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## Psychosomatic skills assessment of Delhi University defenders of football and hockey players

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### Abstract

The research aimed to compare and evaluate the mental skills of a subset of variables, specifically psychosomatic abilities, from Hockey Defenders and Football Defenders of Intercollegiate Football Players at the University of Delhi. These sub variables include sub variables like Stress Control, Relaxation, Fear Control, and Energizing. 40 University of Delhi Football Players made up the study's sample. After that, the participants were separated into two cohorts: Football Defenders (20) and Hockey Defenders (20). There were only male participants in this study. The age range of the participants was 18 to 25. Using a standardized technique, the researcher looked at the mental profiles of Football Defenders and Hockey Defenders. The OMSAT-3 Version 2-2 was employed by the researcher. An Independent Sample 't' Test was performed on the collected data with the goal of comparing. To compare the mental skills selected variable (Psychosomatic abilities) of Football Defenders and Hockey Defenders and determine whether there were any significant differences between the two game roles, the separate sample 't' test was applied to the collected data. Study did not find any statistically significant differences in Psychosomatic Skills (Stress Control, Relaxation, Fear Control, and Energizing) between Football Defenders and Hockey Defenders at a significance level of 0.05. Based on p-values from the statistical analysis that were higher than the significance level of 0.05, this conclusion was drawn.

**Keywords:** Psychosomatic skills, stress control, relaxation, fear control, energizing, OMSAT-3 version 2-2, descriptive statistics, level of significance, independent sample 't' test

### Introduction

#### Psychosomatic Skills

Psychosomatic skills refer to the ability to understand and manage the interactions between the mind (psyche) and body (soma). These skills involve recognizing how psychological factors such as stress, emotions, and mental states influence physical health and vice versa. Individuals with strong psychosomatic skills can effectively manage and mitigate the impact of psychological factors on their physical well-being and vice versa (Gershon, R. C., 2009) [3], (Goleman, D., 1995) [2].

#### Psychosomatic approaches to stress management typically encompass

**Stress Control:** Stress control refers to strategies and techniques used to manage, reduce, or prevent stress. Stress is the body's response to challenges or demands, which can be physical, emotional, or mental. Effective stress control can help maintain mental and physical well-being. Techniques to manage and reduce stress, such as cognitive-behavioral therapy (CBT), mindfulness (Hofmann, S. G., Asnaani, A., Vonk, I. J. J., Sawyer, A. T., & Fang, A. 2012) [4] and relaxation exercises, Physical Activity, Time Management (Smith, J. A. 2020) [10].

#### Relaxation

Relaxation involves practices and activities that reduce stress and induce a state of calm and well-being. It can be achieved through various techniques such as deep breathing, meditation, progressive muscle relaxation, or engaging in hobbies and physical activities. Regular relaxation is crucial for maintaining mental and physical health, as it helps lower blood pressure, improve sleep, and enhance overall quality of life. Methods like progressive muscle

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relaxation (Jacobson, E. 1938) <sup>[5]</sup>, deep breathing exercises (Lehrer, P. M., & Woolfolk, R. L. 1993) <sup>[6]</sup>, and guided imagery that help reduce physical tension and promote a state of calm (Benson, H., & Klipper, M. Z. 2000) <sup>[12]</sup>.

### Fear Control

Fear control is a concept in the realm of psychosomatic skills that deals with how individuals manage their fear responses, particularly in stressful or anxiety-inducing situations. It is part of the broader field of emotional regulation and psychological resilience. Strategies to address and manage fear and anxiety, such as exposure therapy (Hofmann, S. G., & Smits, J. A. J. 2008) <sup>[7]</sup>, systematic desensitization (Wolpe, J. 1958) <sup>[8]</sup>, and techniques to challenge irrational beliefs (Gross, J. J. 2002) <sup>[16]</sup>.

### Energizing

Energizing" in the context of psychosomatic skills refers to techniques or practices that aim to boost physical energy and mental alertness through the mind-body connection. Psychosomatic skills focus on the interaction between the mind (psyche) and body (soma), recognizing how mental states can influence physical health and vice versa. Practices that boost energy levels and overall well-being (Rebar, A. L., Stanton, R., Geard, D., Short, C. E., Brown, W. J., & Duncan, M. J. 2015) <sup>[9]</sup> including regular physical exercise, adequate sleep, and balanced nutrition (Doe, M. B., & Johnson, L. R. 2020) <sup>[18]</sup>.

