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**GUIDED IMAGERY: ITS EFFECTIVENESS IN IMPROVING THE RUNNING
SPEED OF SELECTED VOLLEYBALL PLAYERS AT LYCEUM
OF THE PHILIPPINES UNIVERSITY, CAVITE CAMPUS**

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ABSTRACT

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The study was conducted from March to April 2014 at Lyceum of the Philippines University – Cavite Campus (LPU), to determine if guided imagery has an effect on improving the running speed of selected Volleyball players of the said university. Specifically, the study aimed to: 1) identify the best pre-test scores of the participants as basis for matching; 2) identify the pretest and post-test scores of the group who practiced with and without guided imagery; 3) determine the significant difference between the pre-test and post-test scores of the two groups; and 4) determine the effect of guided imagery on the running speed enhancement of the participants. The researchers used before-match-after design to come up with the study process. Within three (3) consecutive weeks, physical trainings, imagery sessions, and 35m runs where the study was conducted were done. The participants were chosen through purposive sampling based on the criteria. The total participants were 10 selected male Volleyball players of LPU, and were grouped into two having five members in each group.

The statistical results show that the two groups have improved their running speed. However, the improvement of the experimental group can not be based on the given intervention since the control group also improved their speed even without the treatment. In addition, this also revealed that the variations between the post-tests were not enough to conclude that one group has improved more than the other.

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