

The Losing-Weight of Elite's Footballer: a Case Study

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Abstract

The purpose of study is to examine the affected of mental imagery and self-confidence of losing-weight on elite' footballer by using the physical and mental practice. The subjects were elite footballer whom playing in Malaysian' league (n=4). In the regular of this competition samples have training 5 days a week for three weeks, 8.00 A.M.-10.00 A.M. Researcher, had combine the activity in losing-weight into two concepts; losing-weight and mental practice. Data collection was mean and standard deviation for analyzing before and after losing-weight. Results shown that subject 1 was 1.8kg (5.4%), subject 2 was 3.8kg (4.3%), subject 3 was 2.6kg (3.0%), and subject 4 was 2.2kg (2.9%). And the imagery increased 16.7% (Subject 1), 15.9% (Subject 2), 12.5 % (Subject 3), and 6.0% (Subject 4), Self-confidence was increased 12.0% (Subject 1), 13.0% (Subject 2), 9.6% (Subject 3), and 3.8% (Subject 4) from baseline (single recorded). The finding of this study suggested that footballer had successfully by using imagery practice added during the physical training for losing weight. It helped them extract a problem of training such as boring, stress, and fatigue of training.

Keywords: physical training- losing-weight, imagery practice, self-confidence

Introduction

Recently, imagery was found to support sport performance and many successful results of sport competition were affected by using mental imagery and physical practice (Nordin & Cumming, 2006). Sosovec (2004), indicated that best imagery practice should train together with physical practice. Many studies (e.g., Malouff et al., 2008; Cumming 2002; Andrew & Friel, 1998) found that imagery improve performance. This result had according to Isaac (1992) who studied the use of imagery by gymnasts found that highly in imagery ability, regardless of skill level, improved significantly more on the performance skill than those with low imagery ability. His finding can be saying that elite' player might express that they better in the controlling of

images. Because found that athlete using imagery to perform at a higher skill as higher image as well. Unfortunately, finding of imagery on difficult task such as losing-weight had few of research.

In fact, the effect of imagery had found that improving the skills for both team and individual. Callow et al., (2001) noted imagery would provide on sport training programmed as well as use focus on improving their athlete's skills and was the ways successful to help improving sport performance as well. Moreover, Gill and William (2008) pointed that imagery will help people more awareness all sensation (sound, smells, and feelings). Vealey and Greenleaf (1998), suggested sensory awareness might received by vividness training and start with simple exercise, try to develop clearly image, and learn to regular image. They said try to control ability training such as speed up and slowing down while image running, for example.

The mention are given above had recommendation that elite' footballer is an appropriately to say that they are showing well in the self-confidence, which improves athletes' skills and performances. Moreover, how self-confidence extremely encourages better performance on theses athletes. It is the more interesting for us to know that what important are they perform. As mentioned like this "what you say to your self is more powerful than what others say about you, the little voice in your head can be your strongest ally or your greatest enemy" (Andrew & Friel, 1998) and "what you see is what you get" (Short & Ross-Stewart, 2006), all these speech are involved perspective. Accordingly, athletes who frequently using imagery they perhaps should gain more confidence (Nordin & Cumming 2006).

Why we use the mental skill as imagery for example, to help them getting firm by losing-weight duration. Because, we believed the best result such as physical training, mental training, and an activity belong with elite athlete. The reason of this supporting imagery has manipulated all behavior. This affect related in the enhancing athlete' performance. Therefore, using positive imagery in sport situation found that improve performance. (Weinberg, 2003). However, what activities use by athletes is that still not clear (Malouff et al., 2008). Because, the imagery process can be every times use and several situations. It not just on sport training, but also on real life. However, still unclear that whether these situations are affected with athlete's mental skill and physical skill. Thus, we can explore this situation in elite' footballer to be clear how, why, and what are they shown.

In some research, Omar-Fauzee et al., (2009), reported that both athletes from national and states players have used imagery in the training program compared to that other of high school level. It would emerge that imagery with strongly at high level of skills event both male and female from low to high performance was employed. Furthermore, imagery and self-confidence in their sport with a relation of other mental during difficult tasks might also was affect.

