



ORIGINAL ARTICLE

The Effect of PETTLEP Imagery Training on Competitive Anxiety and Self-Confidence in Badminton Athletes

¹**Helmi Akmal Fauzan** *, ¹**Komarudin Komarudin** , ¹**Herman Subarjah** , ²**Wini Hadiyani** , ³**Dewi Dolifah** 

¹Sports Education Study Program, Graduate School, Indonesian University of Education, Bandung, Indonesia.

²Community of Nursing Department, Nursing Faculty, STIKep PPNI West Java, Bandung, Indonesia.

³Community of Nursing Department, Nursing Faculty, Indonesian University of Education, Sumedang, Indonesia.

*. Corresponding Author: Helmi Akmal Fauzan; E-mail: helmiakmal99@upi.edu

Submitted April 11, 2025;
Accepted June 27, 2025.



KEYWORDS

Badminton-Athlete, Competitive-Anxiety, Imagery, Pettlep, Self-Confidence.

ABSTRACT

Background. Competitive anxiety and self-confidence have a significant influence on the performance of badminton athletes. PETTLEP imagery training is a structured mental training technique designed to create a realistic and immersive visualization experience. **Objectives.** This study aims to identify the effect of PETTLEP imagery training on competitive anxiety and self-confidence in badminton athletes. **Methods.** Participants in this study were ninety-five badminton athletes randomly divided into three groups: PETTLEP Imagery, Traditional Imagery, and Control. Each group underwent 16 training sessions for 6 weeks (three times a week). Assessments were conducted using the Competitive State Anxiety Inventory-2 (CSAI-2) and the Sport Imagery Ability Questionnaire (SIAQ). Data were analyzed using the Kruskal-Wallis test. **Results.** The PETTLEP Imagination group showed the most significant reduction in competitive anxiety (mean reduction in cognitive anxiety from 29.09 to 25.27); somatic anxiety from 29.55 to 24.85; statistical difference test = 62.524, $p=0.00$) and the highest increase in self-confidence with statistical difference test = 54.427, $p=0.00$) compared to the Traditional Imagination and Control groups. **Conclusion.** PETTLEP imagery training is more effective than traditional imagery in reducing competitive anxiety and increasing self-confidence in badminton athletes. This training offers a superior psychological preparation strategy for badminton athletes, with potential applications in both training and competition.

INTRODUCTION

As sports develop, it is increasingly recognized that psychological factors play a significant role in determining an athlete's performance. Any athlete can be affected by psychological health issues; therefore, carefully planning a suitable approach is essential to achieving maximum performance (1). Athletes who cannot read the match situation will experience anxiety, which can result in decreased

performance during the match (2). Two psychological aspects that are often the focus of attention are competitive anxiety and self-confidence. These two variables are connected and have a significant impact on athletic performance. Excessive anxiety can degrade performance, whilst excessive self-confidence can improve it (3). A poor performance is often associated with loss of concentration, tension

under pressure, or other mental aspects of competition, such as excessive anxiety, decreased motivation, and a lack of self-confidence, which can impact the athlete's game (4).

Competitive anxiety can hinder performance and interfere with concentration, while high self-confidence can support optimal performance and increase the chances of success in competition. Previous research found that competitive anxiety contributed to 38% of the change in sports performance and that increased competitive anxiety reduced athletes' performance (5). Competitive anxiety is a negative emotional response to competitive stress that athletes exhibit before and during a match, characterized by cognitive symptoms (fear, concern) and physical symptoms (limb shaking) (6).

Self-confidence is the belief in one's ability to achieve desired goals. High self-confidence is generally associated with better performance. An athlete's strong sense of self-confidence correlates with aspects of "mental toughness," or the ability to cope with multiple demands better than opponents and remain determined, focused, and self-controlled under pressure. When athletes face stress during sports, their self-confidence tends to decrease (7). Several studies have shown that the relationship between self-confidence and athletic performance is 0.25, and a significant effect is more pronounced in individual sports compared to team sports (8).

One method that has been identified as effective in managing anxiety and increasing self-confidence is PETTLEP imagery. PETTLEP imagery, which stands for Physical, Environmental, Task, Timing, Learning, Emotion, and Perspective, is an imagery technique developed (9). The PETTLEP method advises that features associated with the practice should be added to maximize imagery and action observation, such as having the necessary tools or assuming the proper body positions to execute the skill (10). A form of simulation that athletes use to enhance their abilities in sports is now a key component of modern sports training, specifically imagery. Imagery promotes mental visualization (mental practice), which aims to develop greater attention to detail and enhance wisdom and logic in athletes, thereby improving their performance and creating a more vivid and realistic image in the mind (11). Sports often employ imagery to improve their players' performance in various situations (12). PETTLEP uses a multisensory,

evidence-based framework conditioned on actual performance, unlike traditional imagery training. This approach is considered superior because it is based on functional conditioning and embodied cognition principles (13), which can enhance motor and psychological preparation. Therefore, PETTLEP was chosen in this study because it better integrates physical, emotional, and cognitive aspects relevant to competition. PETTLEP imagery has been widely applied in sports contexts, but there have been no specific studies in badminton. Badminton presents unique psychological demands, including rapid decision-making, high-intensity rallies, frequent changes in momentum, and the need for rapid emotional regulation under pressure (14). With a relatively short field size, players must move quickly to all corners of the field within a short time frame (15). These characteristics distinguish it from other sports and highlight the importance of targeted psychological training.

Managing competitive anxiety and building self-confidence in badminton athletes is key to achieving optimal performance. Excessive anxiety can impair focus and performance, while strong self-confidence can enhance performance and endurance. A holistic approach that includes mental techniques such as PETTLEP imagery, along with effective physical training and strategy, is essential to optimize the potential of badminton athletes.

This study presents a novel contribution to the field of sport psychology by being one of the first empirical investigations to apply PETTLEP imagery training to badminton athletes and compare it to traditional training and a non-intervention control group. Doing so contributes new evidence to the literature and fills a critical gap in understanding sport-specific issues.

MATERIALS AND METHODS

Study Design. This study applied a quasi-experimental design with a pre-post measures approach to evaluate the effectiveness of the PETTLEP imagery on competitive anxiety and self-confidence among badminton athletes in Sumedang, Indonesia (Figure 1).

