

The Practice In Mind (PIM) Training To Regain Skills And Psychological Performance Of Injured Athletes Prior To Participating In The Competition: Case Study

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Rugby players are getting bigger and stronger thus leading to greater risk of injury. Sports injury can be traumatic for many athletes because their wellbeing is an important component of their self-identity. In the stages of returning to sports, little is known about injured athletes who had rehabilitation experiences whether on a specific skill and psychological performance prior to returning to the competition. PIM training program is a systematic mental training program to improve sport skills and psychological performance for athletes (Mazlan, 2015 & 2014). Therefore, the effectiveness of PIM training program was requested in training injured athletes who had rehabilitation experience and is ready to perform in a competition. A single case study on a 19 year old rugby player was trained three times per week for a six week training program. Pre and Posttest agility (side step) and CSAI-2R questionnaire were measured in this study. The mean scores result revealed that the 6 week PIM training program improved the agility and self-confidence scores. It also helped to reduce the cognitive and somatic anxieties of the player. The results established that the effects of PIM training helps in regaining specific running skills (side step) in rugby and pre-competitive anxieties as well as self-confidence prior to participating in the competition. Recommendations for injured athlete to improve psychological factors in their ability to perform the specific skills before returning to participate in the competition are discussed and questions for future experimental research are offered.