

The effectiveness of imagery and coping strategies in sport performance

Abstract

The present study investigated the effectiveness of imagery and coping strategies in sport performance. Participants were 106 person, both male (n=42) and female (n=64) aged between 17 and 45 years old who represented the different level of participants of sport. Which is State players (n=46), National players (n=38) and District/university players (n=22) in various sports competitions. Participants completed the SIQ questionnaires to measure imagery skill while using ACSI-28 questionnaires to measure coping skill. Result showed Malay respondents is the higher interested in the study are 79 persons. Meanwhile, sports involved of respondents are others sport (archery, football/futsal, netball, rugby, hockey and athletics) which are 50%. The most level of age participated are 21 to 24 years old. Most probably, in this age level, some of them represented for national (n=38) and state (n=46). The result of this study showed that the SIQ and ACSI-28 is reliable to the respondents participated which is the Cronbach's alpha coefficients, mean and standard deviation of all the variables are presented were .932. For the ACSI-28, the participants most frequently used coping skills is the confidence (M=2.0802, SD=.5644) and the least frequently used is coachability (M=1.5519, SD=.4361). From the resulted, there were significant differences in one subscales of ACSI-28 coping with adversity between male and female, which are concentrated with $t(106) = 2.118$, $p = .037$. One Way ANOVA analysis subscales with level of participants result showed that all subscales imagery (SIQ) were significant differences with levels of participation. In addition five subscales ACSI-28 also were significant differences with level of participations in this study. It might be because of the participated from a national and state player (n=38, n=46). In addition, result showed only subscales coping with diversity are significant differences where $p=.037$ (M=2.0448, SD=.5115) compare the rest of subscales ACSI-28.