

## Mental Imagery as an Auxiliary Tool to the Performance of Elite Competitive Swimmers of the University of the East Manila

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**Abstract :** Introduction: Elite athletes train regularly to enhance their physical endurance, but sometimes, training sessions are not enough. When competition comes, these athletes struggle to find focus. Mental imagery is a psychological technique that helps condition the mind to focus and eventually help improve performance. This study aims to help elite competitive swimmers of the University of the East improve their performance with Mental Imagery as an auxiliary tool. Methodology: The study design used was quasi-experimental with a purposive sampling technique and a within-subject design. It was conducted with a total of 41 participants. The participants were given a Sport Imagery Ability Questionnaire (SIAQ) to measure imagery ability and the Mental Imagery Program. The study utilized a Paired T-test for data analysis where the participants underwent six weeks of no mental imagery training and were compared to six weeks with the Mental Imagery Program (MIP). The researcher recorded the personal best time of participants in their respective specialty stroke. Results: The results of the study showed a t-value of 17.804 for Butterfly stroke events, 9.922 for Backstroke events, 7.787 for Breaststroke events, and 17.440 in Freestyle. This indicated that MIP had a positive effect on participants' performance. The SIAQ result also showed a big difference where -10.443 for Butterfly events, -5.363 for Backstroke, -7.244 for Breaststroke events, and -10.727 for Freestyle events, which meant the participants were able to image better than before MIP. Conclusion: In conclusion, the findings of this study showed that there is indeed an improvement in the performance of the participants after the application of the Mental Imagery Program. It is recommended from this study that the participants continue to use mental imagery as an auxiliary tool to their training regimen for continuous positive results.

**Keywords :** mental Imagery, personal best time, SIAQ, specialty stroke

**Conference Title :** ICSPSP 2024 : International Conference on Sport Psychology and Sporting Performance

**Conference Location :** Manila, Philippines

**Conference Dates :** February 19-20, 2024