Impact of Mental Imagery on the Accuracy of Motor Skills among High School Badminton Student-Athletes

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Abstract

This research aimed to study the impact of mental imagery on the accuracy of motor skills among high school badminton student-athletes. The results were gathered based on the pretest and post-test of the control group and experimental group. The results showed that there is a significant difference between the post-test mean scores of the control group and experimental group, it showed that mental imagery effectively help the performance of the student-athletes of the MCA Badminton Club.

