



ISSN: 2456-0057

IJPNPE 2017; 2(1): 289-290

© 2017 IJPESH

[www.journalofsports.com](http://www.journalofsports.com)

Received: 11-11-2016

Accepted: 20-12-2016

**Badal Kumar Jana**

Officer-In-Charge and Assistant  
Professor, Government General  
Degree College, Dantan-II,  
Paschim Medinipur, West  
Bengal, India.

## A study of progressive relaxation training and its effect on kabaddi players

**Badal Kumar Jana**

### Abstract

At the elite level the mental or psychological factors affect the sportsperson's abilities. For developing greater pressure-handling ability, we need to examine individuals who are exposed to handling risk and pressure. The level of stress can vary from deep sleep to intense excitement. The peak stress state is the level of energy and intensity that relates to an athlete's best performance level. Top achievers in sports operate in or near to their peak stress level in pressure. In the present research paper, the school female players of kabaddi were studied on selected psychological variable i.e., anxiety. The experimental group of school going female kabaddi player was then exposed to the Progressive Relaxation training for 45 days and their responses were recorded on the selected psychological variable- Anxiety. Anxiety is an emotion characterized by feelings of tension, worried thoughts, nervousness, fear, apprehension and physical changes like increased blood pressure, sweating, trembling and dizziness. Complete pre-testing and post training profiling was done and the outcomes were interpreted. The analysis of the present scenario of the psychological condition of the school going female kabaddi players were done and accordingly the recommendations are being made for the improvement of the anxiety level in school going female kabaddi player so that they can perform better by overcoming the psychological hurdles at the elite level.

**Keywords:** stress, anxiety, progressive relaxation, pressure

### Introduction

Accumulated stress and anxiety can predispose sportspersons to detrimental conditions. Some sports scientist estimate that stress and anxiety may be a contributing factor in 90% of failed sports performance. Anxiety disorders before, during and after the competition are illnesses that cause the sports person to feel frightened and apprehensive for no apparent reason. If untreated, these illnesses accruing out of anxiety can significantly reduce training quality and quantity and the competition performance. It could inhibit a sportsperson's ability to function in daily life thereby affecting his training schedule that aims at peaking at the right time. Just like the other sports persons, different types of anxiety disorders that the speed coordination athletes like kabaddi player experience are panic disorder, which characterized by repeated episodes of intense fear of sudden onset, often occurring without warning and with varying frequency like chest pains, heart palpitations, sweating palms, dizziness, shortness of breath. Accumulated effects of stress may lead serious medical problems. Most often, stress results from a combination of many pressures. Stress may also be a factor in delayed recovery from critical injury. The use of specific therapy, therefore in these instances was a topic of the current research. The psychological training program may include a cognitive emphasis on the improvement of learning and sports performance conditions, information processing factors involved in complex movements. Performance enhancement strategies, and understanding the development of the attention, anticipation, decision-making, and reacting skills necessary for expert performance in rapidly occurring events involved in softball. The investigation of these areas has been facilitated by the use of particular questionnaire test-Zung Self-Rating Anxiety Scale (SAS) for psychological assessment of the sportspersons using biofeedback for training and monitoring both.

### Objective of the study

- To find out the effectiveness of progressive relaxation training on psychological variables

### Correspondence

**Badal Kumar Jana**

Officer-In-Charge and Assistant  
Professor, Government General  
Degree College, Dantan-II,  
Paschim Medinipur, West  
Bengal, India.

i.e., anxiety in kabaddi players.

- To find out the level of anxiety in kabaddi players.

### Hypothesis of the study

It is hypothesized that there would be an impact on the level of anxiety and performance of kabaddi player.

### Procedure and Methodology

The study was conducted on 40 female school players of kabaddi of 14 to 18 years of age, studying in class 9 to 12, in Kendriya Vidyalaya Air Force Station, Salua, West Bengal and Kendriya Vidyalaya No. 1 IIT, Kharagpur, West Bengal. The subjects were allocated into two groups, twenty subjects in experimental group and twenty subjects in control group. For the measurement of the physiological variable anxiety the- Zung Self-Rating Anxiety Scale (SAS) Test (William W.K. Zung, 1971) was used in the study, which comprises of 20 questions. It is built to measure anxiety levels, based on scoring in 4 groups of manifestations: cognitive, automatic, motor and central nervous system symptoms. Answering the statements, a person should indicate how much each statement applies to him.

