

The Effect of Imagery on Self Perception and Problem Solving Skills in Elite Athletes

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Objective: To support the elite athletes' trainings with the imagery work and examine the effects on the development of the self-esteem and problem-solving skills of imagery.

Method: In total 200 volunteer male athletes aged 16-19 years who had at least 3 years of experience and played soccer as licensed in Beylerbeyi Sports Club participated in this study. 100 of them were in the study group and 100 of them were in the control group. Imagery training programme was applied to the study group for 30 minutes 3 days a week during 20 weeks. All participants were implemented the Problem Solving Inventory and the Offer Self-Image Questionnaire in the beginning and at the end of the study.

Results: A statistically significant increase was found in all the sub-headings related to the self-perception of athletes participating in this study ($p<0.05$). Significant improvement was observed in the self-perception indicators of the athletes. While self-concept scores didn't change in the control group's many of the sub-titles ($p>0.05$), it was determined that sexual attitudes and emotional level-working group scores increased in similar manner ($p<0.05$). Mental health problem in sub-scores decreased in the control group according to the beginners level ($p<0.05$). A statistically significant increase was found in overall assessment, in all sub-titles and in problem-solving skills of the study group while there wasn't any difference in problem-solving skills of the control group.

Conclusion: It was determined that imagery studies had positive effects on the development of problem-solving skills and self-perception of the athletes.

Key words: Self-perception, elite athlete, imagery, problem solving skill