Participants. A total of 95 badminton athletes (ages 10-17) were included in the study based on the following inclusion criteria: 1) active club participation, 2) a minimum of three competitive match experiences in the past year, 3) being physically and psychologically healthy, and 4)

willingness to adhere to the entire research protocol. Participants were selected using a total sampling from accessible badminton clubs in Sumedang that agreed to participate. Due to

logistical considerations, group allocation was non-random and based on club assignment. Three groups were formed: PETTLEP Imagery (n = 33), Traditional Imagery (n = 32), and Control (n = 30).

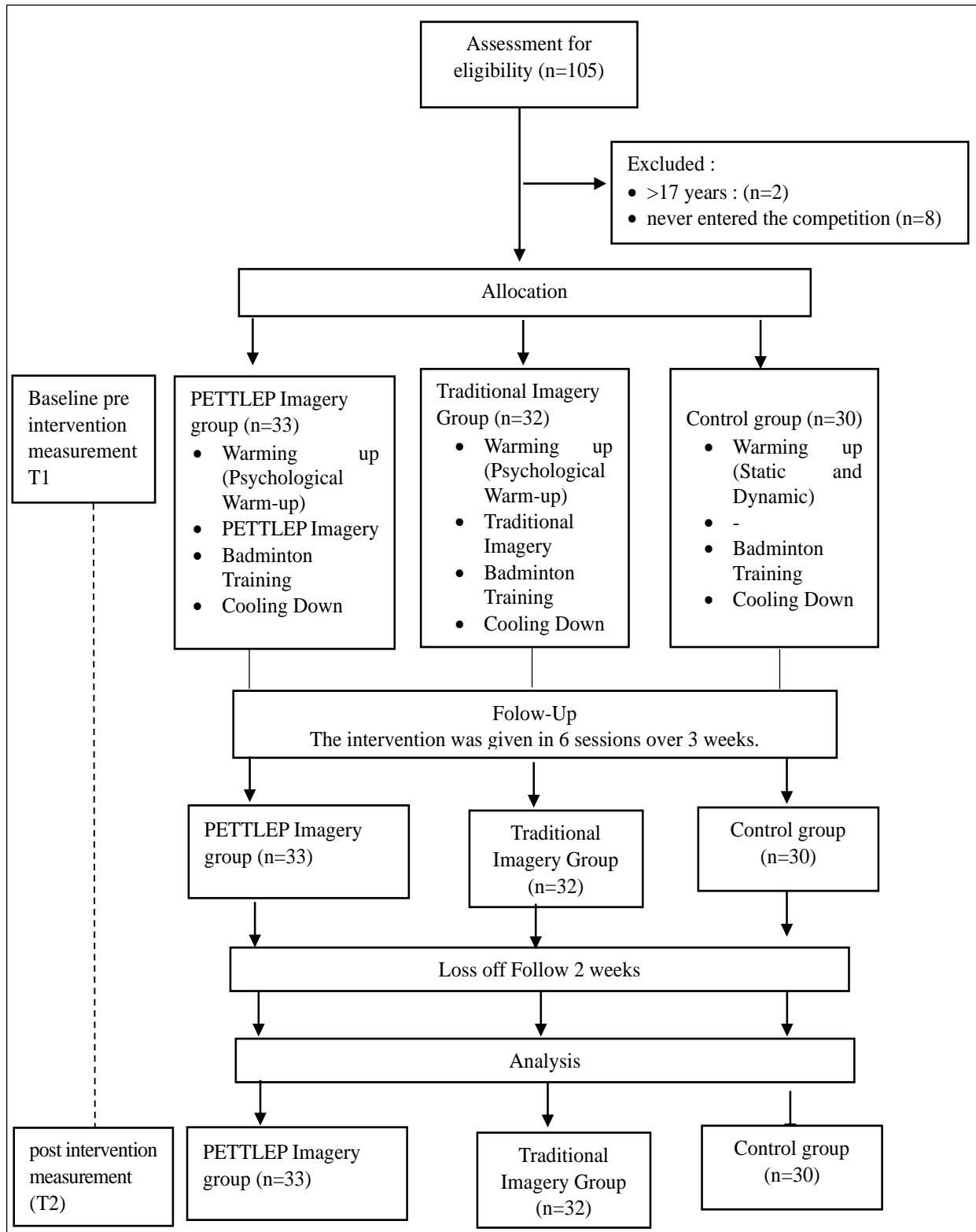


Figure 1. Flow diagram of the study.

Intervention Protocol. The intervention was conducted from April 22 to June 25, 2024, and included 16 training sessions over 6 weeks (three times a week), each lasting approximately 30 minutes.

Stage 1: Psychological Warm-Up. All participants began with mindfulness-based breathing exercises to calm their bodies and focus their attention.

Stage 2: Imagery Training. The PETTLEP Group received guided imagery training integrating all seven PETTLEP components—Physical (e.g., performing strokes), Environment (competition setting), Task (specific game strategies), Timing (real-time movement), Learning (skill correction), Emotion (regulation under pressure), and Perspective (first-person view). Additionally, the Traditional Imagery Group received standard imagery focused on motivation, tactics, and match visualization, but without structured multisensory elements. However, the Control Group continued with routine physical training only, with no imagery interventions provided.

Stage 3: Regular Badminton Training. All groups resumed their usual training schedule, except for the assigned intervention. Certified coaches supervised sessions.

Stage 4: Cool Down. All participants engaged in guided stretching and relaxation activities following the session.

All sessions were supervised by trained sports psychologists and research assistants. Attendance logs were maintained throughout the intervention, with adherence rates averaging 94% across all sessions.

Data Collection. Participants and guardians signed informed consent forms before the study initiation.

Pre-tests were conducted one week prior to the intervention, and post-tests were administered one week after the final session. All assessments were completed on-site in quiet training facilities and under the supervision of the research team to ensure accuracy and minimize bias. After two weeks, a post-test was administered to reassess competitive anxiety and self-confidence.

Assessment Tool. Three questionnaires were used in this study. The Sport Imagery Ability Questionnaire (SIAQ) (16) consists of 12 items, with reliability ranges of 0.70 to 0.88 for Strategy Image, Goal Image, Influence Image, and Skill Image. Cognitive and physical anxiety are

measured using the 27-item Competitive State Anxiety Inventory (CSAI-2) (17), which has a reliability of 0.902. The 32-item Self-Confidence and Self-Esteem Questionnaire (18) measures optimism, independence, sportsmanship, self-regulation, and adaptability with a reliability of 0.872. All instruments were administered in paper format during individual sessions, each lasting 20-25 minutes, both before and after the intervention.

