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BOONLERT JAITHON : EFFECTS OF MENTAL IMAGERY TRAINING ON SPRINT SWIMMING PERFORMANCE. THESIS ADVISOR : ASSO. PROF. SOMBAT KARNJANAKIT, Ph.D. 96 pp. ISBN 974-584-494-2

The purpose of this research was to investigate the effects of mental imagery training on sprint swimming performance. Forty subjects were male students of Suphumburi Physical Education College who passed the Swimming 1 course. They were purposively selected and pretested by 50 meters crawl stroke swimming performance, then, were equated into two groups by match pair. The control group practiced swimming for 60 minutes only. The experimental group practiced swimming for 60 minutes plus 15 minutes of mental imagery training, 3 days a week for 8 weeks. Subjects were then, tested swimming performance after the second, fourth, sixth, and eighth week and the experimental group answered the imagery rating scales. The collected data were then, analysed in terms of means, standard deviations, and t-test. One-way repeated analysis of variance and the Scheffe' test were employed in order to determine significant differences. Also, percentage was used to show improved performance.

The results indicated that :

1. The swimming performance of the control group and the experimental group has no significant difference at the .05 level.
2. The swimming performance after the eighth-week of both groups was significantly different better than of the pretest, at the .05 level.