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## Analysis the relationship between mental skills variables with performance of baseball players

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### Abstract

The aim of the study was to find out the significant relationship with mental skills and performance of male Baseball Players. For present study total 25 Inter University level male baseball Players selected as a simple of the study. The age of subjects ranging between 18-26 years was selected randomly from Punjabi university. Mental Skills Questionnaire established by Hardy and Nelson, 1996 was used for this study. After collecting the relevant data descriptive statistic and t test was applied. The level of significance was set at 0.05. The outcome of the study shows that significant relationship of mental skill variables with performance of male baseball Players.

**Keywords:** Mental skills, imagery ability, mental preparation ability, self-confidence level, anxiety and worry management

### Introduction

Mental skills are inner capability that help athletes to manage their mind efficiently and consistently while achieving sports related goals. Mental skill training provides the methods and techniques not only to develop skills such as, concentration and positive body language, but also to foster personal characteristics such as self-esteem and positive competitive skills and behaviour. Mental skill technique helps the athletes to adjust their thoughts, actions, feelings, and physical feelings in order to improve their games. Mental skills training involve different interrelated activities. Many of these activities may be used alone but most successful outcomes are achieved when all are combines. Hardy and Nelson (1996) [3] confirmed that imagery ability, mental preparedness, self-confidence, anxiety and worry management, relaxation ability and concentration ability are very important for athletes. Some studies indicated that the use of mental skills such as imagery, relaxation, goal setting and self-talk is important areas in the field of Sport Psychology (Vealey, 2007; Williams & Harris, 2001) [8, 9]. It has long been approved that psychological skills are critical for athletes at elite level. Taghian (2001) [7] concluded that the degree of motivation in controlling of mental picture-making and their targeting affairs is higher than the superior athletes significantly than non-superior athletes. Ghadiri (2005) [2] concluded that the degree of mental skills in elite athletes of karate is significantly higher than non-elite karate athletes. Investigation findings of Burton & Raedeke, 2008 [1], Vealey, 2007 [8] & Williams, 2001 [9] have exposed that elite and successful athletes are more committed, motivated, self-confident, focused and able to cope with adversity. Players learn and develop many skills, based on information and training provided by their coaches and trainers.

### Hypothesis

1. There would be no significance relationship of mental skills with the performance of female Baseball Players.

### Methodology

#### Selection of Subjects

For present study total 25 Inter university level male baseball Players selected as a simple of the study. The age of subjects ranging between 18-26 years was selected randomly from Punjabi university.

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## Selection of variable

### 1. Mental skills

#### Tool

Mental Skills Questionnaire established by Hardy and Nelson, 1996<sup>[3]</sup> was used for this study.

#### Administration of test

##### Mental Skills Questionnaire

Hardy and Nelson mental skills questionnaire was used to assess level of mental skills. The questionnaire contains 24 questions measuring six dimensions of mental skills and each dimension is measured by four questions, with a six point likert scale.

#### Purpose

This questionnaire identifies common mental strength and weakness level of the players.

#### Description

Each player/subjects was given a questionnaire and a pencil. The researcher were asked to subjects read each statement carefully and then circle the appropriate number to indicate the extent to which one agrees with the statement. This was based on a six point scale from strongly agree to strongly disagree.

#### Scoring

The rating is based on six point scale from strongly agree to strongly disagree. The lower score represents weakness level and higher score represents stronger level of mental ability. (Hardy and Nelson, 1996)<sup>[3]</sup>.

#### Statistical Technique

After collecting the relevant data descriptive statistics and t test was applied. The level of significance was set at 0.05.

## Results

**Table 1:** Shows Mean, S.D. and relationship value between Mental skill level and performance of Baseball players

	Mean	Std. Deviation	R value	P value
Mental skill	75.677	13.119	.727	.001
Performance	30.5163	4.92340		

'r'<sub>0.05(13)</sub> = 0.514

Table & figure no. 1: illustrations that the Mean and S.D. value of Mental skill level of Baseball players was 75.677±13.119 respectively. But in performance variable the mean and S.D value is 30.5163±4.92340 respectively. At the time of calculation of relationship between Mental skill level with performance of Baseball players the r value was 0.727, it is more than the tabulated value. The outcome does recommend that there is significant relationship between Mental skill level with performance of Baseball players.

## Discussion

The results of the study shows that there is significant relationship with Mental skill and Performance of the baseball male players. On the basis of analysis of the data, investigator found that the earlier study of Singh and Singh (2015)<sup>[6]</sup> & Pashabadi, *et al.* (2011)<sup>[5]</sup> & Paikarathodi, S. (2015)<sup>[4]</sup> sported the present study.

## Discussion of hypothesis

There would be no significance relationship of mental skills with the performance of male Baseball Players. This hypothesis was rejected because significance difference was found in Mental skills and performance of baseball players.

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