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Effect of progressive muscle relaxation and autogenic training on psychological parameter mental sill: mental preparation ability

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Abstract

The purpose of the study was to find out the effect of progressive muscle relaxation and autogenic training on psychological parameter Mental Sill: Mental Preparation Ability. of young girls. For the purpose of the present study, sixty (N=60) female subjects between the age group of 22 to 25 years were selected as subjects from Department of Physical Education (T), Guru Nanak Dev University, Amritsar, Punjab (India). The subjects were further assigned into three groups: experimental (E; N = 60; (n₁= 20; Progressive muscle relaxation training group) and (n₂= 20; Autogenic training group) and (C; n₃ = 20 Control group). Group E were subjected to 8-week of training. An Analysis of Covariance was used to determine difference for dependent variables within the three groups. The level of significance was set at 0.05 in order to test the differences to be considered significant.

Keywords: least significant difference (LSD), progressive muscle relaxation, autogenic training, psychological, mental preparation

Introduction

Sports psychology in many ways is a fortune scientific field of enquiry. Researchers are afforded ample opportunity to observe, describe and explain the various psychological factors that influence diverse aspects of sports and physical activity. No champion athlete or sports team gets to be a champion these days without a healthy dose of sport psychology included in their training program. Sport psychology is a well-established and constantly growing field, and one that brings great value to athletes of all levels. Autogenic training is a series of mental exercises which brings about profound relaxation similar to certain meditation states. The exercises allow the mind to calm itself by switching off the body's stress response. Autogenic training has been shown by research to be one of the most effective types of relaxation techniques. It has not only been shown to help reduce anxiety and depression but studies have revealed it can also help a wide range of health problems.

Procedure: Hardy and Nelson mental skills questionnaire was used to assess level of mental skills. The questionnaire contains 24 questions measuring six dimensions of mental skills and each dimension is measured by four questions, with a six point likert scale.

Findings and Analysis

Table 1: Analysis of covariance of experimental groups and control group on the sub-variable of Mental Sill: Mental Preparation Ability.

Source of variance	Sum of Squares	DF	Mean Square	F-ratio	P-value Sig.
Among means	62.06	2	30.85	3.23	0.38
Within groups	435.33	56	8.50		

*P < 0.05 (Required F-value was significant at 3.16) N=60

Table 1 presents results of Analysis of covariance (ANCOVA) with regards to the sub-variable of Mental Sill: Mental Preparation Ability of three groups.

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The statistical values among the groups were: $SS=62.02$, $df=2$ and $MS=30.85$. The within values were: $SS=435.33$, $df=56$

and $MS=8.50$. The $F\text{-value}=3.23$ was found statistically insignificant ($P<0.05$).

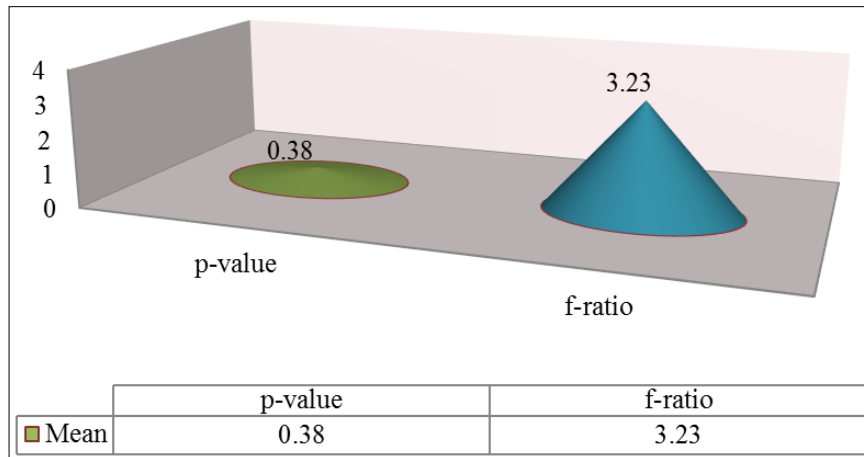


Fig 1: Analysis of covariance on psychological parameter of the sub-variable of Mental Skill: Mental Preparation Ability.

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