



## Influence of Autogenic Training on Selected Psychological Variables of College Cricket Players

### KEYWORDS

Autogenic training, sports competition anxiety, self confidence, SCAT Questionnaire and Agnihotry Rekha self confidence questionnaire.

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**ABSTRACT** *The purpose of the study was to find out the effect of autogenic training on selected psychological variables among thirty men cricket players from Alagappa University College of Physical Education, karaikudi were selected randomly as subjects. The age of the students ranged from 18 to 24 years. The selected subjects were divided into two groups. Group A underwent autogenic training, Group B acted as control group. The experimental group were subjected to the training for three days in a week for the period of 8 weeks. The dependent variables namely sports competition anxiety and self confidence were measured by SCAT (sports competition anxiety test) questionnaire and Agnihotry Rekha self confidence test questionnaire. The Data were collected from each subject before and after the training period and statistically analyzed by using dependent 't' test and analysis of covariance (ANCOVA). All the cases 0.05 level of confidence was fixed as a level of confidence to test the hypotheses. It was found that there was a significant improvement in autogenic training group on selected sports competition anxiety and self confidence.*

### INTRODUCTION

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. As it reverses the stress response, it's been shown to be effective in relieving many stress-related conditions including tension and anxiety in the short term and chronic stress-related conditions like high blood pressure and irritable bowel syndrome in the long term.

All our reactions (on the level of body, mind and soul) are conditioned during childhood. Also we need to discover what we really think and what really matters to us, rather than remain stuck with the values and expectations of our parents. In the process of becoming an adult, we need to ask ourselves, what kind of person do I want to be?. Autogenic Training gives us the opportunity to look to the past and see what impact it had on us, what was fair or unfair from our point of view, and what we want to change. It gives an opportunity of acknowledgement and acceptance and enables us to take further steps towards change.

As a therapy, Autogenic Training is both inward and outward facing - and can result in a healthy and harmonious personality when practiced regularly. The intensive focus inwards helps us process new information and emotional experience about our own internal dynamics and human nature. It can rearrange our values, and leads us to deeper self-knowledge that makes it easier to adapt to situations and develop our creativity.

### PURPOSE OF THE STUDY

The purpose of the study was to find out the effect of autogenic training on selected psychological variables among college men cricket players.

### HYPOTHESIS

There would be a significant improvement on sports competition anxiety and self confidence due to autogenic training programme among college men cricket players.

There would be a significance difference between autogenic training group and control group on sports competition anxiety and self confidence among college men cricket players

### METHODOLOGY

To achieve this purpose of the study, thirty men cricket

players were selected from Alagappa University college of Physical Education, Karaikudi, Tamilnadu as subjects and they were divided into two equal groups of fifteen subjects each, such as autogenic training group and control group. The Group I underwent autogenic training programme for four days per week for eight weeks and Group II acted as control which did not participate in any special training programme apart from the physical education activities as per the curriculum. The dependent variables namely sports competition anxiety and self confidence were measured by SCAT (sports competition anxiety test) and Agnihotry Rekha self confidence test. The data were collected from each subject before and after the training period and statistically analyzed by using dependent 't' test which was used to find out the significant improvement on selected criterion variables and Analysis of Covariance (ANCOVA) was used to find out the significant difference among the groups. All the cases 0.05 level of confidence was fixed as a level of confidence to test the hypotheses.

### ANALYSIS OF THE DATA

The effects of independent variables on selected sports competition anxiety and self confidence were determined through the collected data by using appropriate statistical techniques and the results are presented below. The analysis of dependent 't' test on the data obtained for sports competition anxiety and self confidence of the pre-test and post-test means of autogenic training and control groups have been analysed and presented in table I.

