

## **MENTAL IMAGERY: The Connection to Physical Activity**

### **Activity Research:**

- 1.) What are the best practices of mental imagery in terms of techniques and strategies that the National, UAAP Athletes, and Coaches use/d in their actual competition?
  - As an athlete or Coaches we should practice mental imagery because as we say in terms of techniques and strategies it is important to have a plan before the game start especially in National UAAP competition. Having a plan to do is what we call mental imagery for athletes and coaches they used this prepare themselves to decrease or to predict the possible negative causes. Being athlete and Coaches we need to prepare ourselves especially if we have any problem or things we need to prepare because imagery will help to practice you to develop and to keep you motivated along the way. The athletes should practice before the actual competition not only will help them to get strategies but it will give them motivated in competition because practicing always makes you perfect. For the coaches they should strategize the plan for actual completion they are the one will know the set the scene meaning creating important details of your sport setting Coaches should the one to know how the athletes will motivated also. And very important that if there are some athletes are struggling to perform a certain skill or strategy in game situations, you should try imaging yourself performing that skill or strategy perfectly and confidently in an upcoming game, it will help you perform good and also motivated in an actual completion.
  
- 2.) What are the challenges that the National, UAAP athletes, and coaches encountered in terms of pre, actual, and after competition period with the use of mental imagery?

- The challenges that the National, UAAP athletes, and coaches encountered in terms of pre , actual, and after competition is having different problems in every situation. In pre- competition preparing before the event and also being fragile or having low self-confidence is experience by many athletes especially for coaches but indeed there is nothing wrong with nervousness but having low self-confidence is just a part of being an athlete so we need imagery to control it to have plan for that, the imagery will help you or I say give you motivated for example if you know how to handle the situation or you at least you experience a completion it will help you to control yourself because confidence is key to success in sports and the number one asset that separates great athletes from the rest of the pack. In comes in actual competition the challenges that athlete and coaches will encounter is called breakdown trust this happens when you do not give up control and allow your body to perform like you have trained it to. Athletes that are lack of trust often seek mental training because they perform better in practice then in competition and also for coaches. In actual competition it's very hard to focus especially if you have this one the solution you think of, is practice is time to changes focus on technique. In competition it is important that you stick to your game plan, and perform with freedom or trust especially in times of adversity or pressure. After the competition, athletes and coaches may feel what we call perfectionist, were athletes are characterized by high levels of motivation meaning an intense desire to succeed, and a strong work ethic. But despite high levels of motivation, perfectionist underachieve because of fear of failure and wanting so badly to succeed. Many athletes or coaches after losing in a competition it can causes breakdown or lack of trust and relates to the athlete's expectations about how he should perform. This is caused by their need to perform perfectly. When these athletes make an error or mistake they tend to dwell on it, lose composure, and take their head out of the game.

**3.) What motives the coaches in promoting mental imagery to the national and UAAP athletes towards sports competition amidst the current situation in order to create sports confidence?**

- Coaches motives in promoting mental imagery to the national and UAAP athletes is because mental imagery will not only help to developed our

athletes but also to adopt in the current situation so that we can create more sports confidence for athletes even were in difficult time. Leading from this will benefits more for many athletes it will provide mental tools so that they can learn to manage their own performance and create techniques and strategies to perform well especially from competition. Strategies such as goal setting, imagery thought management and emotional control can be learned through practical exercise were the athletes can use this to develop their personal routines and plans for achieving mental readiness in comes in a game or a competition.

### **Summary:**

Athletes face many other mental issues, such as focus, concentration, composure, goals, nervousness, anxiety, and lack of mental preparedness, to name a few. The mental imaging training provides athletes with the resources they need to break through these mental obstacles that hinder their success. Athletes perform to their ability and reach their success goals by physical education or mental conditioning. You will learn to "tune out" questions about what others think of you through mental preparation and concentrate on what is most important: playing the game and doing your best.

### **Conclusion:**

All in all, mental imagery have many benefits especially for athletes and coaches having a difficult time about techniques or strategies in comes in individual problems they have. The imagery will help them to get up and find their strength to their feet and learn to control the problems they have. Imagery not only helps athletes to regulate the anxiety they experience during competitions, but also helps athletes to stay confident, focused and mentally tough. This mental imagery is like problems if we compare to a real life if we have many problems that we facing at in every situation the first we need to do to conquer it is to find a goal and to have strength to eliminate this problems.

### **Recommendation:**

I will recommend this for different athletes and coaches in every sports to everyone who need to practice themselves to find their strength

and solution to their problems. Because the mental image or mental picture is an experience that, on most occasions, significantly resembles the experience that happened not for athletes and coaches but for everyone.

**Reference:**

1. <https://appliedsportpsych.org/resources/resources-for-athletes/sport-imagery-training/>
2. <http://www.sportpsychologytoday.com/youth-sports-psychology/common-mental-game-challenges-for-athletes/>
3. <https://sportmedbc.com/article/preparing-mentally-competition>