

Siam Thongbai 2008: The Effects of Muscle Relaxation and Imagery Training upon the Response Time in Elite Thai Taekwondo. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Udorn Ratanapakdi, M.A. 104 pages.

The purposes of this research were to study and contrast the effects of muscle relaxation and imagery training upon the response time in elite Thai taekwondo. The subjects consisted of 24 elite thai taekwondo players. The subjects were selected through purposive random sampling method and then using randomly assignment divided into three groups, control group (taekwondo program training only), experimental group 1 (taekwondo program training along with muscle relaxation training), experimental group 2 (taekwondo program training along with imagery training) respectively. Subjects were treated three times per week on Monday, Wednesday, Friday and treated 15 minutes per day during 4.00 – 5.00 p.m., for 8 weeks. Data were then statistically analyzed using paired t-test, one-way analysis of variance and also the multiple comparison testing using the Tukey's method. All testing used the .05 level of significance.

The results indicated after the eighth week training, the response time means of the control group and both the experimental group 1, the experimental group 2 were significance different at the level of .05, also the result showed that between the experimental group 1 and experimental group 2 was not significance different at the level of .05. From this study, it can be concluded that the accuracy on the response time in elite Thai taekwondo might be improved by using muscle relaxation and imagery training techniques.

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