



Effects of Autogenic Training and Progressive Muscular Relaxation on Management of Anxiety and Stress in Weight Lifters

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ABSTRACT

The purpose of the study was to evaluate the effects of Autogenic training and Progressive muscular relaxation on the management of Anxiety and stress in wrestlers. The Psychological factors like; anxiety and stress were taken as dependent variables and autogenic training and progressive muscular relaxation were taken as independent variable.

To facilitate this study 30 male weight Lifter studying at different Colleges of Allahabad University taken randomly as subjects and divided into three group's namely autogenic training group, progressive muscular relaxation group and control group. The pre test and post test was taken before and after the completion of six weeks of training on anxiety and stress were duly taken by standardized. The significance of the difference between the experimental groups and control group the pre test and post test were determined through analysis of covariance (ANCOVA). The adjusted post test means were computed by ANCOVA.

KEYWORDS : Autogenic training, Progressive muscular relaxation, Anxiety and stress.

INTRODUCTION:

Many people are unhappy in the world, dissatisfied and yet not sure what is lacking in their lives. The basic reason for this unhappiness is our attachment to the material plane of existence. Once we gain a glimpse of higher spheres of consciousness, then our unhappiness and discontent automatically automatically fade away. All of us have potential, which is beyond our wildest dreams, but most of his potential remains untapped. Each person has the capacity to experience different planes of consciousness, yet most of us live in the lower planes, without experiencing higher levels of existence or even believing that they exist. Psychology as a behavioral science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. A rapidly growing area of interest in sports psychology concern the use of anxiety management procedure such as bio-feedback and relaxation training techniques to enhance athletic performance by reducing anxiety are used. "Autogenic training is a method of reversing the fight-or-flight response by achieving a meditative state and becoming aware of specific body sensations with the goal of relaxation" (Elizabeth Scott 1996). "Amule relaxation procedures in which skeletal muscles are systematically tensed and relaxed" (Barbara Cox 1992).

Methodology:

Thirty (30) male weight Lifters studying different colleges of Allahabad University taken randomly as subjects, their age ranged between 21 to 25 years, and divided into three group's namely autogenic training group, progressive muscular relaxation group and control group. The pre test and post test was taken before and after the completion of six weeks of training on anxiety and stress were duly taken by standardized questionnaire. The significance of the difference between the experimental groups and the control group the pre test and post test were determined through analysis of covariance (ANCOVA). The adjusted post test mean were computed by ANCOVA. The following results were obtained after the statistical analysis. The results indicated that the anxiety (3.69) and stress (4.78) levels are significant at 0.05 level of significance for the degree of freedom (2, 26) the obtained f ratio 3.37. Hence all the above mentioned variables obtained were significant.

RESULTS & DISCUSSION:

TABLE-1

Analysis of covariance of means of two experimental groups and control group in anxiety (scores in no.)

| Mean | Control group | A.T | P.M.R | S.V | df | S.S | M.S | Obt. F | Tab.F |
|----------------|---------------|------|-------|-----|----|--------|--------|--------|-------|
| Pre test | 49.9 | 43.5 | 47.1 | B/W | 2 | 205.86 | 102.93 | 3.32 | 3.35 |
| | | | | B/W | 27 | 836.3 | 30.37 | | |
| Post test | 47.5 | 43.2 | 43.1 | B/W | 2 | 126.2 | 63.1 | 2.02 | 3.35 |
| | | | | B/W | 27 | 843 | 31.22 | | |
| Adj. Post Mean | 44.7 | 46.1 | 42.8 | B/W | 2 | 52.27 | 23.13 | 3.69* | 3.37 |
| | | | | B/W | 26 | 183.95 | 7.07 | | |

*Significant

Table-II

Tukey post hoc Comparison of two Experimental and Control Groups in Relation to Anx

| Control group | A.T | P.M.R | M.D | C.I |
|---------------|-------|-------|-------|------|
| 44.77 | 46.15 | | 1.38 | |
| 44.77 | | 42.86 | 1.91 | 2.93 |
| | 46.15 | 42.86 | 3.29* | |