Currently, research suggested that athletes used the imagery in different ways, and different methods. They have been showed that both mental and physical practice were counterpart in

term of each having the correlation. Sosovec (2004), indicated that physical practice and imagery are similar is due to the relationship of mental' affected involved athlete' experience based on physical practice. According to Rattanakes et al., (2009), reported that athlete having differences of mental between imagery and self-confident. Because, the differenced of physical skill' levels and their experiences. Athlete are having hardly training they would also use more experiences. The physical fitness and skill might also remain in this situation due to relationship between imagery and self-confidence affected to physical skill (Salmon et al., 1994). In addition, imagery and physical practice during the interpolated activity session caused similar interference effects on retention. The movement during retention physical practice is effect with imagery (Hall, Bernoties, & Schmidt, 1995).

Moreover, most research of psychology had demonstrated that athletes' performance by using imagery practice was significant difference than other who's without it. (Garza & Felts 1998; Epstein 1980; Ryan & Simans 1982; Kate & Stephen 2003; Surburg et al., 1995; Covassin & Pero 2002; Murphy, et al., 1988; Ploszay et al. 2006; Smith, 1987). Based on these results people using imagery during aerobic exercise due to they are performing a focusing on the body awareness. The numerous have been showed that 38% is environment, 24% is effort intensity, and 25% is the related of athlete (Thomson, 2003). Base on these numbers mental practice might forces them obtain by themselves, in term of they having high-performance of using imagery as control emotions, improve concentration, and to set goals including a focus on effective outcome and performance.

In addition, Moritz et al., (1996) indicated that athletes who have strongly of kinesthetic visual imagery they would usually had a higher confidence level than other who had not. Epstein (1980) supported this aspect that perspective use internal and external imagery, might concern the impact of mental rehearsal of athletes of all skills. Athlete did not concentrate only some physical activity, but they could concern more activities. Thus, athletes use visualization to enhance self-confidence, concentration, and performance due to expectation replay overall of their skills by using imagery internal and external, although, imagery demonstrate two side positive and negative effect (Hogg, 2002). The important point would be whether they are still successful when using on vastly interventions or not.

It is certainly that losing weight situation, athletes concern to many activities and heard tasks, which they should be executed. Those tasks slightly forced them suffering with some problem such as changing program, hardly training, difference activities, which may probably burn them out of training. In the other word, losing-weight was adding more difficult task for them, including the person who did not prefer it. Because those athletes already have strong power and sustained sport skills as they are inherences. They also preferred playing sports as well as receiving high performance. In contrast, Meyers et al., (1979) discovered that better players are those who had successful clarity of imagery. From this point, would be argued that, however, if athlete who is highly ability of imagery they are also well of skill, whether helps them achieved more or not. Therefore, there is no clear that athletes who have difference visualization would be despite being athlete of national team. They should together practice between the mental imagery and physical practice. Moreover, successful individual development personal' skill'

found that some of them spent more a focusing on the tasks which is important for his or her. Mental practice, whereas defined as the symbolic rehearsal of a physical activity in the absence of any gross muscular movements.

In addition, athletes have recalled some picture as a visual relate experiences before competition. Hall et al., (1990), Barr and Hall (1992), noted that athletes use imagery all sport situations; before competition, during competition, and after competition. And they explained that mostly athletes use imagery during competition than other session. This point, it would identify that athletes' overall which would be evidently positive experience (Macintyre et al., 2007). In the others hand, athletes were approximation reliable, if they using imagery in a short time, due to visual involved stimulus and the responses of short and long term memory stage. Schmidt and Weisberg (2004) reported that beginning tennis player used visual image to perform motion during serve, whereby they used long term and short term memory before movement. The result explored that it perhaps imagery retrospective learning experience stage that performer might focus on processes information in short term memory and transfer to long term memory.

