

Kamol Myarate 2008: Effects of Imagery Training, Muscle Relaxation and Anapanasati Meditation Training on Serving Accuracy in Volleyball. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Bunjob Piromkam, M.A. 111 pages.

The purposes of this research were to study and contrast the effects of imagery training, muscle relaxation and Anapanasati meditation training on accuracy serving in volleyball. The subjects in this study consisted of male students in Kururatrungsarit School of age 16 years. The subjects were selected through simple random sampling method and then using randomly assignment divided in to four groups, control group (volleyball service training only), experimental group 1 (volleyball service training after imagery training), experimental group 2 (volleyball service training after muscle relaxation training) and experimental group 3 (volleyball service training after meditation training). All of the subjects were treated three times per week on Monday, Wednesday and Friday during 4:30-6:30 p.m. Data were then statistically analyzed using two way analysis of variance with repeated measure, one way analysis of variance procedures and also the multiple comparison testing using the Tukey's method. All testing used the .05 level of significance.

The results indicated that after the fourth week of training, accuracy of volleyball serving means of all four groups were not significantly different at the level of .05. While after the eighth week training, accuracy of volleyball serving means of the control group and the experimental group 1,2 and 3 were significantly different at the level of .05. Also the result showed that between the experimental group 1, experimental group 2 and experimental group 3 was not significantly different. From this study, it can be concluded that the accuracy of volleyball serving was able to improved by using imagery training, muscle relaxation and anapanasati meditation training techniques.

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