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Faheem Faisal
Research Scholar S.R.T.M.
University, Nanded,
Maharashtra, India

Dr Ghayal Bahurao L
Director of Physical Education,
Indra Gandhi Sr. College
Nanded, Maharashtra, India

Effect of relaxation techniques on anxiety level of athletes

Faheem Faisal and Dr Ghayal Bahurao L

Abstract

The purpose of study was to find out the effect of relaxation techniques on anxiety level of athletes of S.R.T.M University Nanded.

Materials and Methods: Data was collected on individually through 15 control and 15 experimental group of athletes of S.R.T.M University Nanded. The age range between 18 ± 28 years was selected as the subject for the study. The instruction of training was given by researcher every day before starting the training in Swami Ramanand Teerth Marathwada University Nanded Maharashtra. Simple random sampling was used for collection of data. The data were analyzed using descriptive and t test. Only one variable was used by the researcher i.e. Anxiety and SCAT Anxiety questionnaire given by Marten *et al.*, was used.

Results: The mean value and standard deviation of control group and experimental group in relation to anxiety of athletes was (19.17pr #19.83ps) & (2.97pr# 3.06ps) and (20.21pr #14.30ps) & (3.47pr# 2.01ps) respectively. Calculated t-ratio of control group and experimental group in relation to anxiety of athletes was 0.52 and 3.47 respectively.

Conclusions: Significant effect of relaxation techniques on anxiety level among athletes was found.

Keywords: Relaxation technique, anxiety and athletes

Introduction

Our fast paced society can cause people to push their minds and bodies to the limit, often at the expense of physical and mental well being. When an athlete is anxious, the heart rate increases, the blood pressure becomes evaluated and the breathing becomes more rapid and oxygen consumption increases. He has feeling of fatigue or weakness etc, even he may yawn frequently, begin to tremble or engage in nervous activity (bite his nails wriggle his leg twin his hair etc.) or he may sweat profusely, urinate frequently etc. Motivation anxiety may interfere with productive as well as constructive thinking. Athletes may attempt to handle anxiety by denying mistakes, denying their weakness and thus denying work hard. This can lead to the development of poor work habits, or athletic technique. This often leads to failure and in turn, lack of confidence and increased anxiety. Today's modern era of sports, psychology aspect of player play a major role in training and giving high performance. Anxiety is always present in sports. In simple it is a type of emotional disturbance. The level of anxiety may differ from individual to individual in games and sports. The result of competition is also responsible for the level of anxiety experienced and its positive and negative effect on the performance. There are several different types of relaxation techniques for anxiety that can be used with some methods work better than others. However, it can be struggle for those who are not sure what the best way to deal with anxiety, perhaps. Know that playing a sport can be used as a distraction from the challenge of everyday life. For example, a form of stress relief can be found just by kicking of hitting a ball. Actively painting, doing puzzles, playing cards and gardening are some methods to relieve the stress of a busy day at the office. Very often, there are techniques that tend to ourselves as. Have constant feelings of anxiety may make it difficult at times to calm down through their own methods. Actually suffer from anxiety may mean there is something not quite right with the whole body and mind. A good supply of oxygen in the fresh air is really what the body needs more. By adding some aromatherapy to a warm bath may be another good relaxation technique for anxiety.

Correspondence
Faheem Faisal
Research Scholar S.R.T.M.
University, Nanded,
Maharashtra, India

Materials and Methods

The sample comprised of Total 30 athletes, were selected as a subject for the presented study & there age ranged from 18 to 28 years. Subjects were divided into two groups, 15 in experimental group and 15 in control group. The athletes were selected from the S.R.T.M University Nanded. The two samples may be treated as homogeneous with respect to age. The control group was not given any training while experimental group was given 4 weeks relaxation training which includes autogenic training technique, progressive muscular relaxation technique, breathing exercises and meditation technique by the researcher. For the presented study, modified tools were used for data collection. The

researcher used Marten et, al's, SCAT Anxiety questionnaire. The data was collected before and after the training given by the researcher from both the groups (control and experimental group). To analysis the data mean, standard deviation and t-ratio was used to significant value of 0.05 levels. Only one variable was selected as independent variables for the study i.e., anxiety.

Results and Findings

Mean and standard deviation of Control and Experimental Group of Athletes of Swami Ramanand Teerth Marathwada University Nanded with respect to SCAT Anxiety Questionnaire to measure the anxiety.

