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Effect of music therapy on pre-competition anxiety in college level soccer players of Kashmir

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Abstract

Anxiety before or during athletic competitions can interfere with your performance as an athlete. The coordinated movement required by athletic events becomes increasingly difficult when your body is in a tense state. Seventeenth century English dramatist “William Congreve” was way ahead of his time when he wrote, “Music has charms to soothe the savage chest, to soften rocks, or bend a knotted oak.” or maybe he was the first music therapist of this world.

The Study is aimed to find whether there is any effect of music therapy on Pre- Competition anxiety, if there is any, is it positive effect or negative. For this purpose, the total number of 60 Inter- College level Soccer players was selected from the colleges affiliated to University of Kashmir, with the method of simple random sampling. The Subjects were asked to fill the Sports Competition Anxiety Test (SCAT) (Martens *et al.* 1990) questionnaire before one and half hours of competition. After that the subjects again were asked to listen to the “WEIGHTLESS” song from Marconi Union band for 30 minutes on their smart phones with the head phones on, and again after 30 minutes of intervention (music therapy-MT), they were asked to fill the same (SCAT) (Martens *et al.* 1990) questionnaire. The questionnaire was evaluated with the help of manual. The score obtained Pre- music therapy and post music therapy was analyzed. The researcher used dependent T- Test as a statistical treatment to evaluate mean difference between the pre-intervention & post-intervention score.

Keywords: Therapy, soccer, anxiety, music

Introduction

Music has a tremendous impact over the countries and people groups on this planet. It has been utilized in each culture, and is frequently associated with anxiolytic and pain relieving properties. Today it is utilized in numerous emergency clinics to enable patients to unwind and help calm or straightforwardness agony, perplexity and nervousness. Music is likewise normally utilized in guiding. Music treatment strategies may incorporate guided tuning in or improvisational playing and are utilized inside the setting of numerous speculations, and for some sorts of mental issue, from wretchedness to schizophrenia. A considerable lot of the recuperating characteristics of music in directing are associated with its utilization as a nonverbal mechanism for correspondence. Music has been a device of correspondence along these lines, helping one man to comprehend another and giving a vehicle of interconnection. Each known society since forever has had some type of music. People were at that point playing such complex instruments as bone woodwinds, jaw harps and percussive instruments quite a while in the past in the most punctual civic establishments (Weinberger, 2004). Music has been seen to have supernatural characteristics, and has subsequently been utilized inescapably inside types of religious love (Lefevre, 2004). Music is a one of a kind blessing to and from every individual who makes it. It uncovers huge amounts of data about the entertainer, from their emotional episodes to natural chemistry, ilmer rhythms of organs, and even the manner in which they are physically manufactured (Perrett, 2004).

Music for Healing

Music has been associated with physical and emotional healing throughout history. The ancient Greeks assigned the god Apollo to reign over both music and healing (Trehan, 2004).

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Effects of Music

With regards to game and exercise research, specialists have basically investigated the mental, psychophysical, psychophysiological, and ergogenic impacts of music. Mental impacts allude to how music impacts inclination, influence, feeling, frames of mind, insight, and conduct. The psychophysical impacts of music include tangible reactions to physiological procedures. In music-related research, impression of physical exertion are specifically noteworthy and are frequently evaluated utilizing appraisals of saw effort (RPE). The psychophysiological impacts of music identify with the impact of music on a scope of physiological parameters (e.g., blood lactate, pulse, breath rate). Music applies an ergogenic impact when it improves physical execution by either postponing weakness or expanding work limit. Regularly, this outcomes in higher-than-anticipated dimensions of perseverance, power, profitability, or quality. As a rule terms, mood and rhythm have been appeared to be the components of music well on the way to provoke a physical response in the audience (Karageorghis, Terry, and Lane, 1999), mirroring their cozy relationship to different periodicities of human working, for example, heartbeat, breathing rate, and strolling (Bonny, 1987).

Anxiety

Anxiety is an inclination that exists in individual's nature. It happens under aggravating conditions. Overabundance tension may result in irregular capacities for the body. Everyone feels distinctive uneasiness, and physiological properties assume significant jobs in this circumstance (Spilberger, 1996). Anxiety begins progressively and builds well ordered. In the event that not to be controlled, it rises and bothers the general population. The primary reasons of nervousness are business travel, smoking, liquor, overweight, disappointment, unseemly physical appearance. Anxiety signs might be bone agonies, being worn out, migraine, apprehensive, poor resting, overlooking, delays, anxious people and so forth (Link, 1993).

In spite of the fact that lower dimensions of tension have been accounted for the youthful who take part in physical exercise (Craft and Landers, 1998; Mutrie and Biddle, 1995), little is thought about the impacts of music treatment on anxiety in competitors. Tension could be killed for the most part by employments of music therapy before competition. The impact of music therapy on competitor's tension is still less comprehended. Along these lines, the present examination will research whether music therapy will lessen the anxiety dimensions of the soccer players or not.

Statement of Problem

The purpose of the present study is to Access and evaluate the effects of music therapy on pre competition anxiety in Inter-College level Soccer players of Kashmir.

Significance of the Study

Each athlete differs from the other in numerous ways. The main duty of the physical education teacher is to understand the physical needs of each athlete in order to give suitable guidance and also to adopt the program to meet the requirements. It will help to evaluate the pre competition level of inter college level soccer players of colleges of Kashmir division. The study will also provide the measures to tackle the pre competition anxiety level of players. Future the study will provide the impetus to research in psychological training method for the players.