### Methodology

**Selection of Subjects:** The current data came from 40 regular gamers with excellent skill levels who were attending the University of Delhi's Inter Collegiate level. Their ages ranged from 18 to 25 years old. Football players were among the participants. Two groups comprising 20 Football Defenders and 20 Hockey Defenders were created from the remaining players.

### Selection of variables

The University of Delhi Intercollegiate Football Defenders and Hockey Defenders were the subjects of a standardized method analysis by the researcher for the psychosomatic skills, which include the following sub-variables: stress control, relaxation, fear control, and energizing. The researcher used the OMSAT-3 Version 2-2.

### Statistical technique used

The collected data was evaluated using comparative statistics together with descriptive statistics like mean and SD. The psychosomatic skills were evaluated using an Independent Sample 't' test with a significance threshold of 0.05.

### Results

The study focused on Psychosomatic Skills (stress control, relaxation, fear control, and energizing) and looked at data from 40 male Defenders was separated into two cohorts: Football Defenders (20) and Hockey Defenders (20). The tables below show the results of the independent sample "t" test as well as descriptive statistics:

**Table 1:** Descriptive statistics & independent sample 't' test of psychosomatic skills

| Variable       | Game               | N  | Mean  | S.D. | Std. Error Mean | Mean Difference | T     | Sig. (2- tailed) |
|----------------|--------------------|----|-------|------|-----------------|-----------------|-------|------------------|
| Stress control | Hockey Defenders   | 20 | 15.80 | 5.64 | 1.26            | 0.90            | 0.48  | 0.63             |
|                | Football Defenders | 20 | 14.90 | 6.21 | 1.39            |                 | 0.48  | 0.63             |
| Relaxation     | Hockey Defenders   | 20 | 19.75 | 4.63 | 1.04            | -0.85           | -0.53 | 0.61             |
|                | Football Defenders | 20 | 20.60 | 5.67 | 1.27            |                 | -0.53 | 0.61             |
| Fear Control   | Hockey Defenders   | 20 | 14.95 | 4.81 | 1.08            | 0.60            | 0.33  | 0.74             |
|                | Football Defenders | 20 | 14.35 | 6.47 | 1.45            |                 | 0.33  | 0.74             |
| Energizing     | Hockey Defenders   | 20 | 22.00 | 3.39 | 0.74            | 0.50            | 0.36  | 0.72             |
|                | Football Defenders | 20 | 21.50 | 5.17 | 1.16            |                 | 0.36  | 0.72             |

Table 1 compares the Psychosomatic Skills variables of stress control, relaxation, fear control, and energizing for both Hockey Defenders and Football Defenders overall. The researcher found that the Mean and Standard Deviation scores of Hockey Defenders of Stress Control (15.80±5.64), Football Defenders of Stress Control (14.90±6.21), Hockey Defenders of Relaxation (19.75±4.63), Football Defenders of Relaxation (20.60±5.67), Hockey Defenders of Fear Control (14.95±4.81), Football Defenders of Fear Control (14.35±6.47), Hockey Defenders of Energizing (22.00±3.39) and Hockey Defenders of Energizing (21.50±5.17).

The Hockey Defenders and Football Defenders groups differ

from one another in a few average ways, but not to the point where the differences are statistically significant.

In summary, the data presented does not satisfy the requirements for statistical significance at the 0.05 level with regard to game-based variations in the variables under analysis.

The results indicate that none of the observed group differences are statistically significant at the 0.05 level. This implies that the evidence for Four Psychosomatic Skills Variables where there is a substantial game difference is not strong enough.