Therefore, relaxation can help them to get some resting and feeling good before exercise, due to decrease anxiety or protecting external intervention. Athletes are evident have also training to develop their imagery' picture in the mind, if they have better relaxation during imagery practice. Kolonay (1997). Weinberg et al., (1981) identified that relaxation would help participants to be more effective in mental imagery, which relaxation was a little exercises (deeply breathing) reduces destruction, and focusing on imagery activities. As the athletes' training process was the involved of the task which was the relationship between imagery and relaxation state. Therefore, relax state is a likable deeply process of imagery practice that related to sport activities as adjunct imagery-band strategies (Gold et al., 2002)

As the reasons are given above, the national team athlete or elite players has frequently used imagery more than other players who are not (Cumming, 2002). According to Fox (2006), imagery most widely use mental skills employed of both elite athletes and non-elite. As the result, could be gave the notion that elite athlete have used imagery as well as greater their experiences in the part, which is evidently more than non-elite athletes. Moreover, those athletes widely used the imagery techniques such as enhancement technique and implemented the task. Therefore, to create imagery is the method of many difference ways (Morris et al., 2005). Base on this point it may be deducted that how imagery does affected physical and performance. As athletes had often used the imagery as they involved it all time, during games such as enhancement technique, and assist movement complexity (Hall et al., 1985).

As imagery ability incorporate a range of sensory modalities including visual, auditory, kinesthetic, olfactory tactile and gustatory senses. Furthermore, imagery involved the brain and memory in term of visualization dimension information. The study found that elite athletes (tennis, swimming) likeable difference sport in playful and fun environment (Bloom et al., 1998). Athletes need to have more imagery during play sport by changing them into different situation during training program.

In contrast, almost they still like to play, but sometime they have no controlled by coach. In this reason, coach should be making a supported program by issued a new training program for them by increased relaxation (Hogg, 2002). Then try to lead them how would they gain in physical practice such as losing-weight task. Because, as they have no practice a specific activity. Some athletes have needed small period during cross training just to maintain the performance of seriously time as before making a competition. It is the prediction of a task of losing-weight program, also mental practice of national team which has more ability like professional, and imagery and self-confidence will improve performance in this task. As the literature on imagery practice in sport performance most fully achieves with athletes who using their mental skills that consisted of self-confidence, relaxation, motivation which was concept in the research finding.

Purpose of the Study

This study was ascertained that how elite-footballer used a physical practice and mental skills (imagery, self-confidence) in hardly task during losing-weight.

The Statement of the Problems

Mental practice had a perspective and visualization by performing a structure of exercise that would be consisted of self-confidence, which purposely to maintain or develop performance. However, the effects between imagery of elite's athletes for losing-weight are weak research. Furthermore, many coaches less of the understanding the method how to do it for surely of further program. Because no researcher recommended that the lose weight can be effect on the component of physical and mental performing in this task.

Using this training on the footballer elite', who strongly than novice players. They probably can do much for this task. As it has been found that imagery practicing were best activity when participate having highly of ability like national team (Fox, 2006; Cumming 2002; Hale 1994; Mumford & Hall 1985; Mclean & Richardson 1994). Based on previous finding might hypotheses that those athletes will have gain more of performance of mental skill and physical dimension after training. The mental practice and physical practice (losing-weight) found that quite less of researcher/paper using this method.

Method of the Study

Sample Selection

The study was selected subjects by purposive-selecting, samples were elite football player who have experiences as a national team, and all of samples were four male age average 28.25 years (24, 28, 29, and 32). All subjects were in the season of training for Malaysia' league football competition, which has 7- 15 years experiences.

Imagery Practice Procedure

The samples have trained particular programs for a technique and skills by their coaches; 5 days per week. As these programs was improved physical fitness before a competition. In this train each subject was informed to training for losing-weight as well. They were all (Subjects 1, 2, 3, 4), have trained same activities for losing-weight for 5 times a week. But only two subjects (Subject 1 and Subject 2), were added the mental imagery practice by relaxation of music and picture which provided by research for 12-15 minutes interval. Meanwhile, subject 3 and subject 4 had no mental practice.

Program Losing-Weight Training

The losing-weight training, all subjects were requested to do in every morning; 5 times per week, and each time has trained 2 hours (started 8-10 a.m.). This program aim to losing-weight only, which were made by their staff coaches and expert in sport science fields (coach, manager, sport science instructor) for physical fitness training. The activities in this program consisted of aerobic exercise such as cycling, swimming, walking, and recreation games (e.g., agility short running, speed 15 meters, walking long distant, crossing game skill, and joking e.g.). The measuring body weight was used the scale body weight from laboratory physical fitness test (Sport Academy Putra University, Malaysia). It was implemented immediately when each finished the training, and taken it same time of diary. The pedometers equipment was also used for a carries measured control work load during doing exercise.

