

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF MENTAL IMAGERY
TRAINING IN DEVELOPING ACCURACY
AND SPEED OF BASIC BADMINTON
SKILLS AMONG BEGINNER PLAYERS**

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Thesis Submitted In Fulfillment
Of The Requirements For The Degree Of
Master Of Sport Science

Faculty of Sport Science & Recreation

March 2013

AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Background of study: the study investigates the effect of the mental imagery training in developing a specific movements in badminton, to be more specific, this study is looking at increasing the accuracy and speed of response of basic badminton skills (serve, forehand, backhand) through the modifications of motor skills and neuromuscular process through mental imagery training. **Purpose:** The main purpose of the study is to investigate the effect of mental imagery training to develop the accuracy and speed of response of basic badminton skills (long and short serve, forehand and backhand). **Method:** The researcher applied an experimental design on this study. The subject were (N=40) beginners badminton players selected through stratified random sampling from badminton academy at Petaling Jaya. The subjects were divided on four equal groups with each groups consisted of n= 10 Players. The control groups were restrained from conducting any physical or mental imagery trainings. The other groups used combination of physical, mental imagery, visual and verbal training methods. **Result:** The results of paired sample t test had showed significant differences for all experimental groups between pre and post tests. The results also shown that there is significant different ($F=3.42$, $p<0.031$) in physical training in combination with mental imagery and verbal stimulus group than the other physical and mental imagery training groups. **Findings:** The findings suggested that combination between physical training and mental imagery training with verbal stimulus increased the accuracy and speed of basic badminton skills. This Finding is similar with past studies, however, further study need be done to determine the application of mental imagery training in other type of sports.

ACKNOWLEDGMENTS

Thanks to God Almighty for the completion of this master's thesis. Only due to His blessings I could finish my thesis successfully, Alhamdulillah .

I would like to thank my beloved parents, my father, Mr. Younis K. H. , and my mother Md. N.A. Husain who are always pray to Allah for me, without their prayer it would be impossible to finish this thesis.

I would like to express my deepest thanks and appreciation to my oldest brother Dr. Omar Y. K. for two things, first to give me the opportunity of studying in Malaysia, he really has broadened my horizon and opened new chances for me. Second for his great and generosity help and continuous support and assistance throughout my study in Malaysia. Also thanks to my old brother Dr. Ahmed Y. K. who has helped me passionately and sincerely and open-handedness to finish this work.

Thanks to all my family members who were and still giving me the inspiration and courage all the time her in abroad.

I also would like to express my heartfelt thanks to my supervisor Encik Borhan Bin Yusof for his valuable advices, great help, corrections, support ,patience, and suggestions,. I am so touched by his kindness.

Appreciation must also be addressed to all my friends and mates who helped me to throughout my study.

Special thanks to Dr. Shamil Kamil, and Dr. Wee and Dr. Kwami and to the faculty of Sport Science & Recreation (UiTM).

Last but not least, I would like to thank all people who have helped me during the writing of this thesis and during my study in Malaysia but I cannot mention their names here one by one. God bless you all.

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