among both the variables and among all the three levels. In order to find out the effectiveness of both the training plans (Mental Imagery/ Concentration) ANCOVA was used separately among the variables. The level of significance chosen for the study was set at .05 level of confidence. The results shows that the mental imagery and concentration training helps in improving the self confidence, and also effective in moderating the level of anxiety of subjects.*