

Siritida Choochokkul, Sub Lieutenant 2009: Effect of Imagery Training on Accuracy of Lunge in Fencing. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Supitr Samahito, Ph.D. 95 pages.

The aims of this research were to study effects of the accuracy imagery on lunge in fencing and to assess different values of effects of an imagery training on accuracy of lunge in fencing. Participants were 20 members of the Kasetsart University Fencing Club who were divided into two equivalent groups. To begin with, all participants were pre-tested the accuracy of lunge in fencing, 10 times a person. Subsequently, the trial group was assigned to rehearsal the daily videotaped-modelling imagery for four weeks as well as the lunge-fencing skill, three days a week for four weeks, at the same time, the control group was given only the lunge-fencing skill program, three days a week, for four weeks as well. Moreover, they all were post-tested the accuracy of lunge in fencing on the first week, the second, the third and the fourth week. Finally, the data collected were analysed by evaluating a mean, standard deviation, t-test, the one way analysis of variance with repeated measures, and case study.

The results revealed that 1) The trial group's accuracy scores improved, showed mean scores of each of period as  $27 \pm 4.83$  points,  $32 \pm 4.22$  points,  $33 \pm 4.83$  points,  $59 \pm 7.38$  points and  $89 \pm 11.97$  points respectively, the control group showing mean scores of each of period as  $24 \pm 4.83$  points,  $29 \pm 3.16$  points,  $30 \pm 4.71$  points,  $39 \pm 5.68$  points and  $57 \pm 6.75$  points respectively. 2) The trial group represented the accuracy of lunge in fencing before rehearsing in both mental and physical program which did not differ to the first week, the second, the third and the fourth week result did not differ to the second week. Additionally, the results prior to rehearsing showed significant difference to the third week and the fourth week, including the second week result differed to the third week and the fourth week and the third week result differed to the fourth week at .05 level. 3) The results showed more development increases of accuracy of lunge in fencing in comparing to results of testing the accuracy before rehearsing in both groups, however the imagery participant group showed more accuracy results than participants who only rehearsing the physical-skill program. In conclusion, rehearsing mental imagery probably occasions improvement of physical performance, more effectively.

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Thesis Advisor's signature

