



## A STUDY OF THE EFFECT OF IDEOKINETIC IMAGERY TRAINING ON BODY POSTURE

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### Abstract

The purpose of the study was to find out the effect of ideokinetic imagery training on body posture. For this study 30 boys were randomly selected between the age of 15-18 years from Taxila Public School, Meerut of Uttar Pradesh and then the selected subjects were divided into two groups i.e. 15 as experimental group and 15 as control group. The New York state posture-rating test was used to analyze the posture of the subjects. After assessment of pre-test the experimental treatment selected imagery training was conducted for experimental group for 08 weeks and no training to control group. After the completion of eight weeks training programme the post-test (Posture Rating Test) was conducted. The 't' test was used to find out the significant difference between pre-test and post-test of both experimental group and control group. On the basis of result it was concluded that ideokinetic imagery training programme was very much effective for improvement of the body posture especially in adolescence and eight weeks ideokinetic imagery training programme was sufficient for improvement in body postural profile.

**Keywords** : Ideokinetic, Imagery, New York posture-rating Test.

### Introduction

If a person has a high degree of body intelligence it usually means that he is very skilled at some physical activity. A person with a lot of body intelligence might be an Olympic

swimmer, a marathon runner, or a well known dancer. Many might assume that these trained individuals have a good deal of control over their bodies, and they have intentionally learned to perform the desired action. All of us have some level of body intelligence, but some naturally have more than others. An alternative interpretation of body intelligence eliminates the role of intent and even consciousness in body movement. Why is it so? Our shoulder muscles get tight when we are under a great deal of stress, why do we inadvertently hold our breath during a scary scene in a movie? The body naturally responds to specific situations in specific ways without requiring consciousness of these responses. These unconscious movements are indications that the human body can respond tactically to the condition of its environment. As infants, we learn specific measurement patterns that become more efficient and ingrained with practice. As we get older, however we learn new neuromuscular habits that often subtly combine to impact negatively the efficiency of our bodies. The kind of clothes we wear, the furniture we use, our daily stress and emotions, our preoccupation with our looks, and images in the media all contribute to a habitual body alignment which is tiring, inefficient and ultimately injury prone. A number of Kinesiologists our movement scientists have developed different approaches to kinesthetic re-education. The goal of these approaches is better postural alignment and more efficiency



in movement. Dancers and athletes require efficient body movement in order to increase their skill level and prevent injury. Others may simply want to learn how to live a more relaxed, stress free and well aligned life. Ideokinesis is one powerful approach to kinesthetic education and reduction. As a concept ideokinesis may seem fanciful. Actually, the underlying mechanism of the phenomenon is based on well-defined neurological principles. Movement, however, is not a either or phenomenon, movement in daily life is "integrated activity of the entire nervous system – the voluntary and the involuntary modulated by innate and condition reflex activity and feedback mechanism". Some movements, like walking, become so habitual and automatic that the mover infact does not need any conscious effort to maintain balance. At this stage, the nervous system has developed what sveigard refers to as subcartical patterning, or the co-ordination of muscle action on an unconscious level.

### Methodology

To achieve the purpose of the study 30 male students belonging to the age group of 15-18 years were selected from Taxila Public School, Meerut (U.P.) to act as subjects for the study. Simple random sampling technique was used to select the subjects. The New York State posture rating test was used to analyze the posture of the subjects. The New York State posture rating test provides for posture analysis based on a five point rating scale for their lean body areas of the body. The 30 selected subjects were divided into two groups by equating them with equal body posture scores on the basis of initial postural analysis test as pre-test. Group A acted as control group and Group B acted as experimental

group. In addition to their daily routine work, the experimental group was trained with imagery exercises for eight weeks. The control group carried out their daily normal routine work only. After eight weeks both groups were tested on their body postural profile using New York Postural rating test. The 't' test was used to find out the effect of Ideokinetic Imagery Training on Body Posture. Further the level of significance was set as 0.05 level.

### Findings

To find out the significance difference between the pre-test and post-test means of control group and experimental group on New York posture rating the 't' test was applied. The findings related to it are presented in table : 1-2.

TABLE – 1  
SIGNIFICANCE DIFFERENCE BETWEEN PRE-TEST AND POST-TEST SCORES ON NEW YORK POSTURE RATING TEST OF CONTROL GROUP

Test	Mean	S.D.	't' ratio
Pre-test	44.7	4.13	0.367
Post-test	43.93	4.06	

Significant at 0.05 level 't' 0.05 (14) = 2.145

It is observed from table – 1 that the calculated 't' (0.367) is less than the tabulated 't' (2.145). Hence, it may be considered that there was no significant difference found between the Pre-test and Post-test means of control group.