Questionnaire

Imagery Ability. The Sports Imagery Questionnaire (Cumming, 2002) was a questionnaire designed to assess an athlete's use of imagery perspective and their sports experiences. This question comprises five subscales. Each item was preceded by the phrase, "*I imagine the emotion I feel while doing my sport.....*" and the responder was required to complete the sentence and rate it on a scale of 1 to 7, where 1=*rare use of imagery* and 7=*extensive use of imagery*. An average frequency score was calculated for each athlete (across 30 items).

Self-confidence. The Self-confidence Questionnaire was designed to measure an athlete's use of self-confidence and their sports experiences. These questions were comprised of a four subscales. Each item was preceded by the phrase, "*your confidence in your ability to attempt a new sport skill for the first time.....*" answered on a scale of 1 to 7 where 1=*rare use of imagery* and 7=*extensive use of imagery*. An average frequency score for each athlete was calculated (across 13 items).

Results of the Study

The result of this study was separated into two parts as: Physical practice and Mental Practice.

Physical Practice (Losing –weight) Results

After intervention the result of all subjects demonstrated that before and after losing-weight training was decreasing continuously from started till finished (week 1, 2 and 3). Refers to the result, subject 1 was losing weight =1.8kg (mean = 63.3kg in week 1 , 62.0kg in week 2, and 61.5kg in week 3), subject 2 was 3.8kg (mean= 74.81kg in week 1, 72.7kg in week 2, and 71.0kg in 3 week), subject 3 was 2.6kg (mean= 72.3kg in week 1, 71.0kg in week 2, and 69.7kg in week 3), and subject 4 was 2.2kg (mean= 65.9kg for 1 week, 64.3kg in week 2, 63.7kg in week 3). Summary, all subjects were average=2.6k. From this result, it means all subjects both groups; mental practice has loses body weight 3.8k.g, 5.4% (Subject 1), 4.3kg., 2.6% (Subject 2), and no mental practice group; lose 2.2kg., 3.0% (Subject 3), and 1.8kg., 2.9% (Subject 4).

Table 1 Distribution black ground of subjects and the result of body weigh before and after losing-weight training 3 weeks

Subjects	Ages	height Cm	Mean and standard deviation			weight loss	Percentage
			1 st week	2 nd weeks	3 rd weeks		
S1	28	164	74.8(±1.81)	72.7(±0.63)	71.0(±0.93)	-3.8 kg	5.4%
S2	29	173	62.3(±1.20)	61.0(±0.87)	59.7(±0.38)	-2.6 kg	4.3%
S3	24	168	75.9(±1.54)	74.3(±0.84)	73.7(±0.79)	-2.2 kg	3.0%
S4	32	165	63.3(±0.99)	62.0(±0.69)	61.5(±0.35)	-1.8 kg	2.9%

(n=4)

Figure 1 Graphic demonstrated body weight-loss individual subject base duration 3 weeks

