THE EFFECT OF RELAXATION AND MENTAL IMAGERY ON SELF-EFFICACY, COMPETITIVE ANXIETY AND SPORTIVE PERFORMANCE

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The purpose of this study was efficacy of relaxation training and imagery training (motivational general – mastery imagery) on self-efficacy, competitive anxiety and performance in (skate) athletes. The procedure of this study is experimental (pretest, post-test with control group). So that, 75 skate adolescence athletes in three group (relaxation training, imagery training and control group) randomly displaced. The instruments of study are self-efficacy, competitive anxiety and performance scales. For group 1 relaxation training and for group 2 imagery training applied and for group 3 not applied any training. Results of analysis of variance indicated that meaningful different between three groups in post-test scores of self efficacy, competitive anxiety and sportive performance (p<0.05). That means, the scores of self efficacy and performance in group 2 (mental imagery training) higher than group 1 and in group 1 higher than group 3 (control group), and the scores of competitive anxiety in group 1 lower than group 2 and in group 2 lower than group 3.