Each question is scored on a Likert-type scale of 1-4 (based on these replies: "a little of the time," "some of the time," "good part of the time." "Most of the time"). There are fifteen questions worded toward increasing anxiety levels and five questions worded toward decreasing anxiety levels. The total raw scores range from 20-80. The raw score needs to then be converted into an "Anxiety Index" score using the chart on the paper version of the test.

### Result and Discussions

**Table 1:** Statistical Analysis of Anxiety Levels of School going Kabaddi Player

Groups	N	M1	M2	SD1	SD2	SE1	SE2	t-value
EG	20	48.5	45.95	4.42	4.43	0.98809	0.99068	1.8225
CG	20	48.6	48.55	2.32605	1.93241	0.52012	0.4321	0.074

The number of subjects in each group was twenty (20). The mean pre-test and post-test scores (M1 & M2) of EG, whose subjects were given intervention with Progressive Relaxation training were 48.5 and 45.95 respectively. Its SD1 and SD2 were 4.42 and 4.43 respectively and the standard error was calculated to 0.98809 (pre-test) and 0.99068 (post-test). The calculated value of t-test of EG (Experimental group) was recorded with 1.8225 which is lower than the tabulated value i.e., 2.02. So, it was found that the 't' value was insignificant. Whereas, the mean pre-test scores and post scores (M1 & M2) of CG (Control group), were 48.6 and 48.55 respectively. Its SD1 and SD2 were 2.32605 and 1.93241 respectively, and the standard error was calculated to 0.52012 (pre-SE1) and 0.4321 (post-SE2). Further, t- value between the pre-test scores and post-test scores of CG was recorded with 0.074, which is insignificant.

### Discussion on findings

Result entered in Table-02 shows, mean differentials between pre & post-test scores of EG and CG indicated that the anxiety level of subjects of EG have slightly show towards decreasing side whereas there was almost no decrease in the anxiety of the subjects who were put in the control group. Significant t-value between the pre-test score and post-test scores on anxiety of Experimental group and Insignificant t-value between the pre-test score and post- test scores on

anxiety of Control group in Table -02 suggest that Progressive Relaxation Training have Effectively and minutely reduced the anxiety of the subjects.

### Conclusions

On the basis of the results, it can be concluded that Progressive Relaxation Training Technique could have effectively and significantly role by reducing the level of anxiety amongst the subjects of the kabaddi players between the age 14-18 years. Thus, it can be broadly used and introduced to students and sportspersons for enhancing their performance too.

### Research Recommendations

The physiological and psycho-physical variables can also be included in this study. The study can also be conducted on other games.

### References

1. Anderson JR, Cognitive Psychology and its implications. New York: W.H. Freeman. P, 1980.
2. Bandura A. Self-efficacy: The exercise of control. New York: Freeman & Company, 1997.
3. Brockberg HF, Brockberg KH. Relaxation is for children, too. Lutheran Education 1980;116:108-114.
4. Gould D, Horn T, Spreeman J. Competitive anxiety in junior elite wrestlers. Journal of Sport Psychology 1983;5:58-71.
5. Davis B *et al.* Physical Education and the Study of Sport. UK: Harcourt Publishers Ltd, 2000.
6. Isaac AR. Mental Practice- Does it Work in the Field? The Sport Psychologist 1992;6:192-198.
7. Martens R. Coaches guide to sport psychology. Champaign, Illinois: Human Kinetics, 1987.
8. Murphy S. Models of Imagery in Sport Psychology: A Review. Journal of Mental Imagery 1990;14(3, 4):153-172.
9. Jacobson E. Progressive Relaxation. Chicago, IL: University of Chicago Press, 1938.