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Fulfillment of the requirement for the degree of Doctor of Philosophy

**EFFECT OF IMAGERY PRACTICE PROGRAM ON IMAGERY ABILITY, IMAGERY
FUNCTION, SELF-CONFIDENCE AMONG THAI SPORT SCHOOL CYCLISTS**

By

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The purpose of the study was to examine the imagery program among cycling student at Thailand Sport School. Thailand's cyclists were unable to achieve excellent performance due to the athletes' weakness in their mental strategies as well as physical fitness condition. The specific objective of the study were to identify the differences between pre-test, post-test 1 and post-test 2 scores on imagery ability, visual (VI) and kinesthetic (KI), imagery functions: cognitive general (CG), cognitive specific (CS), motivation specific (MS), motivation general-mastery (MG-M), motivation general-arousal (MG-A), self-confidence (SC) and Timing for Riding Bike 2 km (TRB 2 km). A group of 66 cycling-students, 46 male and 20 female were randomly assigned into equally experiment group (n=33), and control group (n=33). Both groups were studied for 10 weeks on Mondays, Wednesdays, and Fridays. Instruments of the study were imagery ability measure MIQ-R (Hall & Martin, 1997), and sport imagery questionnaire

(SIQ) consisted of 28-items to measure self-confidence. Timing of bike 2 km (TRB) was used to measure cycling skills. Data was analyzed by ANOVA was use to test the hypothesis of the study at .05 p-values. Results found that the imagery ability: visualization (VI) had increased in scores across the three different periods. There was an increase in kinesthetic (KI) scores across the three different periods. All of imagery functions (CG, CS, MS, MG-A, MG-M) had increased across the three different periods. Self-confidence (SC) had also improved in score across the three different periods, as well as the riding time 2 km (TRB). This research indicated that a physical program of cycling combined with imagery practice does improve cycling mental imagery and self-confidence. The sport school athletes perform better due to their use of mental imagery practice to enhance their mental skill through relaxation and direct imagery. Hence, coaching program of cycling should match imagery practice with the scheduled cycling routines.

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**KESAN PROGRAM LATIHAN IMAGERI TERHADAP KEUPAYAAN, FUNGSI
DAN KEYAKINAN DIRI DALAM KALANGAN ATLET BERBASIKAL DI
SEKOLAH SUKAN THAILAND**

Oleh

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Kajian ini adalah untuk mengkaji program imageri dalam kalangan pelumba basikal di Sekolah Sukan Thailand. Pelumba basikal Thailand tidak dapat mencapai prestasi cemerlang kerana kelemahan atlet dalam strategi mental mereka serta kondisi kecergasan fizikal. Objektif spesifik kajian ini adalah untuk mengenalpasti perbezaan dari segi skor ujian pra, pasca ujian 1 dan pasca-ujian 2 dari segi keupayaan imageri, visual (VI) dan kinestetik (KI), fungsi imageri: kognitif umum (CG), kognitif tertentu (CS), motivasi tertentu (MS), motivasi umum penguasaan (MG-M), motivasi umum rangsangan (MG-A), keyakinan diri (SC) dan Masa Menunggang basikal 2 km (TRB). Sekumpulan 66 pelumba basikal, (46) lelaki dan (20) wanita dipilih secara rawak ke dalam kumpulan eksperimen (n=33), dan kawalan (n=33). Kedua-dua kumpulan dikaji selama 10 minggu iaitu pada setiap hari Isnin, Rabu, dan Jumaat. Instrumen yang digunakan dalam kajian ini adalah Pengukur Keupayaan Imageri (MIQ-R), dan Soal

Selidik Imageri Sukan (Sig) yang merangkumi 28 item untuk mengukur keyakinan diri (SC). Masa menunggang basikal 2 km (TRB) telah digunakan untuk mengukur kemahiran berbasikal. Data dianalisis menggunakan Anova bagi menguji hipotesis kajian pada nilai p.05. Hasil kajian mendapati skor keupayaan imageri: visualisasi (VI) telah meningkat dalam tiga tempoh yang berbeza. Terdapat peningkatan skor kinestetik (KI) dalam ketiga-tiga tempoh yang diukur. Kesemua fungsi imageri (CG, CS, MS, MG-A, MG-M) telah meningkat dalam ketiga-tiga tempoh yang berbeza. Skor keyakinan diri (SC) juga telah meningkat skor merentasi tiga tempoh yang berbeza, begitu juga masa menunggang basikal 2 km (TRB). Kajian ini menunjukkan bahawa gabungan program berbasikal fizikal dengan amalan imageri dapat meningkatkan prestasi imageri mental dan keyakinan diri. Prestasi atlet sekolah sukan semakin baik disebabkan mereka menggunakan amalan imageri mental bagi meningkatkan kemahiran mental melalui relaksasi dan imageri secara langsung. Oleh itu, program latihan pelumba basikal perlu dipadankan dengan latihan imageri dalam rutin jadual berbasikal.