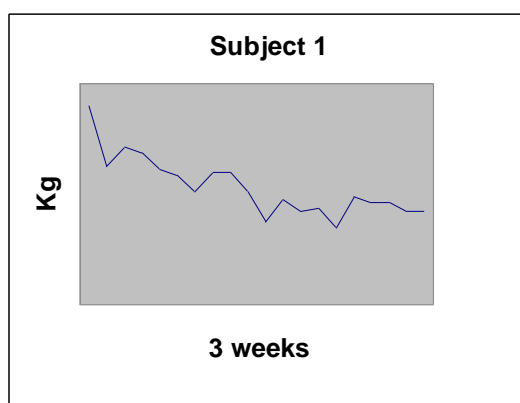


Figure 1.1 Graph Subject 1 shows body weight-loss after 3 weeks



Figure 1.2 Graph Subject 2 shows body weight-loss after 3 weeks

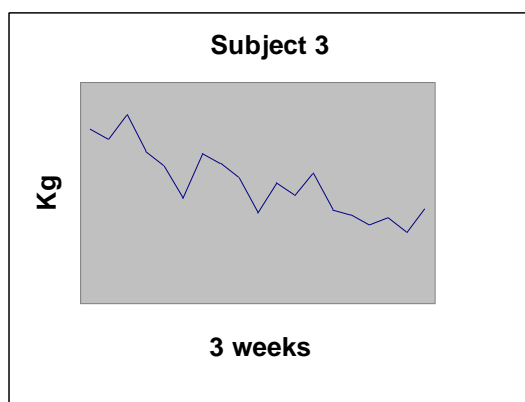


Figure 1.3 Graphic Subject 3 shows effect of body weight -loss after 3 weeks

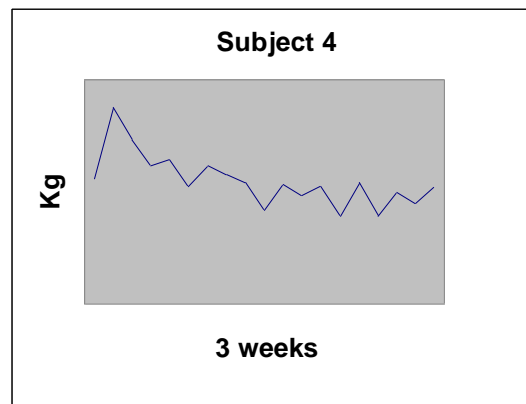


Figure 1.4 Graph Subjects 4 shows body weight-loss after 3 weeks

For mental supplemented, it has been found that there were differences between imagery, self-confident before and after 3 weeks. As the result, imagery was improved after trained with the program, subject 1 baseline mean before training is $5.18(\pm 1.20)$, then after training is $6.05(\pm 1.23)$ and percentage increasing is 16.7%, subject 2 baseline mean before training is $5.14(\pm 1.26)$, then after training is $5.95(\pm 1.05)$, and percentage increasing is 15.9%. And Self-confidence is also improved more than before training base line at the beginning is $4.41(\pm 0.94)$, then after practice is to $4.94(\pm 0.56)$, and the percentage increasing is 12.0% for subject 1, and base line at the beginning is $4.53(\pm 0.62)$, then after training is to $5.12(\pm 0.60)$, the percentage increasing is 13.0% for subject 2. The result in this study are also showed that all subjects in group 1 (mental practice) increased to imagery and self-confidence after training with this program.

In second group who have trained with physical alone no mental practice. After intervention they are also showed that increasing imagery and self-confidence before and after losing-weight training which mean base line at the beginning is $5.09(\pm 1.26)$, then improving is to $5.73(\pm 1.25)$, the percentage of increasing is 12.5% for subject 3, and subject 4 showed the mean before intervention is $5.27(\pm 0.93)$, then improving is to $5.59(\pm 1.03)$, the percentage of increasing 6.0%, and self-confidence from the beginning of intervention is $4.29(\pm 0.69)$, then improving is to $4.71(\pm 0.59)$, the percentage of increasing is 9.6% for subject 3, and subject 4 before intervention the mean is $4.59(\pm 0.51)$, then improving is to $4.76(\pm 0.44)$, the percentage of increasing is 3.8%. The details are showed below (Table 2).

Table 2 Distribution the result of mental imagery practice and physical practice supplementation during losing-weight training 3 weeks

Subjects	ages (Year)	height (Cm)	Mean and standard deviation		Improving (%)
			before	after (3 weeks)	
Imagery					
S1	28	164	5.18(±1.20)	6.05(±1.23)	16.7%
S2	29	173	5.14(±1.26)	5.95(±1.05)	15.9%
S3	24	168	5.09(±1.26)	5.73(±1.25)	12.5%
S4	32	165	5.27(±0.93)	5.59(±1.03)	6.0%
Self-confidence					
S1	28	164	4.41(±0.94)	4.94(±0.56)	12.0%
S2	29	173	4.53(±0.62)	5.12(±0.60)	13.0%
S3	24	168	4.29(±0.69)	4.71(±0.59)	9.6%
S4	32	165	4.59(±0.51)	4.76(±0.44)	3.8%

(n=4)

Figure 2 Graph demonstrate imagery before and after intervention during losing-weight training 3 weeks