Statistical Analysis. Data normality was assessed using the Shapiro-Wilk test, which confirmed a non-normal distribution of the data. Therefore, the Kruskal-Wallis H test was used for between-group comparisons. Post-hoc analysis was performed using Dunn's test with Bonferroni correction to adjust for multiple comparisons. To assess the practical significance of the findings, effect sizes were calculated using eta-squared (η^2), with interpretations based on Cohen's thresholds: small ($\eta^2 = 0.01$), medium ($\eta^2 = 0.06$), and large ($\eta^2 = 0.14$).

RESULTS

The study involved 95 adolescents aged 12-17 years (mean age = 14.53), comprising 80 boys and 15 girls, with all groups dominated by males. Baseline Sport Imagery Ability (SIA) scores showed the traditional imagination group (T) had the highest overall score (48.44 ± 3.61), followed by the control group (C) at 47.40 ± 3.29 , and the PETTLEP group (P) with the lowest score (34.73 ± 3.09). The T group consistently outperformed the other groups in all components of SIA: Strategy Imagery (SI), Goal Imagery (GI), Affect Imagery (AI), and Skill Imagery (SKI). The significantly lower baseline imagination ability of the PETTLEP group may have influenced the results of the intervention. This difference suggests that the improvement in the PETTLEP group may reflect training effects and differences in baseline capacity (Table 1).

The most significant change in CSA was in group P, where in pre-treatment it was 90.06 ± 3.288 and post-treatment it was 72.45 ± 6.088 ($p=0.00$), there was a decrease of 18.15 points, and in group T there was a decrease of 13.69 points ($p=0.00$), conversely in group C there was an increase of 0.16 points ($p=0.637$) (Table 2).

The Kruskal-Wallis test revealed a significant difference in CSAI scores among the three groups ($\chi^2 = 62.524$, $p < 0.01$, $\eta^2 = 0.57$). Post hoc

analysis revealed significantly lower CSAI scores in both the PETTLEP and traditional groups compared to the control ($p < 0.01$), with no

significant difference between the PETTLEP and traditional groups ($p = 0.425$). Power analysis showed high test power (>0.95) (Table 3).

Table 1. Baseline characteristics of the participant.

Variable	P	T	C
Gender			
Boys, f(%)	24 (72.7%)	30 (90.9%)	26 (78.8%)
Grils, f(%)	9 (27.3%)	2 (6.1%)	4 (12.1%)
Competition level			
Regional Event, f(%)	27 (28.4%)	26 (27.3%)	24 (25.2%)
Nasional Event, f(%)	7 (7.3%)	6 (6.3%)	5 (5.2%)
Training Frequency			
Three times, f(%)	15 (15.7%)	13 (13.6%)	12 (12.6%)
Four times, f(%)	10 (10.5%)	9 (9.4%)	8 (8.4%)
Five times, f(%)	7 (7.3%)	6 (6.3%)	6 (6.3%)
Six times, f(%)	4 (4.2%)	3 (3.1%)	2 (2.1%)
Age (years)	14.73 \pm 1.567	14.41 \pm 1.521	14.47 \pm 1.592
SIA	34.73 \pm 3.085	48.44 \pm 3.609	47.40 \pm 3.297
SI	9.21 \pm 1.269	12.06 \pm 1.343	11.9 \pm 1.583
GI	8.15 \pm 1.787	12.58 \pm 1.628	12.37 \pm 1.629
AI	8.61 \pm 1.499	12.22 \pm 1.362	12.17 \pm 1.367
SkI	8.76 \pm 1.696	11.56 \pm 1.480	11.27 \pm 1.337

P: PETTLEP Imagery; T: Traditional; C: Control; Values are expressed as mean \pm SD; SIA: Sport Imagery Ability; SI: Strategy imagery; GI: Goal Imagery; AI: Affect Imagery; SkI: Skill imagery.

Table 2. Changes competitive state anxiety after intervention.

Variable	P		T		C	
	Pre	Post	Pre	Post	Pre	Post
CSA	90.06 \pm 3.288	72.45 \pm 6.088*	89.00 \pm 4.143	75.31 \pm 4.7*	87.77 \pm 4.523	87.93 \pm 3.759@
Csa	29.09 \pm 2.141	25.2 \pm 2.349*	30.22 \pm 2.012	24.91 \pm 2.305*	30.03 \pm 2.220	30.07 \pm 2.05@
S	29.55 \pm 1.804	24.85 \pm 2.476*	29.44 \pm 2.395	25.28 \pm 2.317*	28.90 \pm 2.369	28.93 \pm 1.946@
SC	31.42 \pm 2.151	22.33 \pm 3.149*	29.34 \pm 2.350	25.13 \pm 2.837*	28.83 \pm 2.437	28.93 \pm 1.946@

P: PETTLEP Imagery; T: Traditional; C: Control; Values are expressed as mean \pm SD; CSA: Competitive State Anxiety; CSa: Cognitive State Anxiety; S: Somatic; SC: Self-Confident; *: pre vs post ($p < 0.01$); @: pre vs post ($p > 0.05$).

Table 3. Kruskal-Wallis test and post hoc comparisons of the CSAI score between groups.

Analysis	Group	Mean	Test Statistic	Std. Error	Z	p (Sig)	adjusted p (Sig)
Kruskal-WallisTest	C	80.30	$\chi^2=62.524$				
	T	38.19				< 0.001*	
	P	28.15					
Post Hoc	P - C		52.148	6.944	7.510	< 0.001*	< 0.001*
	T - C		42.112	6.996	6.020	< 0.001*	< 0.001*
	P - T		10.036	6.830	1.469	0.142	0.425

P: PETTLEP Imagery; T: Traditional; C: Control; *: $p < 0.01$.

The most significant SCn change was in group P, where the pre mean: 118.97 ± 7.410 and post 136.00 ± 5.673 saw an increase of 17.03 points ($p=0.00$), and in group T, there was an increase of 12.97 points; conversely, in group C, there was an increase of 0.36 points (Table 4). According to Figure 2, group P showed the most significant increase in self-confidence, followed by group T,

while the control group experienced the minimal decline ($p < 0.001$).