The data from the pre test and post test on anxiety of control, autogenic training (experimental group I) and progressive muscular relaxation (experimental group II) groups have been statistically analyzed and presented in the table no I. Table I shows that the pre test means of control, autogenic training and progressive muscular relaxation were 49.9, 43.5 and 47.1 respectively. The table F ratio value was 3.35. When compared to table F value, the obtained F value of 3.32 was lower and not significant at 0.05 level of confidence for the degrees of freedom 2 and 27. Table I shows that the post test means of control, autogenic training and progressive muscular relaxation were 47.5, 43.2 and 43.1 respectively. The table F ratio value was 3.35. When compared to table F value of 2.02 was lower and not significant at 0.05 level of confidence for the degrees of freedom 2 and 27. The data from the adjusted post test on anxiety of control, autogenic training (experimental group I) and progressive muscular relaxation (experimental group II) groups have been statically analyzed and Presented in the table no.1. Table I shows that the adjusted post test means of control group, autogenic training and progressive muscular relaxation were 44.77, 46.15, and 42.86 respectively. The table F ratio value was 3.37. When compared to table F value the obtained F value of 3.69 was greater and significant 0.05 level of confidence for the

degrees of freedom 2 and 26. Table II shows that adjusted post test means of three groups. The adjusted post test means for control, autogenic training, and progressive muscular relaxation groups were 44.77, 46.15 and 42.86 respectively. The mean difference between control and autogenic training groups, control and progressive muscular relaxation groups and autogenic training and progressive muscular relaxation groups were 1.38,1.91 and 3.29 respectively. The Tukey confidence interval value was 2.93. Hence there was no significant difference between control and autogenic training groups and control and progressive muscular relaxation groups. A significant difference was only there between autogenic training and progressive muscular relaxation groups as the difference was greater than confidence interval value. Findings of the study show that there was a significant decrease in anxiety level of wrestlers. It maybe influence of autogenic training and progressive muscular relaxation training.

TABLE-III
Analysis of Covariance of Means of Two experimental Groups and Control Group in Stress (Scores in no.)

| Mean | Control group | A.T | P.M.R | S.V | Df | S.S | M.S | Obt. F | Tab.F |
|----------------|---------------|-------|-------|-----|----|--------|-------|--------|-------|
| Pre test | 23.80 | 25.80 | 22.3 | B/W | 2 | 17.26 | 8.63 | 0.33 | 3.35 |
| | | | | B/W | 27 | 699.7 | 25.91 | | |
| Post test | 24.70 | 23.10 | 19.8 | B/W | 2 | 141.86 | 70.93 | 2.98 | 3.35 |
| | | | | B/W | 27 | 643.6 | 23.83 | | |
| Adj. Post Mean | 10.48 | 14.29 | 20.7 | B/W | 2 | 80.23 | 40.11 | 4.79* | 3.37 |
| | | | | B/W | 26 | 217.84 | 8.37 | | |

*Significant

Table-IV
Tukey post hoc Comparison of two Experimental and Control Groups in Relation to STRESS

| Control group | A.T | P.M.R | M.D | C.I |
|---------------|-------|-------|-------|------|
| 10.48 | 14.29 | | 3.79* | 3.19 |
| 10.48 | | 20.7 | 9.67* | |
| | 14.29 | 20.7 | 5.88* | |

The data from the pre test and post test on stress of control, autogenic training (experimental group I) and progressive muscular relaxation (experimental group II) groups have been statistically analyzed and presented in Table no III. Table III shows that the pre test means of control group, autogenic training and progressive muscular relaxation were 23.8, 25.8, and 22.3 respectively. The table F ratio value was 3.35. When compared to table F value the obtained F value of 0.33 was lower and not significant at 0.05 level of confidence for the degrees of freedom 2 and 27. Table III shows that the post test means of control group, autogenic training and progressive muscular relaxation were 24.7, 23.1, and 19.8 respectively. The table F ratio value was 3.35. When compared to table F value the obtained F value of 2.98 was lower and not significant at 0.05 level of confidence for the degrees of freedom 2 and 27. Table III shows that the adjusted post test means of control group, autogenic training and progressive muscular relaxation were 10.48, 14.29, and 20.7 respectively. The table F ratio

value was 3.37. When compared to table F value the obtained F value of 4.79 was greater and not significant at 0.05 level of confidence for the degrees of freedom 2 and 26. Table IV shows that adjusted post test means of three groups, the adjusted post test means for control, autogenic training, and progressive muscular relaxation groups were 10.48, 14.29, and 20.7 respectively. The mean difference between control and autogenic training groups, control and progressive muscular relaxation groups and autogenic training and progressive muscular relaxation groups were 3.79, 9.67, and 5.88 respectively. The tukey's confidence interval value was 3.19. Hence all the three comparisons were significant. Findings of the study show that there was a significant decrease in stress level of wrestlers. It may be due to influence of autogenic training and progressive muscular relaxation training.

DISCUSSION:

The anxiety level was significantly decreased due to six weeks of autogenic training and progressive muscular relaxation training in Weight Lifters. The stress level was significantly decreased due to six weeks of autogenic training and progressive muscular relaxation training in Weight Lifters. While Autogenic training significantly decreased anxiety and stress level, progressive muscular relaxation was much effective than autogenic training in controlling anxiety and stress in Weight Lifters.

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