

An Investigation of Imagery, Intrinsic Motivation, Self-efficacy and Performance in Athletes

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ABSTRACT The purpose of this study is to examine the relationship between imagery with intrinsic motivation, self-efficacy and performance, and to determine the effect of imagery on these variables. Determining whether these variables change according to gender and winning a medal is another purpose of the study. 133 kick boxers voluntarily participated in the study. The Sport Imagery Questionnaire, Self-efficacy Scale and Sport Motivation Scale were used as data collection tools. As a result of the findings, significant differences were not obtained for any variables according to gender and winning a medal. Some significant positive relationships were found between imagery, intrinsic motivation and self-efficacy. In addition, it has been found that motivational general mastery imagery explained twelve percent of variance in self-efficacy. Also, motivational general mastery imagery and cognitive imagery explained 31.2 percent of variance in intrinsic motivation. In conclusion, it can be said that imagery is related with intrinsic motivation and self-efficacy, and affects these two variables.