The Kruskal-Wallis test revealed a significant difference in self-confidence scores among the groups ($\chi^2 = 54.427$, $p < 0.01$, $\eta^2 = 0.50$). Post hoc analysis revealed significantly higher self-confidence in both the PETTLEP and traditional groups compared to the control (adjusted $p <$

0.01), while the difference between the PETTLEP and traditional groups was not significant ($p =$

0.518). Power analysis indicated high statistical power (>0.95) (Table 5; Figure 3).

Table 4. Changes in self-confidence after intervention.

Variable	P		T		C	
	Pre	Post	Pre	Post	Pre	Post
SCn	118.97 \pm 7.410	136.00 \pm 5.673*	120.53 \pm 5.50	133.50 \pm 5.951*	121.47 \pm 5.673	121.83 \pm 5.736 [@]
O	34.33 \pm 2.976	37.06 \pm 2.179*	34.50 \pm 2.907	36.13 \pm 2.225 [@]	35.07 \pm 2.840	35.10 \pm 2.771 [@]
I	23.03 \pm 2.494	25.39 \pm 1.657*	23.44 \pm 1.999	25.13 \pm 1.601 ^{\$}	23.77 \pm 1.906	23.87 \pm 1.548 [@]
SL	27.67 \pm 2.965	32.03 \pm 2.352*	27.94 \pm 2.782	31.50 \pm 2.463*	28.07 \pm 2.778	28.07 \pm 2.651 [@]
NW	19.67 \pm 2.570	24.39 \pm 2.449*	20.38 \pm 2.600	23.69 \pm 2.191*	19.97 \pm 2.606	20.00 \pm 2.477 [@]
SA	14.27 \pm 2.503	17.12 \pm 2.547*	14.28 \pm 2.453	17.06 \pm 2.577*	14.60 \pm 2.458	14.80 \pm 2.250 [@]

P: PETTLEP Imagery; T: Traditional; C: Control; Values are expressed as mean \pm SD; SCn: Self Confident; O: Optimistic; I: Independent; SL: Sportsman-like; NW: Not Worrisome; SA: Self-Adaptable; *: pre vs post ($p < 0.01$); ^{\$}: pre-post ($p < 0.05$); [@]: pre vs post ($p > 0.05$).

Independent-Samples Kruskal-Wallis Test

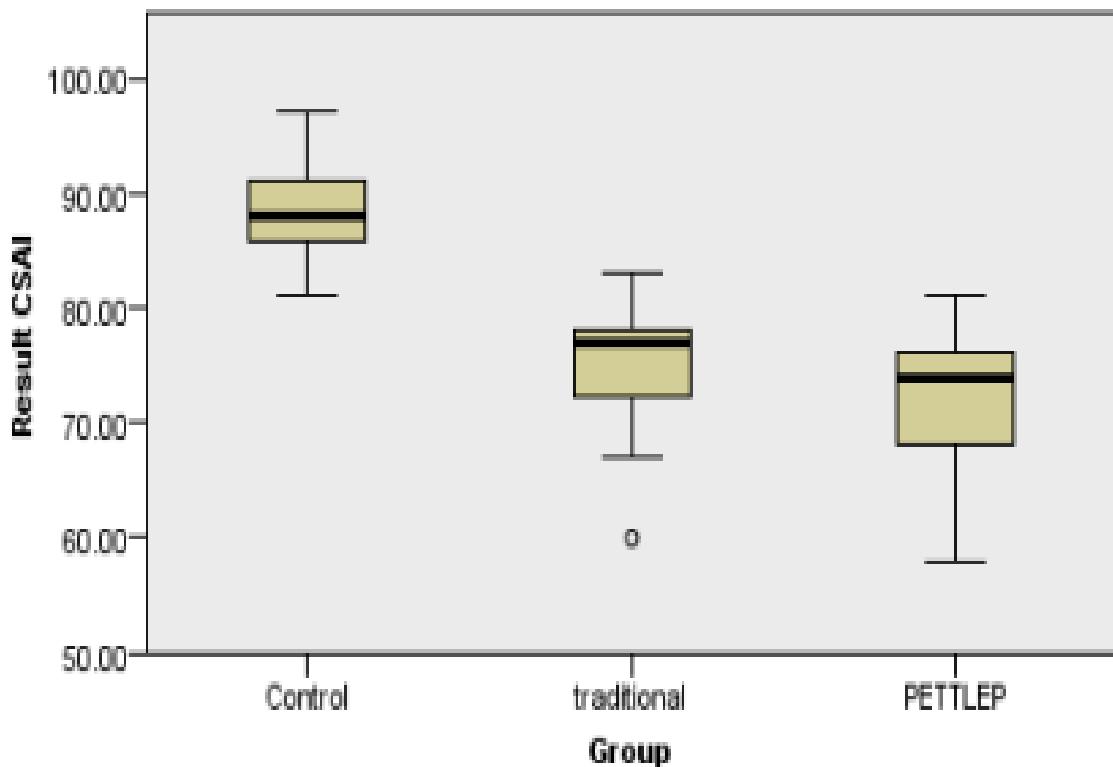


Figure 2. Comparison of competitive anxiety in three groups after being given an intervention, with statistical test results of 62.524 and a p -value < 0.001 .

Table 5. Kruskal-Wallis test and post hoc comparisons of the self-confidence score between groups.

Analysis	Group	Mean	Test Statistic	Std. Error	Z	p (Sig)	adjusted p (Sig)
Kruskal-WallisTest	C	17.85	$\chi^2=54.427$				
	T	57.19				0.00	
	P	66.50					
Post Hoc	P - C	48.650	6.946	7.004	0.00	0.00	
	T - C	39.338	6.998	5.622	0.00	0.00	
	P - T	9.312	6.831	1.363	0.173	0.518	

P: PETTLEP Imagery; T: Traditional; C: Control; *: $p < 0.01$.