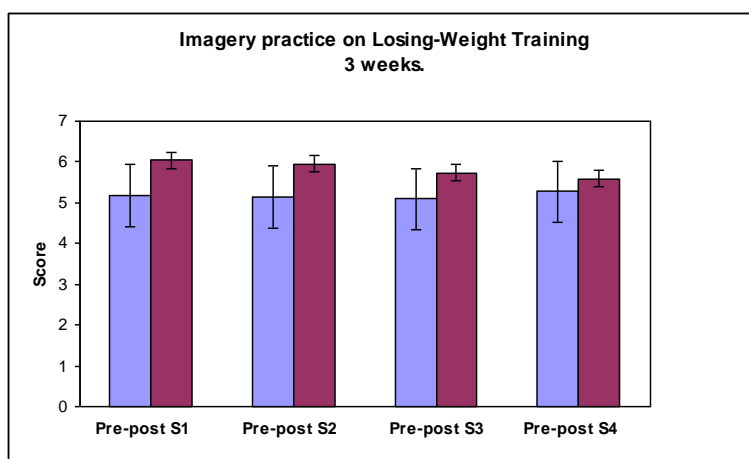
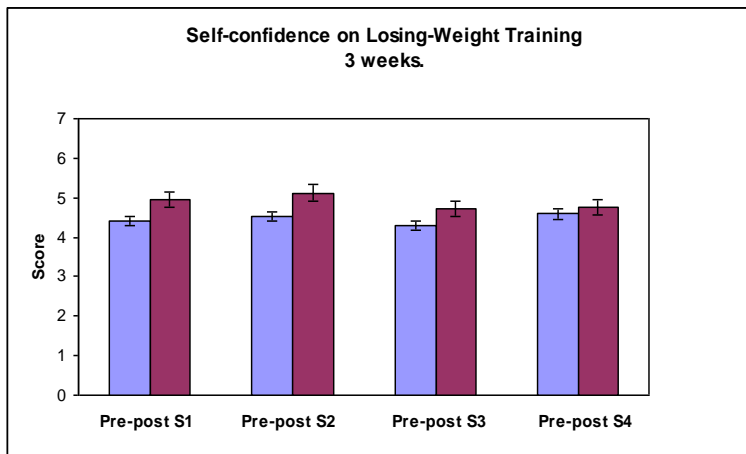


Figure 3 Graph demonstrate self-confidence before and after intervention losing-weight training 3 weeks



Discussion of the Study

This study is identifying the differences before and after training on subject who was footballer as expert, which they have maintained their skills by rehearsing mental practice and physical practice. Although, they can improve mental imagery and self-confidence of group; mental supplement (n=2) and group physical alone (n=2) the result showed subject in mental practice group improving imagery and self-confidence than physical practice alone (no mental supplement) (Figure 2, 3) Hence, we could mentioned that subject within of mental practice is an effected of the mental' ability. It dose supported them to using during training period. On the other hand, athlete's use it every day the quality occurred due to they are similar. This result has been found hat athlete having more frequency of the imagery practicing more than normal it certainly would help them to perform of both image and self-confidence (Nordin & Cumming, 2006). Whenever imagery and self-confidence has affected in term of using every day, it might have more strongly than before or better than non practice.

Moreover, the possible highly to achieve is due to athlete from a national team or elite players having frequency imagery more than players who are not (Cumming, 2002). Refers to this study all subject have been showed that they are gained performance compared to before training that means the relation between mental practice and physical practice are affected as well as previous study founded before (Sosovec, 2004). Following this result we could explain that athlete (footballer) is gain more the mental practice, physical practice in many ways.

Firstly, if they have more attention in this program they would be able to focus and clear more of the activity, the cases is due to they are in the same activity as they received the same information with instructor before training, so the instructor would also stimulated or lead them to do more (Thomson 2003). According to previous research finding has been found that athletes who had been used mental practice to enhance skills in diary (Bochiario 2004; Hall, 1998; Cumming, 2002). They would be able to successful of highly fitness of all skills. They also have received the influences with the perspective between the using of internal and external imagery. It leads them to concern the impact of mental rehearsal and athletes for all skills

(Epstein, 1980). In addition, imagery practice during losing weight training is seemed to difference with other tasks due to imagery training dose not including any fatigue practice which is the physical practice. On the other hand, athletes would use mental imagery to support their skills like an automatic system performing as well as their perspective simultaneously referring to experience and cognitive task which is characteristic of them (Bochiaro, 2004). In addition, when they are viewing a task from many ways, evidently to claim that they might have involved cognitive and perspective like the process of learning style. In addition, mental practice has demonstrated with much aspect such as self-confidence, relaxation, motivation as it is the influenced of those characters, one evident to indicate that imagery is the effective with physical activity, especially exercise (Hausenblas et al., 1999).

