The Effect of PETTLEP Imagery on Equestrian Jumping Tasks

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Abstract : Imagery is a popular mental technique used by athletes and coaches to improve learning and performance. It has been widely investigated and beneficial in the sports context. However, the imagery application in equestrian sport has been understudied. Thus, the effectiveness of imagery should encompass the application in the equestrian sport to ensure its application covert all sports. Unlike most sports (e.g., football, badminton, tennis, ski) which are both mental and physical are dependent solely upon human decision and response, equestrian sports involves the interaction of human-horse collaboration to success in the equestrian tasks. This study aims to investigate the effect of PETTLEP imagery on equestrian jumping tasks, motivation and imagery ability. It was hypothesized that the use of PETTLEP imagery intervention will significantly increase in the skill equestrian jumping tasks. It was also hypothesized that riders' imagery ability and motivation will increase across phases. The participants were skilled riders with less to no imagery experience. A single-subject ABA design was employed. The study was occurred over five week's period at Universiti Teknologi Malaysia Equestrian Park. Imagery ability was measured using the Sport Imagery Assessment Questionnaires (SIAQ), the motivational measured based on the Motivational imagery ability measure for Sport (MIAMS). The effectiveness of the PETTLEP imagery intervention on show jumping tasks were evaluated by the professional equine rider on the observational scale. Results demonstrated the improvement on all equestrian jumping tasks for the most participants from baseline to intervention. Result shows the improvement on imagery ability and participants' motivations after the PETTLEP imagery intervention. Implication of the present study include underlining the impact of PETTLEP imagery on equestrian jumping tasks. The result extends the previous research on the effectiveness of PETTLEP imagery in the sports context that involves interaction and collaboration between human and horse.
Keywords : PETTLEP imagery, imagery ability, equestrian, equestrian jumping tasks
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