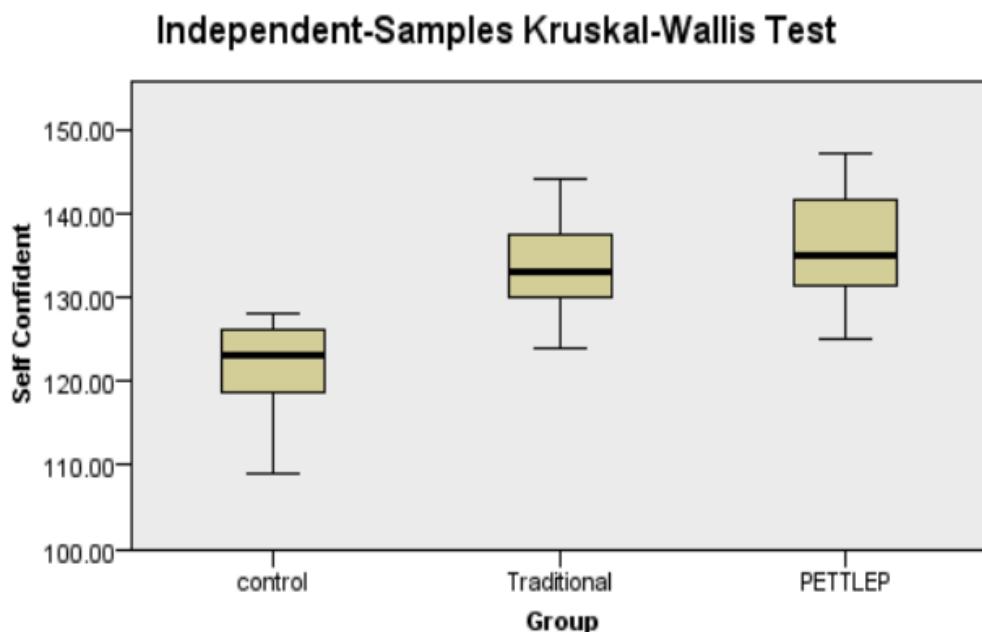


Figure 3. Comparison of self-confidence in three groups after being given an intervention with statistical test results 54.427 and p-value < 0.001.

DISCUSSION

Sport Imagery Ability. This study involved 95 adolescents aged 12-17 years, comprising 80 boys and 15 girls, with all groups dominated by males. The results showed that basic Sport Imagery Ability (SIA), which includes Strategy Imagery (SI), Goal Imagery (GI), Influence Imagery (AI), and Skill Imagery (SKI), varied across the three groups. The traditional (T) group showed the highest overall SIA score, followed by the control (C) group, while the PETTLEP (P) group had the lowest score. The T group also scored highest in all SIA subcomponents. This variation in basic imagery ability is important, as it may have influenced the outcomes of the intervention. The significantly lower baseline values in the PETTLEP group suggest that the improvements observed during the intervention may be related to the effectiveness of the PETTLEP protocol and the initial capacity for development. Participants in this group may have benefited more due to the structured and novel nature of the PETTLEP method, which may have a greater impact given their initially limited imagination capabilities.

Imagery Ability is a key characteristic of athletes and is crucial in improving sports performance and motor learning when integrated with physical training (19, 20). It is a psychological skill involving the mental simulation of actions, supporting cognitive and

motivational functions (13). Components such as strategy, goal, affect, and imagination skills support athletes mentally practicing skills, planning actions, regulating emotions, and improving focus and performance (13, 21). Goal imagery, in particular, has been linked to increased motivation, enhanced goal-setting ability, and improved training adherence (22).

The analysis also suggests that imagination training contributes not only to psychological preparation but also to physiological readiness. Previous research has shown that Imagination can improve muscle strength and neuromuscular coordination, albeit to a lesser extent than direct physical training (23, 24). In this context, Imagination may serve as an additional training method, especially during periods of injury or limited physical activity (25).

PETTLEP Imagery on Competitive Anxiety in Badminton Athletes. The results of this study demonstrate that the PETTLEP imagery intervention significantly reduced competitive anxiety (CSAI) scores. Traditional imagery also decreased, although the reduction was smaller than that observed with PETTLEP imagery. In contrast, the control group showed no significant change. These findings confirm the effectiveness of imagery-based interventions, particularly PETTLEP, in alleviating competitive anxiety among athletes (10, 13).

A Kruskal-Wallis test revealed a significant difference in CSAI scores among the three groups, indicating a large effect size. Post hoc analysis revealed that both the PETTLEP and traditional imagery groups had significantly lower CSAI scores compared to the control group, although no significant difference was found between the PETTLEP and traditional imagery groups. Power analysis confirmed the robustness of these results, with high statistical power. These outcomes further validate the impact of PETTLEP imagery on improving psychological readiness and reducing performance-related anxiety.

PETTLEP imagery may be more effective than traditional methods due to its structured simulation of competition scenarios, which incorporates physical, cognitive, and emotional elements. This supports psychological preparedness and enhances stress management skills (26). Competitive anxiety, which encompasses pre-competition worry and physiological arousal, can negatively influence athletic performance (6). PETTLEP imagery helps athletes adapt to these stressors by engaging them in task-relevant and emotionally regulated mental simulations.

A notable reduction was also observed in the cognitive anxiety component, with the PETTLEP group showing a decrease of -3.82 points. This suggests that PETTLEP's structured and context-specific visualization enhances attentional focus and reduces mental distraction. These results align with previous findings indicating that well-designed mental training programs can mitigate cognitive stress and improve performance consistency (19, 27, 28). PETTLEP imagery facilitates better anticipation of competition demands and promotes mental resilience by improving decision-making, reducing worry, and sharpening focus (20, 29). Although the traditional imagery group also experienced a reduction in cognitive anxiety (-5.31), the PETTLEP group's results suggest more consistent and targeted benefits due to its multisensory and task-congruent design (19, 30).

Regarding somatic anxiety, the PETTLEP group demonstrated a significant reduction, slightly greater than the decrease seen in the traditional imagery group. The control group again showed no significant changes. These findings suggest that PETTLEP imagery not only helps regulate cognitive symptoms of anxiety but

also addresses physiological manifestations such as muscle tension, heart rate, and nervousness (27, 29). One possible explanation is that PETTLEP increases interoceptive awareness and simulates physical readiness through realistic mental rehearsals. Although no physiological biomarkers (e.g., cortisol levels, heart rate variability) were measured in this study, future research should explore these mechanisms directly to validate the proposed physiological regulation pathways (20, 26).

A significant reduction was also observed in self-confidence-related anxiety, with the PETTLEP group decreasing by 9.09 points. The traditional imagery group showed a smaller decline of 4.21 points, while the control group exhibited no significant changes. These findings emphasize the role of PETTLEP in enhancing athletes' self-belief and mental composure under pressure (20, 28). Increased self-confidence contributes to better concentration, calmness, and execution during competition, suggesting that structured mental training can effectively buffer the negative impact of anxiety on performance.