Objectives of the Study

The study has the following objectives.

- To evaluate the effects of music therapy on pre competition anxiety level of soccer players.
- To measure the pre competition anxiety level of soccer players.
- To tackle the pre competition anxiety level of soccer players.

Hypothesis

One the basic of literature reviewed and scholar's own understanding of the problem, the following hypothesis were formulated.

- There would be significant effect of music therapy on pre-competition anxiety in college level soccer players of kashmir.

Delimitations of the Study

The study has the following delimitations.

- The study is delimited to inter college level soccer players.
- The study is delimited to men soccer players.
- The study is delimited to inter college soccer players of Kashmir division.

Methodology

Selection of Subjects

Total 60 subjects were selected for the study which was given Music Therapy (MT) as intervention factor. The subjects were selected from the colleges of Kashmir division who represent their respective colleges in the game of soccer. The simple random sampling method was used for the selection of the subjects.

Criterion Measure

The criterion measure for this study was the pre-competition anxiety level of the soccer players before and after intervention. The subjects were asked to fill the SCAT questionnaire before the intervention and same questionnaire after the intervention. As an intervention, the subjects were asked to listen to the "Weightless Song" of the Marconi union band for 30 minutes with their headphones on. Before the Music therapy intervention, the questionnaire score was taken & after the intervention, the score was also taken with the help of manual of the questionnaire

Scoring

The SCAT contains 15 items, 10 of which measure symptoms associated with anxiety, with five others that are not scored included to reduce the likelihood of an internal response-set bias. The scores for the 10 items are summed to provide an overall measure, with a high score reflecting a greater tendency to experience competitive anxiety. Use the following table to calculate a total score. A score of less than 17 indicates a low level of anxiety, 17 to 24, an average level of anxiety and more than 24 a high level of anxiety.

Note: - The individual scores were provided to the subjects from the researcher. The overall scoring of the pre-intervention and post intervention was used to analyze the data and carry forwarded to find out the results.

Administration of the Questionnaire Data

Total 60 subjects were selected for the study which was given Music Therapy (MT) as intervention factor. The subjects were selected from the colleges of Kashmir division who represent

their respective colleges in the game of soccer. As an intervention, the subjects were asked to listen to the “Weightless Song” of the Marconi union band for 30 minutes with their headphones on. Before the Music therapy intervention, the questionnaire score was taken & after the intervention, the score was also taken with the help of manual of the questionnaire.

Statistical Procedure

With regard to purpose of the study dependant t-test was used as a statistical technique, level of significance was set at 0.05.

Analysis of Data

The purpose of the study was to find out the effect of music therapy in pre-competition anxiety in soccer players of Kashmir division. The statistical analyses of the data were collected from 60 soccer players of the Kashmir division before and after intervention with the help of SCAT (Sports competition anxiety test) questionnaire. The simple random sampling technique was used to attain the objectives of the study. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

To find out the effect of selected music therapy in pre-competition anxiety in soccer players of Kashmir division, Dependant t-test was used for a statistical treatment with the help of SPSS software.

Findings

For the chosen variable, the results pertaining to significant relationship, if any, was assessed and is presented in following tabular & figure based formation.

Table 1: Comparison of Mean, Standard deviation (SD), Standard error of the mean (SEM) T-value & p-value in relation with the No. of subjects (N)

No. of subjects (N)	Mean	SD	SEM	T value	P value
Pre-Intervention	20.48	3.25	0.42	2.4648	0.0166
Post-Intervention	18.57	4.59	0.59		

$t_{0.05(59)} = 2.00$

Table 1 shown above & figure 4.1 given below shows the significant difference of the intervention on the pre-competition anxiety of the soccer players of Kashmir division. In this case our hypothesis entitled as: “There would be a significant effect of music therapy on pre-competition anxiety level of soccer players” is hereby accepted on the basis of the necessary scoring and valid statistical treatment of the data

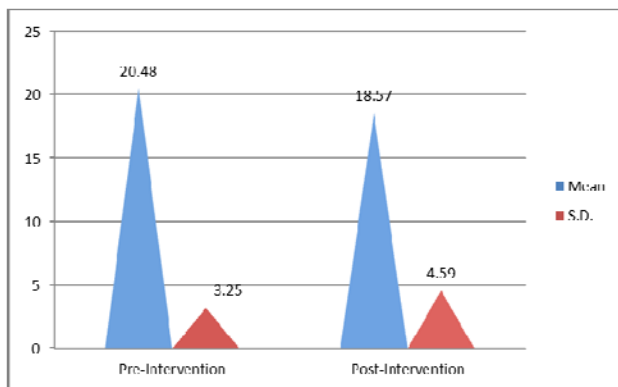


Fig 1: Figure based graphical representation of the mean & S.D obtained from pre-Intervention & post-intervention score.

Discussion of The Findings

From the above table 1 & figure 1, it is clarified that there is a significant difference in the mean, standard deviation (SD) and standard error of the mean (SEM) and concerning the t-value it is clear that, “there is a significant effect of the Music Therapy on the pre-competition anxiety of the soccer players of Kashmir division”

Conclusion

Based on the analysis and within the limitations of the study following conclusions were drawn:

1. There is a significant effect of Music therapy (MT) on the pre-competition anxiety of the Inter college soccer players of Kashmir division.
2. There is a positive effect of Music therapy (MT) on the pre-competition anxiety of the Inter college soccer players of Kashmir division.

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