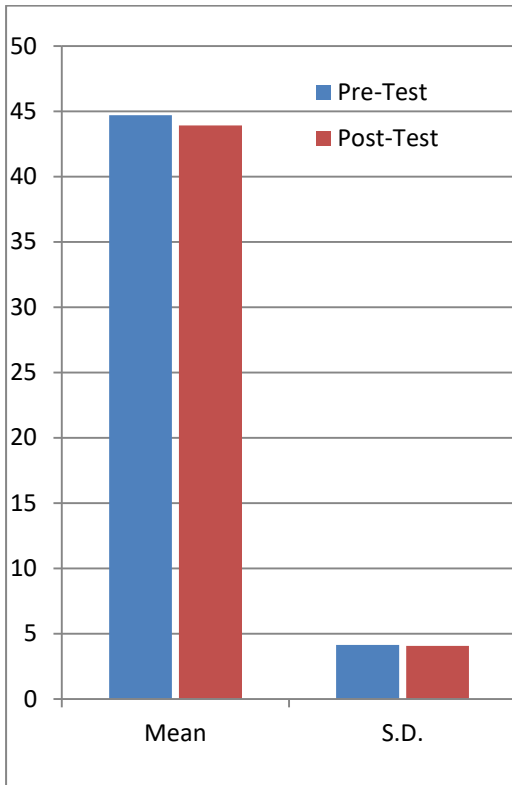


Fig. No. 1: Mean And Standard Deviation Value of Pre-Test And Post-Test Scores of New York Posture Rating Test of Control Group.

It is observed from table – 2 that the calculated ‘t’ (11.225) is more than the tabulated ‘t’ (2.145). Hence, it may be considered that there was significant difference between the pre-test and post-test means of experimental group.

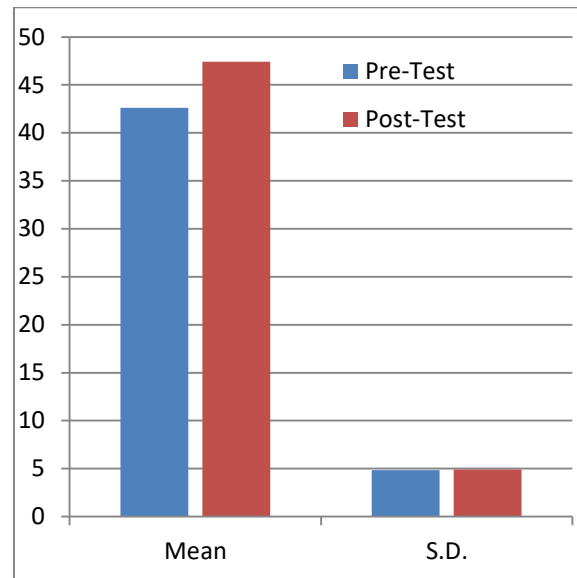


Fig. No. 2: Mean And Standard Deviation Value of Pre-Test And Post-Test Scores of New York Posture Rating Test of Experimental Group.

TABLE – 2  
SIGNIFICANCE DIFFERENCE BETWEEN PRE-TEST AND POST-TEST SCORES OF NEW YORK POSTURE RATING TEST OF EXPERIMENTAL GROUP

Test	Mean	S.D.	‘t’ ratio
Pre-test	42.6	4.85	11.225
Post-test	47.4	4.91	

\*Significant at 0.05 level ‘t’ 0.05 (14) = 2.145

### Discussion of Findings

On the basis of obtained result, it has been observed that there was significant difference found between pre and post-test mean scores of New York Posture Test of experimental group having eight weeks ideokinetic imagery technique training. The 08 weeks ideokinetic imagery technique was fruitful because it improves the posture but as far as control group was concern which did not get any training had no significant effect between pre and post-test. The results of Fair Weather,



M.M. et. Al. (1993) consistent with findings of this study that indicated the use of ideokinetic imagery as an inexpensive and non-invasive technique to improve poor posture and reduced low back pain.

### Conclusion

With in the limitations of the study it was concluded that there was no significant similarities found between the pre-test and post-test on New York Posture rating test of control group. Further it was concluded that by the 08 weeks training programme of ideokinetic imagery exercises the experimental group having good posture profile in comparison to control group those having no training. The overall result showed that the effect of ideokinetic imagery training was significant on body posture of experimental group as compared to control group and it was concluded also that 08 weeks ideokinetic imagery training was sufficient enough to make improvements in the body postural profiles of the school boys.

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