

**UNIVERSITI TEKNOLOGI MARA**

**DIFFERENCES OF IMAGERY USES  
BETWEEN LEVEL OF PARTICIPATION  
AMONG UNIVERSITY OF  
TECHNOLOGY MARA (UiTM) FEMALE  
HOCKEY PLAYERS**

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of the requirements for the degree of

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## AUTHOR'S DECLARATION

I am Tengku Nur Diyana Binti Tengku Mazlan, hereby declares that:

This research project has not previously been accepted in substances for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degree.

This work is the result of my independent work and investigation, except where otherwise stated. I absolve Universiti Teknologi MARA and its Faculty of Sports Science and Recreation from any blame as a result of my work.

All verbatim extracts have been distinguished by quotation marks and of my information have been specially acknowledged.

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## ABSTRACT

The purpose of this research was to identify the frequency of UiTM female hockey players based on level of participation, to determine the imagery uses among UiTM female hockey players based on level of participation and to examine the differences of imagery uses between level of participation among UiTM female hockey players. 70 from UiTM female hockey players participated in this study. The Sport Imagery Questionnaire (SIQ) is a 30-item was used to assess the frequency of imagery uses between level of participation. Analysis involved the use of One-way ANOVA to examine the differences of imagery uses between level of participation among UiTM female hockey players. The results showed that most of respondents were University level (57.1%). The results also demonstrated that National level used more on Motivational General-Mastery, while both State and University level were greater used on Motivational Specific. Additionally, findings indicated three out of five imagery uses showed significant differences on imagery uses between level of participation which are Cognitive General,  $F(2,67) = 4.251$ ,  $p\text{-value} = .018$ , CS,  $F(2,67) = 5.750$ ,  $p\text{-value} = .005$  and Motivational General-Mastery,  $F(2,67) = 6.393$ ,  $p\text{-value} = .003$ . The information of this study will help any of Sports Organization, coaches and players for the advancement of knowledge and practice of imaginary uses in future.

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