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## Effect of two different trainings on psychological parameter of mental skill: self-confidence level

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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 of Mental Skill: Self-Confidence Level 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; (n<sub>1</sub>= 20; Progressive muscle relaxation training group) and (n<sub>2</sub>= 20; Autogenic training group) and (C; n<sub>3</sub> = 20 Control group). Group E were subjected to 8-week of training. An Analysis of Covariance was used to determine significant differences for dependent variables within the three groups. When a significant difference among the groups was observed, a pair-wise comparison of the groups was done by using the Post-hoc test Least Significant Difference (LSD) to identify direction and significant differences between the 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, self-confidence

### Introduction

Psychology is the scientific study of mind and behaviour. The word “psychology comes from the Greek words “psyche, meaning life, and “logos, meaning explanation. Psychology is a popular major for students, a popular topic in the public media, and a part of our everyday lives. Television shows such as Dr. Phil feature psychologists who provide personal advice to those with personal or family difficulties. Crime dramas such as CSI, Lie to Me and others feature the work of forensic psychologists who use psychological principles to help solve crimes. And many people have direct knowledge about psychology because they have visited psychologists, for instance, school counsellors, family therapists, and religious, marriage, or bereavement counsellors. Psychological models of mental health, quintessentially, emphasise the key role of a healthy, loving, supportive, connected childhood in producing well-adjusted adults. As psychologists, therefore, we fully and unequivocally support the emphasis in ‘New Horizons’ and elsewhere on the importance of a healthy start in life. As elsewhere, investment in positive policies to support parents, families and communities will pay dividends in terms of a healthy adult population.

**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 Skill: Self-Confidence level.

Source of variance	Sum of Squares	df	Mean Square	F-ratio	P-value Sig.
Among means	333.59	2	166.79	16.04*	.000
Within groups	582.21	56	10.39		

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

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Table 1 presents results of Analysis of covariance (ANCOVA) with regards to the sub-variable of Mental Skill:Self-Confidence level of three groups. The statistical values among the groups were: SS=333.59, df=2 and MS=166.79. The within values were: SS=582.21, df=56 and MS=10.39. The F-value=16.04\* was found statistically

significant (P<0.05). Since obtained F-value was found statistically significant among the groups, therefore, Least significant difference (LSD) post-hoc test was applied to determine the direction and significance of difference among the groups. Calculations of post-hoc test have been shown in Table 2 below.

**Table 2:** Significance of difference of paired means of experimental groups and control group of the sub-variable of Mental Skill: Self-Confidence Level.

Group (A)	Group (B)	Mean Difference (A-B)	P-value (Sig.)
PMR (Mean=13.50)	Autogenic training	.823	.424
	Control	-4.548*	.000
Autogenic training (Mean=12.60)	PMR	-.823	.424
	Control	-5.371*	.000
Control (Mean=18.10)	PMR	4.548*	.000
	Autogenic training	5.371*	.000

\*Significant at .05 level

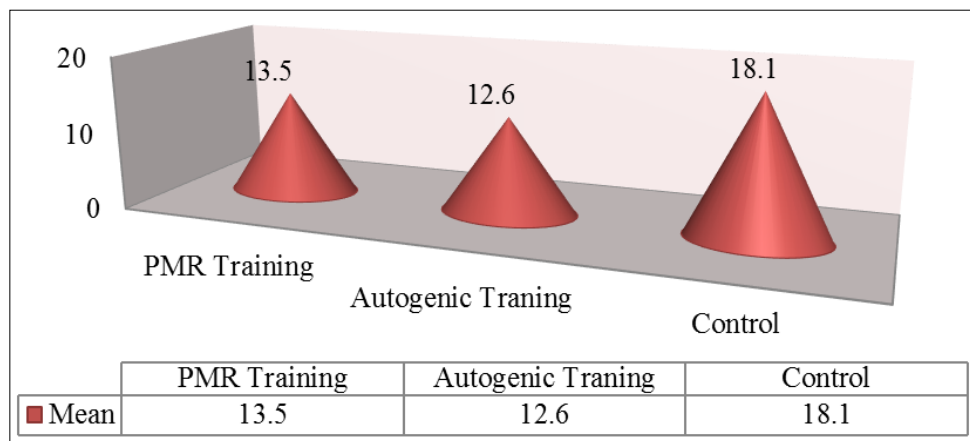
A glance at table 2 showed that the mean value of PMR training group was 13.50 whereas autogenic training group had mean value as 12.60 and the mean difference between both the groups was found .823. The p-value sig .424 shows that the PMR training group had demonstrated better on self-confidence than their counterpart's autogenic training group though significantly.

The mean difference between PMR training and control group was found 4.548\*. The p-value sig .000 shows that the control

group had demonstrated better on self-confidence than their counterpart's PMR training group though not significantly.

The mean difference between autogenic training and control group was found 5.371\*. The p-value sig .000 showed that the control group had demonstrated better on self-confidence than their counterpart's autogenic training though not significantly.

The graphical representation of responses has been exhibited in figure 1.



**Fig 1:** Mean comparison with regard to PMR group, Autogenic group and control group on the sub-variable Mental Skill: Self-Confidence Level.

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