Overall, the Kruskal-Wallis analysis confirmed that the PETTLEP imagery intervention significantly reduced competitive anxiety compared to the control group, supporting previous studies that have shown its psychological benefits in sports settings (13, 23). PETTLEP imagery proved to be more effective than traditional imagery in reducing cognitive and somatic anxiety and improving self-confidence among badminton athletes. Its in-depth, structured, and ecologically valid approach offers greater psychological advantages by engaging athletes in realistic, multisensory simulations of performance contexts.

PETTLEP Imagery on Self-Confidence in Badminton Athletes. The PETTLEP imagery intervention significantly improved self-confidence by 17.03 points, outperforming traditional imagery, which showed a 12.97-point increase. In contrast, the control group showed no significant change. These findings confirm the critical role of imagery in enhancing self-confidence among athletes, consistent with prior research (20, 28). A Kruskal-Wallis test revealed a significant difference in self-confidence scores among the three groups, indicating a large effect size. Post hoc analysis revealed that both the PETTLEP and traditional imagery groups exhibited significantly higher self-confidence

compared to the control group, while no significant difference was observed between the PETTLEP and traditional groups. The high statistical power of the analysis reinforces the reliability of these findings.

Analysis of subcomponents revealed that optimism increased more in the PETTLEP group than in the traditional group, with no significant changes observed in the control group. This indicates that PETTLEP imagery is more effective in reinforcing positive expectations and enhancing an athlete's outlook (20). Similar trends were observed in other subcomponents, including independence, sportsmanship, and a lack of worry, further demonstrating the advantages of PETTLEP's multisensory and context-specific design (31, 32).

Interestingly, baseline scores on the Sports Imagery Ability Questionnaire (SIAQ) were highest in the traditional group, followed by the control group, and lowest in the PETTLEP group. This disparity may have influenced outcome differences, particularly regarding self-confidence and anxiety responses. The relatively low SIAQ in the PETTLEP group may reflect less prior exposure to imagery training, making the structured PETTLEP intervention more novel and impactful. Future studies should control for initial SIAQ scores or include them as covariates to isolate the effects of the intervention better.

The superior outcomes of the PETTLEP group may also be attributed to a higher congruence between imagery content and real performance contexts, which fosters increased self-referential processing and behavioral alignment. This is consistent with recent findings emphasizing the ecological validity of imagery interventions (19). Adaptability, another critical component of self-confidence, also increased most in the PETTLEP group, followed by the traditional group, with no significant change in the control group. These findings are supported by previous studies highlighting the ability of PETTLEP competition to simulate the psychological demands of competition (30).

Self-confidence is a key factor distinguishing successful from unsuccessful athletes, influencing both mental readiness and performance outcomes (7). Optimism plays a similar role in enhancing performance. Athletes using PETTLEP imagery showed a significantly greater increase in optimism than those using traditional methods, reinforcing the effectiveness of PETTLEP in building positive psychological

states (20). These findings align with previous research linking PETTLEP imagery to improved psychological resilience, self-efficacy, and athletic performance (10, 32). Additionally, PETTLEP has been shown to reduce anxiety and depression, contributing to improved mental well-being (20, 33).

The independence subcomponent also improved significantly in the PETTLEP group, compared to the traditional group, with no change in the control group. This outcome aligns with prior findings that PETTLEP imagery enhances self-efficacy and reduces self-blame in sports such as basketball and karate (10, 34). It also aids in the development of psychological skills and emotional regulation (32). Sportsmanship, which reflects ethical behavior, emotional control, and discipline during competition, showed the largest increase in the PETTLEP group, followed by the traditional group, while the control group showed no change. This suggests PETTLEP's superiority in promoting psychological resilience and behavioral integrity under pressure (32). The immersive and structured nature of PETTLEP imagery, incorporating emotional and sensory elements, may contribute to these improvements (31).

The "lack of worry" subscale, which encompasses confidence in expressing opinions, fearlessness in competition, and mental strength, also showed greater improvement in the PETTLEP group compared to the traditional imagery group, with no significant change observed in the control group. PETTLEP's structured approach effectively reduces anxiety by enabling athletes to simulate competition environments vividly (20).

Self-adaptability, defined as the athlete's ability to manage social interactions, overcome nervousness, and adjust to challenges such as injuries or career transitions, showed the greatest improvement in the PETTLEP group, followed by the traditional imagery group. No significant changes were observed in the control group. Prior studies have shown PETTLEP imagery to be more effective than traditional methods in developing adaptability and performance among karate athletes (32, 35). In summary, the PETTLEP imagery intervention demonstrated superior effects on self-confidence and its key psychological subcomponents compared to both traditional imagery and control conditions. These findings reinforce the value of PETTLEP as a comprehensive and context-sensitive strategy for

enhancing psychological preparedness and performance in athletes.

CONCLUSION

This study suggests that PETTLEP imagery effectively reduces competitive anxiety and increases self-confidence in adolescent badminton athletes. Compared to traditional imagery and a control condition, PETTLEP resulted in greater improvements in cognitive and somatic anxiety and self-confidence-related components. These effects are likely due to the structured, multisensory, and performance-specific training design, which supports psychological readiness. However, although these findings suggest short-term psychological benefits, this study did not assess actual performance outcomes or long-term retention of mental skills. Future research should examine the impact of PETTLEP imagery on athletic performance, psychological resilience over time, and its applicability across sports and levels of competition.

APPLICABLE REMARKS

- The PETTLEP imagery technique effectively reduces competitive anxiety and enhances self-confidence in adolescent badminton athletes.
- Its structured and context-specific approach makes it suitable for integration into psychological training programs.

ACKNOWLEDGMENTS

The authors received no external funding and would like to thank all those who contributed to this work.