**TABLE – I**  
**THE SUMMARY OF MEAN AND DEPENDENT 't' TEST FOR THE PRE AND POST TESTS ON SPORTS COMPETITION ANXIETY AND SELF CONFIDENCE OF AUTOGENIC TRAINING AND CONTROL GROUPS**

Variables	Mean and 't' test Value	Autogenic training group	Control group
Sports competition anxiety	Pre test mean	15.47	15.46
	Post test mean	18.20	15.60
	't' test	4.12*	0.52

Self confidence	Pre test mean	36.2	36.47
	Post test mean	29.53	36.53
	't'test	9.24*	0.02

\* Significant at 0.05 level.

(The table value required for .05 level of significance with df 14 is 2.15).

The table I show that the pre-test mean value of psychological variables namely sports competition anxiety and self confidence in autogenic training group and control group are 15.47 & 15.46 and 36.2 & 36.47 respectively and the post test means are 18.20 & 15.60 and 29.53 & 36.53 respectively. The obtained dependent t-ratio values between the pre and post test means of sports competition anxiety and self confidence of autogenic training group is 4.12 and 9.24. The obtained dependent t-ratio values between the pre and post test means of sports competition anxiety, self confidence in control group is 0.52 and 0.02 respectively. The table value required for significant difference with df 14 at 0.05 level is 2.15. Since, the obtained 't' ratio value of experimental group is greater than the table value, it is understood that autogenic training had significantly improved the sports competition anxiety and self confidence. However, the control group has not improved significantly. The obtained 't' value is less than the table value, as they were not subjected to any specific training.

The analysis of covariance on sports competition anxiety, self confidence of autogenic training and control groups have been analysed and was presented in Table I

**TABLE – II**  
**ANALYSIS OF COVARIANCE ON SPORTS COMPETITION ANXIETY AND SELF CONFIDENCE OF AUTOGENIC TRAINING AND CONTROL GROUPS**

Variables	Adjusted post test means		Source of variance	Sum of squares	DF	Mean squares	Obtained 'F'Ratio
	Autogenic group	Control group					
Sports competition Anxiety	18.20	15.60	Between	50.70	1	50.70	13.05*
			Within	105.26	27	3.90	
Self confidence	29.59	36.48	Between	354.20	1	354.20	93.41*
			Within	102.38	27	3.79	

\*Significant at .05 level of confidence

(The table values required for significance at .05 level of confidence with df 1 and 27 is 4.21)

The table II shows that the adjusted post test means of sports competition anxiety and self confidence of autogenic training and control groups are 18.20 & 15.60 and 29.59 & 36.48 respectively. The obtained 'F' ratio value of sports competition anxiety and self confidence is 13.05 and 93.41 which are higher than the table value of 4.21 with df 1 and 27 required for significance at 0.05 level. Since the value of F-ratio is higher than the table value, it indicates that there is significant difference among the adjusted post test means of autogenic training and control group on sports competition anxiety and self confidence. The results of the study showed that there was a significance difference between the adjusted post test mean of autogenic training group and control group on sports competition anxiety and self confidence.

**RESULTS AND DISCUSSION**

On the basis of the findings, the present study demonstrated that eight week training programmes (Autogenic training) had significant improvement on the selected dependent variables namely sports competition anxiety and self confidence

**George Mamassis, & George Dogains(2004 )** investigated the impact of a season-long Mental Training Program (MTP) on two elite junior tennis players. The results indicated an increase in the direction dimension of the somatic anxiety, cognitive anxiety and self-confidence for the intervention group at the post test. Moreover, the intensity of self-confidence, as well as the overall tennis performance, was greater for all the participants of the intervention group after the MTP.

**Emst, E, & Kanji, N. (2000)** conducted a study on Autogenic training for stress and anxiety levels in human subjects. Eight such trials were located, all of which are included here. Seven trials reported positive effects of autogenic training (AT) in reducing stress. One study showed no such benefit. Hence, it is concluded that the criterion variables namely sports competition anxiety and self confidence had significantly improvement due to the effects of autogenic training programme.

**CONCLUSION**

1. There was a significant improvement on sports competition anxiety and self confidence due to the effect of the autogenic training among college men cricket players.
2. There was a significance difference between autogenic training group and control group on sports competition anxiety and self confidence among college men cricket players.

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