

UNIVERSITY TEKNOLOGI MARA

**EFFECTIVENESS BETWEEN MINDFULNESS AND
IMAGERY TRAINING ON BASKETBALL FREE
THROW PERFORMANCE**

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Research Project Submitted In Partial
Fulfilment of the Requirement for the Degree Of
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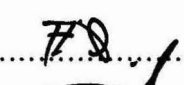

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AUTHOR'S DECLARATION

I, Hanis Farhana Binti Mahmud (I/C Number: 9710290-03-6106) hereby, declare that this work in this thesis was carried out in accordance with the regulations and research ethics guidelines of Universiti Teknologi MARA. This research project was the originally from my independent work and investigation.

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ABSTRACT

Objective: The aimed of this study was to investigate the differences of effect between mindfulness versus imagery on performance of a close motor (basketball free throw). **Method:** This study involved basketball players from UiTM campus Machang (N-24). Players were first filled in informed consent, then proceed to answered STAI-AD and MIQ-RS questionnaire. After that, all players were gathered to watched a video of basketball free throw by expert. Finish watched the video, player would do 3 attempt of basketball free throw. Players then gathered on bench area at the side of field to listened to a podcast of mindfulness and imagery to determined their anxiety level and imagery ability. Lastly, the players would completed 25 basketball free throw after listened to each podcast. Data analysis used in this study was paired sample t-test and one sample t-test. **Results:** Study shows non-significant differences of effect between mindfulness versus imagery on performance of a close motor skill in data collected with value of .18 ($p < 0.05$). **Conclusion:** There was no significant differences between the effects of mindfulness versus imagery on basketball free throw performance of UiTM Machang basketball players.

Keywords: Imagery, Mindfulness, Anxiety, STAI-AD questionnaire, MIQ-RS questionnaire, Paired t-test, One sample t-test, Basketball free throw.

TABLE OF CONTENTS

	PAGE
AUTHOR'S DECLARATION	i
ABSTRACT	ii
ACKNOWLEDGEMENTS	iii
TABLE OF CONTENTS	iv
LIST OF TABLES	viii
LIST OF FIGURE	ix
CHAPTER 1: INTRODUCTION	
1.1 Introduction	1
1.2 Background of the study	1
1.3 Problem statement	3
1.4 Purpose of study	3
1.5 Research objectives	4
1.6 Research questions	4
1.7 Hypothesis	4
1.8 Limitation	5
1.8.1 Weather	5
1.9 Delimitation	5
1.8.1 This study focus on UiTM Machang basketball team	5
1.10 Operational Terms	6
1.10.1 Mindfulness	6
1.10.2 Imagery	6
1.10.3 Close motor skill	6
1.11 Significant of the study	7
1.12 Conceptual framework	8

CHAPTER 2: LITERATURE REVIEW

2.1	Mindfulness	9
2.2	Imagery	11
2.3	Imagery and performance	12
2.4	Anxiety	14
2.5	Effect of cognitive and somatic anxiety on performance	15
2.6	Mindfulness use and experience	16
2.7	Relaxation	17
2.8	Mindfulness-based stress reduction	18
2.9	Basketball Free Throw Performance	20

CHAPTER 3: RESEARCH METHODOLOGY

3.1	Introduction	21
3.2	Research design	21
3.3	Populations and sampling technique	22
3.4	Instrumentation	22
	3.4.1 Basketball court	22
	3.4.2 STAI-AD Questionnaire	23
	3.4.3 MIQ-RS Questionnaire	23
	3.4.4 A space with chair/bench with mobile phone and earphone	24
3.5	Data collection procedure	24
3.6	Data analysis	25