REFERENCES

1. Hasanah U, Refanthira N. Human problems: competitive anxiety in sport performer and various treatments to reduce it. In 5th ASEAN Conference on Psychology, Counselling, and Humanities (ACPCH 2019) 2020 January 22 (pp. 144-148). Atlantis Press. [[doi:10.2991/assehr.k.200120.031](https://doi.org/10.2991/assehr.k.200120.031)]
2. Darisman EK, Ismawandi BP, Sriningsih WD. Hubungan Anatara Mental Toughness Dan Competitive Anxiety Atlet UKM Softball Universitas PGRI Adi Buana Surabaya. Ilm ADIRAGA. 2020;6(2):10–24. [[doi:10.36456/adiraga.v6i2.2791](https://doi.org/10.36456/adiraga.v6i2.2791)]
3. Gabrys K, Wontorczyk A. Sport Anxiety, Fear of Negative Evaluation, Stress and Coping as Predictors of Athletes' Sensitivity to the Behavior of Supporters. Int J Environ Res Public Health. 2023;20(12). [[doi:10.3390/ijerph20126084](https://doi.org/10.3390/ijerph20126084)] [[PMid:37372671](https://pubmed.ncbi.nlm.nih.gov/37372671/)]
4. Purnamasari I, Novian G. Tingkat Kepercayaan Diri dan Kecemasan Atlet PPLP Jawa Barat selama Menjalani Training From Home (TFH) pada Masa Adaptasi Kebiasaan Baru (AKB). J Patriot [Internet]. 2021;3(2):203–13. [[doi:10.24036/patriot.v3i2.784](https://doi.org/10.24036/patriot.v3i2.784)]
5. Marwat NM, Islam SZ ul, Luqman MS, Manzoor M, Irfanullah. Effect of Competition Anxiety on Athletes' Sports Performance: Implications for Coaches. Humanit Soc Sci Rev. 2021;9(3):1460–4. [[doi:10.18510/hssr.2021.93146](https://doi.org/10.18510/hssr.2021.93146)]

AUTHORS' CONTRIBUTIONS

Study concept and design: Helmi Akmal Fauzan. Acquisition of data: Helmi Akmal Fauzan. Analysis and interpretation of data: Helmi Akmal Fauzan. Drafting the manuscript: Helmi Akmal Fauzan, Wini Hadiyani. Critical revision of the manuscript for important intellectual content: Helmi Akmal Fauzan, Wini Hadiyani. Statistical analysis: Herman Subarjah. Administrative, technical, and material support: Dewi Dolifah. Study supervision: Komarudin.

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest regarding the publication of this paper.

FINANCIAL DISCLOSURE

The manuscript has no financial interests.

FUNDING/SUPPORT

There were no grant funding sources, supply, or equipment limitations on the research.

ETHICAL CONSIDERATION

The Institutional Review Board (IRB) of STIKep PPNI West Java has granted ethical authority for this study with approval number III/041.1/KEPK-SLE/STIKEP/PPNI/JABAR/II/2024.

ROLE OF THE SPONSOR

No sponsors support this study.

ARTIFICIAL INTELLIGENCE (AI) USE

Quillbot and Consensus AI were used.

6. Mojtabaei D, Dagnall N, Denovan A, Clough P, Dewhurst S, Hillier M, Papageorgiou K, Perry J. Competition anxiety in combat sports and the importance of mental toughness. *Behavioral Sciences*. 2023;13(9):713. [[doi:10.3390/bs13090713](https://doi.org/10.3390/bs13090713)] [PMid:37753991]
7. Christoper V. Self-Confidence and Its Effects on Sports Performance - A Brief View. In: *International Journal of Innovative and Applied Research*. 2024;260–6.
8. Lochbaum M, Sherburn M, Sisneros C, Cooper S, Lane AM, Terry PC. Revisiting the Self-Confidence and Sport Performance Relationship: A Systematic Review with Meta-Analysis. *Int J Environ Res Public Health*. 2022;19(11). [[doi:10.3390/ijerph19116381](https://doi.org/10.3390/ijerph19116381)] [PMid:35681963]
9. Matthew W, David J, Twenty PS, Scott MW, Wright DJ, Smith D, et al. Twenty years of PETTLEP imagery: An update and new direction for simulation-based training. *Asian J Sport Exerc Psychol*. 2022;2(2):70–9. [[doi:10.1016/j.ajsep.2022.07.002](https://doi.org/10.1016/j.ajsep.2022.07.002)]
10. Lu FJH, Gill DL, Lee YC, Chiu YH, Liu S, Liu HY. Effects of visualized PETTLEP imagery on the basketball 3-point shot: A comparison of internal and external perspectives. *Psychol Sport Exerc [Internet]*. 2020;51:101765. [[doi:10.1016/j.psychsport.2020.101765](https://doi.org/10.1016/j.psychsport.2020.101765)]
11. Cherappurath N, Elayaraja M, Kabeer DA, Anjum A, Vogazianos P, Antoniades A. PETTLEP imagery and tennis service performance: an applied investigation. *J Imag Res Sport Phys Act*. 2020;15(1):1–9. [[doi:10.1515/jirspa-2019-0013](https://doi.org/10.1515/jirspa-2019-0013)]
12. Hashmi S, Akhtar T, Ali AM, Hashmi M. An Exploratory Study of Archers: Use of Different Frequencies of Pettlep Imagery Technique On Shooting Performance. *J Res Soc Pakistan*. 2020;1(57):271–83.
13. Simonsmeier B, Melina Andronie M, Buecker S, Frank C. The effects of imagery interventions in sports: a meta-analysis. *Int Rev Sport Exerc Psychol*. 2020;14(1):186–207. [[doi:10.1080/1750984X.2020.1780627](https://doi.org/10.1080/1750984X.2020.1780627)]
14. Dwihandaka R, Ihsan F, Nugroho S, Kozina Z, Hidayat RA. Psychological resilience and performance under pressure: a study of elite badminton players-a systematic review. *Retos: nuevas tendencias en educación física, deporte y recreación*. 2025(62):110-21. [[doi:10.47197/retos.v62.105068](https://doi.org/10.47197/retos.v62.105068)]
15. Saputra SH, Kusuma IJ, Festiawan R. Hubungan Tinggi Badan, Panjang Lengan Dan Daya Tahan Otot Lengan Dengan Keterampilan Bermain Bulutangkis. *J Pendidik Olahraga*. 2020;9(1):93. [[doi:10.31571/jpo.v9i1.17441](https://doi.org/10.31571/jpo.v9i1.17441)]
16. Williams SE, Cumming J. Measuring athlete imagery ability: The sport imagery ability questionnaire. *J Sport Exerc Psychol*. 2011;33(3):416–40. [[doi:10.1123/jsep.33.3.416](https://doi.org/10.1123/jsep.33.3.416)] [PMid:21659671]
17. Lane AM, Sewell DF, Terry PC, Bartram D, Nesti MS. Confirmatory factor analysis of the Competitive State Anxiety Inventory-2. *J Sports Sci*. 1999;17(6):505–12. [[doi:10.1080/026404199365812](https://doi.org/10.1080/026404199365812)] [PMid:10404499]
18. Amir N. Instrument Development of Self-Confidence for Badminton Athletes. *ANIMA Indones Psychol J*. 2015;30(2):101–10. [[doi:10.24123/aipj.v30i2.539](https://doi.org/10.24123/aipj.v30i2.539)]
19. Lindsay RS, Larkin P, Kittel A, Spittle M. Mental imagery training programs for developing sport-specific motor skills: a systematic review and meta-analysis. *Phys Educ Sport Pedagog*. 2023;28(4):444–465. [[doi:10.1080/17408989.2021.1991297](https://doi.org/10.1080/17408989.2021.1991297)]
20. Lu C, Xu J. Influences of Physical, Environment, Task, Timing, Learning, Emotion, Perspective (PETTLEP) Intervention on Psychological Resilience, Psychological Skills, Anxiety and Depression of Athletes. *Iran J Public Health*. 2023;52(1):87–96. [[doi:10.18502/ijph.v52i1.11669](https://doi.org/10.18502/ijph.v52i1.11669)] [PMid:36824251]
21. Firănescu M, Cosma G, Dinuță G. Visualisation techniques in sport - the mental road map for success. *Discobolul – Phys Educ Sport Kinetotherapy J*. 2020;59(3):245–56. [[doi:10.35189/dpeskj.2020.59.3.4](https://doi.org/10.35189/dpeskj.2020.59.3.4)]
22. Nopiyanto YE, Pujiyanto D, Defliyanto, Insanisty B, Wibowo C, Sartika D, et al. The impact of imagery training on motivation for achievement among young swimmers aged 10-15 years. *Retos*. 2025;62:374–8. [[doi:10.47197/retos.v62.107952](https://doi.org/10.47197/retos.v62.107952)]
23. Liu XJ, Ge S, Cordova A, Yaghi Z, Jiang BY, Yue GH, et al. Elderly may benefit more from motor imagery training in gaining muscle strength than young adults: A systematic review and meta-analysis. *Front Psychol*. 2023;13:1–19. [[doi:10.3389/fpsyg.2022.1052826](https://doi.org/10.3389/fpsyg.2022.1052826)] [PMid:36687842]
24. Wieland B, Behringer M, Zentgraf K. Effects of motor imagery training on skeletal muscle contractile properties in sports science students. *PeerJ*. 2022;10:1–19. [[doi:10.7717/peerj.14412](https://doi.org/10.7717/peerj.14412)] [PMid:36447512]

