Research Paper

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Effect of Progressive Relaxation Training on Selected Psychological Variables of College Students

Physical Education

KEYWORDS : Aggression, Self-esteem, Self-confidence, and Stress

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ABSTRACT

The purpose of the study was to find out the effect of Progressive Relaxation Training on selected psychological variables of college students. A total of eighty male students (N=80) of Government polytechnic college, Kunnamkulam, Trissur district was selected for the study. The age group of the subjects ranged from 16 to 19 years. The selected subjects were equally divided into two groups (n=40) namely, Progressive relaxation training group. (PRTG), and the Control group (CG). The study was delimited to the Psychological variables namely, Aggression, Self-esteem, Self-confidence, and Stress. All the subjects were tested prior to, and after the training period. The data collected from the experimental group and control group were statistically analyzed for significant differences if any by applying Dependent t test. The result of the study indicates that Progressive Relaxation training had a positive influence on the selected psychological variables.

INTRODUCTION

The word Stress has many connotations and definitions based on various perspectives of the human condition. In Eastern philosophies, stress is considered to be an absence of inner peace. In Western culture, stress can be described as a loss of control. Noted healer Serge Kahili King has defined stress as any change experienced by the individual. This definition may be rather general, but it is quite correct. Psychologically speaking, stress as defined by noted researcher Richard Lazrus is a state of anxiety produced when events and responsibilities exceed one's coping abilities. Physiologically speaking, stress is defined as the rate of wear and tear on the body. Selye added to his definition that stress is the nonspecific response of the body to any demand placed upon it to adapt, whether that demand produces pleasure or pain. Selye observed that whether a situation was perceived as good e.g., a job promotion or bad e.g., the loss of a job, the physiological response or arousal was very similar. The body, according to Selye, doesn't know the difference between good and bad stress.

Every living being has to undergo stressful condition in its lifetime. Stress is an inevitable part of life. Managing stress properly is very important for one to be efficient in his life. Though stress is inevitable for the living organism, excessive stress is always hazardous. It can cause of cardiac diseases and several other psycho somatic disorders. Numerous medical and psychological studies have suggested that a large numbers of visits to a doctor by students are due to psychological problems and many due to acute and chronic problems. It is in this scenario that this particular study was conducted.

METHODOLOGY

The purpose of the study was to find out the effect of progressive relaxation training on selected psychological variables of college students. A total of eighty male students (N=80) of Government polytechnic college, Kunnamkulam, Trissur district were selected for this study. The age group of the subjects ranged from 16 to 19 years. The selected subjects were equally divided into two groups (n=40) namely, Progressive relaxation training group. (PRTG), and The Control group (CG). The study was delimited to the Psychological variables namely, Aggression, Self-esteem, Self-confidence, and Stress. All the subjects were tested prior to, and after the training period. The data collected from the experimental group and control group were statistically analyzed for significant differences if any by applying Dependent t test.

ANALYSIS OF DATA

The influence of independent variables on each criterion variables was analyzed and is presented below.

Descriptive Statistics of PRTG and Control Groups

Variables		PRTG	CG	PRTG	CG	PRTG	CG
		Mean	Mean	Std. Devi	Std. Devi	SEM	SEM
Stress Factor 1	Pre Test	25.900	26.250	4.017	3.787	.635	.598
	Post Test	14.950	24.600	1.907	4.623	.301	.731
Stress Factor 2	Pre Test	26.975	27.325	4.927	4.008	.779	.633
	Post Test	24.600	28.725	3.543	4.212	.560	.666
Stress Factor 3	Pre Test	25.675	25.125	3.716	3.480	.587	.550
	Post Test	19.925	26.550	2.004	4.100	.317	.648
Aggression	Pre Test	11.850	12.075	2.486	2.749	.393	.434
	Post Test	9.300	10.925	2.503	3.561	.395	.563
Self Esteem	Pre Test	67.700	65.450	11.045	10.347	1.746	1.636
	Post Test	86.675	61.950	6.723	8.602	1.063	1.360
Self confidence	Pre Test	90.300	90.725	14.932	12.586	2.361	1.990
	Post Test	114.900	89.550	11.635	12.687	1.839	2.006

Paired Differences of PRTG and Control Groups

Variables	Groups		Mean	Std. Devi	SEM	df	t
Stress Factor 1	PRTG	Pre - Post	10.950	4.534	.716	39	15.27*
	CG	Pre - Post	1.650	5.877	.929	39	1.776
Stress Factor 2	PRTG	Pre - Post	2.375	5.614	.887	39	2.67*
	CG	Pre - Post	1.400	6.155	.973	39	1.439
Stress Factor 3	PRTG	Pre - Post	5.750	4.017	.635	39	9.05*
	CG	Pre - Post	1.425	5.138	.812	39	1.754
Aggression	PRTG	Pre - Post	2.550	3.419	.540	39	4.71*
	CG	Pre - Post	1.150	5.025	.794	39	1.447
Self Esteem	PRTG	Pre - Post	18.975	12.908	2.041	39	9.29*
	CG	Pre - Post	3.500	13.485	2.132	39	1.642
Self confidence	PRTG	Pre - Post	24.600	15.557	2.459	39	10.00*
	CG	Pre - Post	1.175	16.847	2.663	39	.441

*Significant at .05 level of confidence

From the above tables it is clear that the progressive relaxation training group had significant effect on the selected psychological variables since the calculated 't' values in relation to all the selected psychological variables of the experimental group were greater than the required table value. In the case of control group there were no significant changes noticed.

RESULTS AND DISCUSSION

It was concluded progressive relaxation training had a positive influence on Stress factor 1, Stress factor 2, Stress factor 3, Aggression, Self esteem and Self confidence. According to Jacobson, (1929) muscle tension is the most common symptom of stress. This is so because the initial neural response to stress initiates muscular excitation to prepare the body to move for physical survival. The relaxation technique involves systematically tensing and relaxing the body's musculature, from feet to the head.

Progressive relaxation in one form or another is widely used in the clinical field for reusing mental tension. Based on a substantial amount of evidence, it is believed that the mind becomes calmer as a result of relaxing the musculature. Not all research findings however, support this view, and there are studies which show little or no correlation between anxiety level and muscle tension. It would seem that any influence exerted by the musculature on mental activity is part of an interactive process as yet not fully understood (Lichestein 1988). The training was also effective in reducing Aggression which was strengthened by the studies conducted by Gaines and Barry, (2008)

Progressive relaxation training had improved the self esteem of the subjects, a finding which was in consonance with the findings of the studies conducted by Marika and Samantha (2000), and Janie Tailor (2001).

Progressive relaxation training had also improved self confidence of the subjects. A result which was in agreement with findings of the studies conducted by Rees T. and Freeman P. (2007) and Kamlesh (1983). Players belonging to progressive relaxation training performed better in cognitive anxiety, somatic anxiety and self confidence was the finding of the study conducted by Navaneethan & Soundara Rajan (1999)

RECOMMENDATIONS

In the light of conclusions drawn, the following recommendations are made:

1. A study of similar nature may be under taken for different age group and on female subjects.
2. Longitudinal studies may be undertaken by increasing the duration and intensity of training program.
3. Studies may be under taken for players from team sports and games.

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