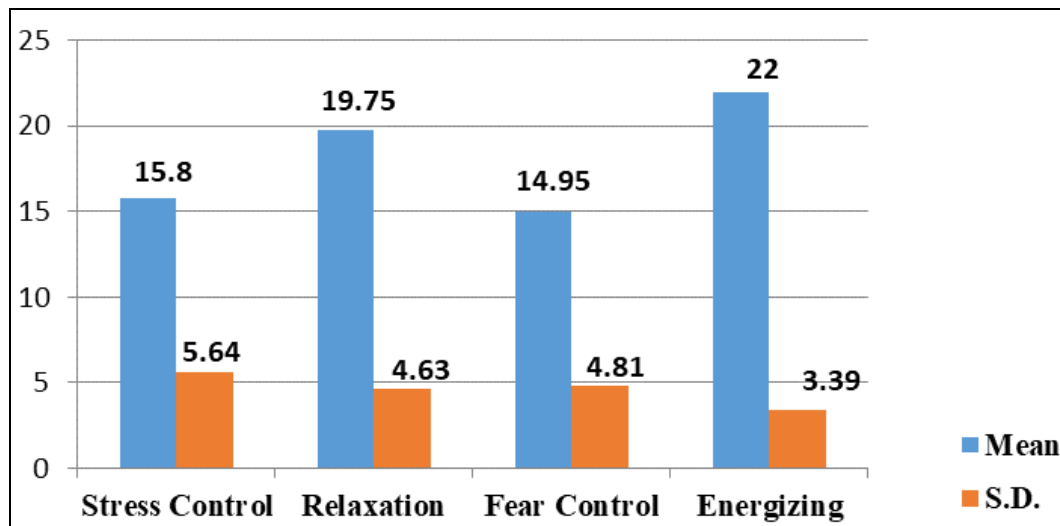


Fig 1: Graphical representation of mean and standard deviation value of Hockey defenders

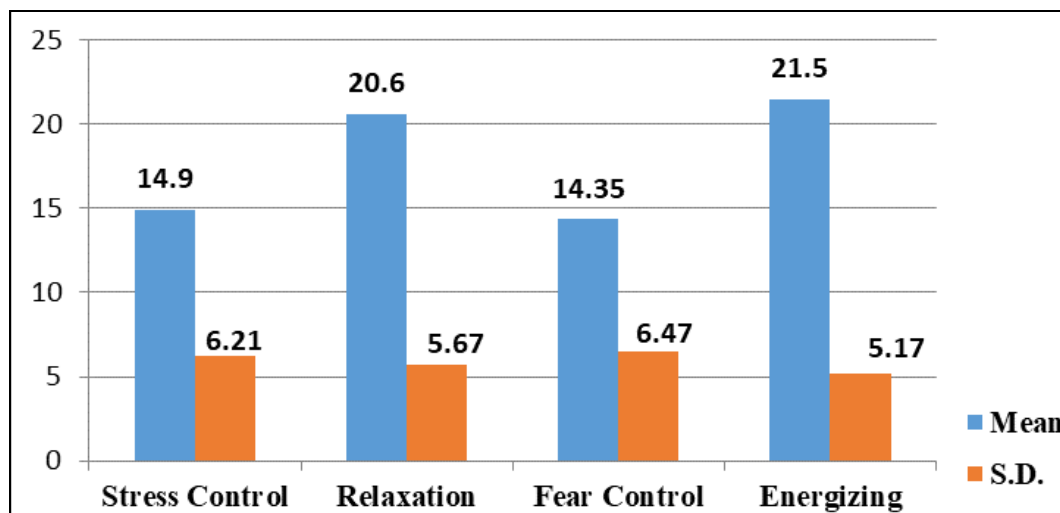


Fig 2: Graphical representation of mean and standard deviation value of football defenders

### Discussion of Findings

The 40 participants in the current study, 20 of whom were Hockey Defenders and 20 of whom were Football Defenders, were selected from the University of Delhi Football and Hockey Inter-related to Indian conditions was used to gather the data (OMSAT-3 Version 2-2). T-tests for independent samples were used to analyze the data.

- The information presented compares and contrasts the psychological characteristics of defenders of Football and Hockey in the area of Psychosomatic Skills (Stress Control, Relaxation, Fear Control, and Energizing).
- The findings showed that in terms of Stress Control, Fear Control, and Energizing, Hockey Defenders have higher mean values than Football Defenders.
- The findings showed that in terms of Relaxation, Football Defenders have higher mean value than Hockey Defenders.

### Conclusion

The conclusions derived from the data shown that there was not a discernible difference between Defenders Hockey and Football players in any Psychosomatic Skills (Stress Control, Relaxation, Fear Control, and Energizing).

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