Table 1: Statistical Comparison of Control and Experimental Group of Athletes in relation to Anxiety

| Variable | No | Group | Mean | SD | S.V(0.05) | T-ratio | |
|----------|----|---------------|-----------|-------|-----------|---------|------|
| Anxiety | 15 | Control group | Pre-test | 19.17 | 2.97 | 2.048 | 0.52 |
| | | | Post-test | 20.21 | 3.47 | | |
| | 15 | Experimental | Pre-test | 19.83 | 3.06 | 2.048 | |
| | | | Post-test | 14.30 | 2.01 | | |

*Significant at .05 level of significance

From the above table it was observed that the mean and standard deviation of Control and Experimental Group of athletes was (19.17#2.97pre) (20.21#3.47post) and (19.83#3.06pre) (14.30#2.01post) respectively. After applying

“t” test it was found, that the t-ratio was 0.52 control group and 3.44 Experimental group, which were significant at the 0.05 level of significance. So the hypothesis may be accepted.

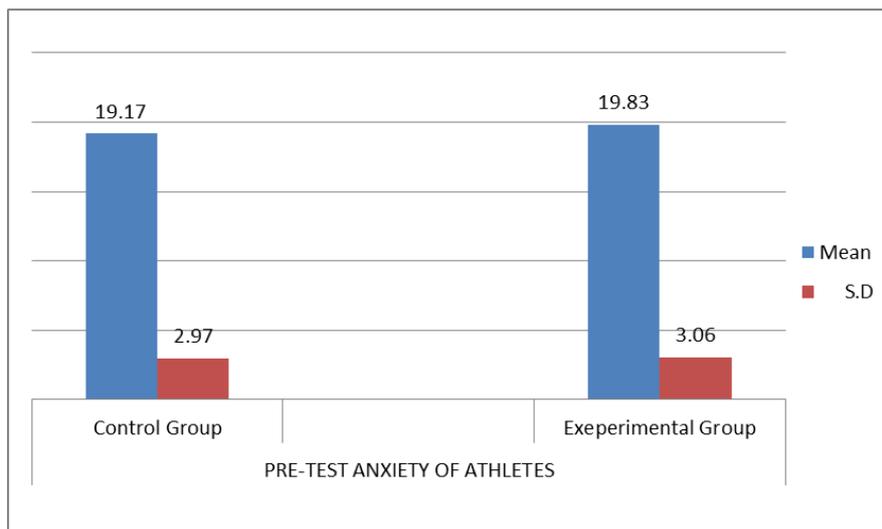


Fig 1: Graphical representation of Mean and Standard Deviation of Pre- Test of Control Group and Experimental Group of Athletes in relation to Anxiety

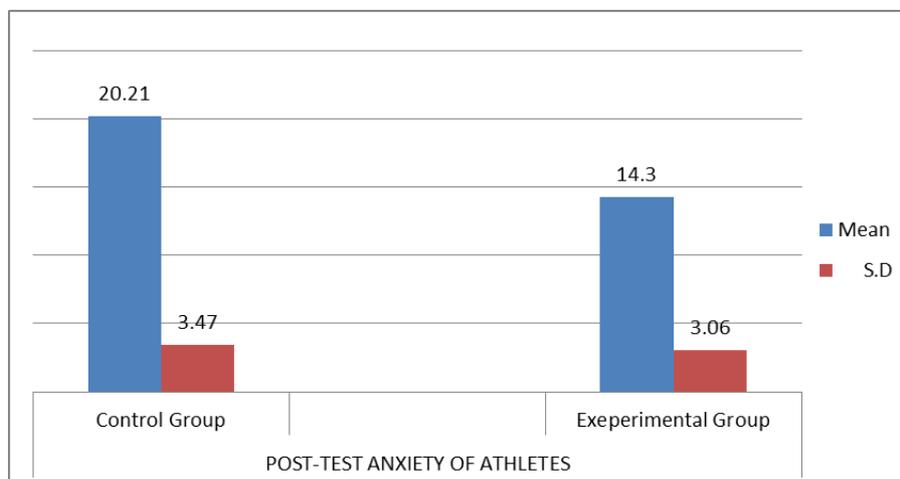


Fig 2: Graphical representation of Mean and Standard Deviation of Post- Test of Control Group and Experimental Group of Athletes in relation to Anxiety

Discussion of Findings

Significant difference was found among athletes in relation to anxiety. This significant difference can be attributed to the fact that nature of the training (Control and Experimental Group) demands more or less equal amount of effort. Thus, there was significant difference in relation to anxiety level among athletes between Control and Experimental Group. Moreover, the Control and Experimental Group of athletes both were from the same institution and followed not same routine of training. Experimental Group was better than Control group, because the experimental group was given relaxation techniques training in 4 weeks. With the help of this training, the anxiety level of the experimental group found increase. As a result, there was significant effect of relaxation techniques on anxiety level of athletes.

Conclusions

In the light of the findings, it was concluded that significant difference exists between the Control and Experimental Group of athletes in relation to anxiety level.

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