

Mental Imagery Training Program Implementation and Measurement for Elite Athletes

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Objective: The subject of this research was to measure the envisioning skills of professional athletes.

Method: The field of sports and exercise psychology mainly examines the effect of emotional and psychological factors on sportive performance. The condition that the athlete is in from psychological and emotional perspective affects the physical performance of the athlete directly. Envisioning exercise is one of the types of exercises that form the basis of mental training. It is used in various fields from assisting performance increase to physical rehabilitation following injury. It makes significant contributions to physical performance increase when it is implemented with annual physical training period systematically.

Result: This study was implemented among 120 licensed athletes, who had never done mental imagery exercise previously and who were between the ages of 18 and 30. Envisioning skills of these athletes were measured from the perspective of various psychological dimensions without doing any mental imagery exercise. Mental imagery exercise training program was added to the annual physical training periods of the athletes following implementation of a pre-test. Final test was made following such implementation, and a comparison was made between the imagery skills of athletes prior to doing any imagery exercises and after doing imagery exercises systematically, and an interpretation was made.

Conclusion: According to the results of the research, it was found in the pre-test results that most of the athletes had low mental imagery skills from the perspective of various psychological dimensions. As a result of the mental imagery exercises that were done systematically, a significant improvement was observed in the mental imagery skills of the athletes. This case proves that mental imagery exercises that are done systematically cause a significant improvement in the skills of mental imagery skills.

Key words: Sports and exercise psychology, measurement of mental imagery, imagination in sports, mental training