Secondly, athlete is believed that the activity losing-weight is a difficult task which compared to normal program and no imagery activity (recorded interviewing athlete). Both of them are involves these task thus it allowed an athlete to be facing or used imagery to perform performance. Imagery dimensions like a mental skill that would be successful more if the combination with physical practice and mental practice was met (Sosovec, 2004). From the intervention in this study, it was allowed to practice in a small group (n=2), it would be more comfortable to control them in terms of introduction before starting a training activities. As the finding of this study has been found that the whole items of imagery questionnaire raised that there is increasing more than before; based line of each subject (Table 2, Figure 2, and Figure 3). The reason is explain that because of athletes have automatically responding expenditure during visualization and having more stimulus of picture in the mind (internal and external affected) that would occur from experience as they were elite athlete (Hall et al., 1998 & Morrise et al., 2005).

The results are also identified that all subjects are improving imagery and self-confidence as they are losing-weight task implicitly which perhaps appropriate activity in the mental practice group more than non practice group: weight loss in Subject 1= 5.4%, and Subject 2 =4.3%, Subject 3= 3.0%, and Subject 4= 2.9%, as detail showed (Table 1). Although after practice self-confidence slightly little improved than imagery aspect (Figure 2, and 3). This does not mean self-confidence less than mental imagery with comparing of the result before and after. Self-confidence is increasing all subjects compared itself by data of before and after). From this point, we can see the different that if the effected of this study were increasing by mental imagery and self-confidence as the result (Table 2). That mean, it might be occurred either results the improving itself or affected each other. Refers to the result all subjects increasing mental practice: imagery=16.7% for subject 1, and 15.9% for subject 2, and self-confidence mean= 12% for subject 1, and 13% for subject 2, for self-confidence after losing weight training. The finding for body weight is also decreasing than before with the mean average 2.2 kg. From these values, if measured from both between imagery and physical results, it is seldom to contribute that how the relationships are, due to small sample size. It can only be explained that both effect still presented in positive between physical practice and mental imagery practice as supported result by Sosovec (2004) imagery practice should work together with physical practice and training.

Meanwhile, imagery and self-confidence are improved for mental practice and increasing for losing-weight in physical activity training. From the imagery affected have shown more performance and self-confidence was the relation of imagery, in term of more imagery also more self-confidence. Consequently, at least athletes in this study have affected with both methods in this program. Although subject from non mental practice group (Subject 3, Subject 4) was improved the imagery and self-confidence, but they are less than mental practicing group (Subject 1, Subject 2) detail in Table 2. The reasonable to explain in this case might be performance affected of losing-weight training. When they have gain in this program they will satisfy themselves as they are in thinking positive. That mean, imagery and self-confidence did increase which they were effected relationship. Thus, they should have more confidence and imagery perspective following those aims including weight-loss task. The reason to support this mention there is due to athlete in this study have first accepted this task (losing-weight training) at the beginning. This reason will be strongly acceptable that it might be the positive imagery has motivated them to more practicing, but a negative imagery did opposite which lead them to decrease imagery in the same ways. Refers to fact of imagery indicate that athletes using imagine in negative way they would not be in goal achievement of competition (Hogg, 2002).

However, the present study did not measure the negative and positive image whereas limited of equipment and evaluator. Thus there is possible athlete who have experience about sport skill they could also remember to how they have done and which is the perforate activity during losing weight. After intervention of this study possible to claim that there is affected like subject as in the mental supplement. The result showed that all subjects of non mental practice were also improve ability of imagery and self-confidence, although, the numbers of the result showing that both less than subject 1 and 2 who particular in the mental practice and physical practice.

Summary

The finding of this study suggested that athletes had successfully by using imagery practice added during the physical training for losing weight. It helped the elite-footballer extracts some problem of training such as boring, stress, and fatigue of training. Thus, the mental practice, physical practice is the methods which also further help performer whose purpose to use it adaptation to their works (exercise), not only in sport situation but also in the particularly people of social lives.

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