

OBJECTIVE RESULTS OF MENTAL TRAINING ACTIVITIES BY USING THE POLYGRAPH MACHINE

Abstract

The present study was conducted on a study group of female gymnasts; they underwent a one-year image mental training programme, so as to form complex representations which are specific for acrobatic elements and which consist of the following elements: double backwards leap on the floor and the Yurcenko leap on the pommel horse. After this preparation stage the female gymnasts in this study group were found to perform the elements mentioned above at a higher level than the female gymnasts who did not work according to this type of training programme (mental training). The main conclusion, which confirmed the hypothesis, was that by using mental training techniques performance in sports could be improved. The following physiological indices were used to render these results objective: the capillary circulation blood, electrical-dermal reflex, the volume and intensity of breathing, the pulse and the cardiovascular pressure. The study was based on Polygraph machine recordings.

Keywords: artistic gymnastics, mental training, physiological indices, Polygraph machine.