25. Dello Iacono A, Ashcroft K, Zubac D. Ain't Just Imagination! Effects of Motor Imagery Training on Strength and Power Performance of Athletes during Detraining. *Med Sci Sports Exerc.* 2021;53(11):2324–32. [[doi:10.1249/MSS.0000000000002706](https://doi.org/10.1249/MSS.0000000000002706)] [[PMid:34033625](#)]
26. Ong NCH, Chua JHE. Effects of psychological interventions on competitive anxiety in sport: A meta-analysis. *Psychol Sport Exerc.* 2021;52. [[doi:10.1016/j.psypsych.2020.101836](https://doi.org/10.1016/j.psypsych.2020.101836)]
27. Herdiansyah H, Muhtar T, Alif MN. Mental Imagery: Competitive Anxiety Control in Karate Kumite Athlete. *JUARA J Olahraga.* 2022;7(3):833–43. [[doi:10.33222/juara.v7i3.2448](https://doi.org/10.33222/juara.v7i3.2448)]
28. Lin HH, Lin TY, Ling Y, Lo CC. Influence of imagery training on adjusting the pressure of fin swimmers, improving sports performance and stabilizing psychological quality. *Int J Environ Res Public Health.* 2021;18(22). [[doi:10.3390/ijerph182211767](https://doi.org/10.3390/ijerph182211767)] [[PMid:34831523](#)]
29. Fekih S, Zguira MS, Koubaa A, Bettaieb A, Hajji J, Bragazzi NL, et al. Effects of Mental Training Through Imagery on the Competitive Anxiety of Adolescent Tennis Players Fasting During Ramadan: A Randomized, Controlled Experimental Study. *Front Nutr.* 2021;8:1–9. [[doi:10.3389/fnut.2021.713296](https://doi.org/10.3389/fnut.2021.713296)] [[PMid:34869512](#)]
30. Zhang C, Lu N, Qin S, Wu W, Cheng F, You H. Theoretical Explanation of Upper Limb Functional Exercise and Its Maintenance in Postoperative Patients With Breast Cancer. *Front Psychol.* 2022;12:1–10. [[doi:10.3389/fpsyg.2021.794777](https://doi.org/10.3389/fpsyg.2021.794777)] [[PMid:35069382](#)]
31. Budnik-Przybylska D, Huzarska I, Karasiewicz K. Does Imagery Ability Matter for the Relationship Between Temperament and Self-Confidence in Team and Individual Sport Disciplines? *Front Psychol.* 2022;13:1–10. [[doi:10.3389/fpsyg.2022.893457](https://doi.org/10.3389/fpsyg.2022.893457)] [[PMid:35898998](#)]
32. Widayastuti C, Hidayatullah F, Purnama SK, Ekawati FF, Hidayat M, Rochmani KW, et al. Developing PETTLEP Imagery Model to Improve Self-Efficacy of Karate Athletes. *Retos.* 2024;55:938–45. [[doi:10.47197/retos.v55.106128](https://doi.org/10.47197/retos.v55.106128)]
33. Gregg MJ. Getting the most out of imagery: PETTLEP and ESports. *J Imag Res Sport Phys Act.* 2023;18(s1). [[doi:10.1515/jirspa-2023-0010](https://doi.org/10.1515/jirspa-2023-0010)]
34. Korim V, Strnádelová B. The effect of imagery on performance and level of self-criticism of athletes. *J Imag Res Sport Phys Act.* 2023;18(1). [[doi:10.1515/jirspa-2022-0017](https://doi.org/10.1515/jirspa-2022-0017)]
35. Vakil Zadeh M, Ayati Zadeh F, Abbasi H. Compare the Effect of Mental Practice Traditional, Pettlep and Physical on Basketball Free Throw Skill. *Res Sport Manag Mot Behav.* 2020;9(18):166–77. [[doi:10.29252/JRSM.9.18.166](https://doi.org/10.29252/JRSM.9.18.166)]