



EFFECT OF PSYCHO REGULATIVE PROGRAMME ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE SPORTSMEN.

Dr. GP Raju.

Associate Professor,

Department of Physical Education.

JNTUK University College of Engineering, Narasaraopet, Andhra Pradesh, India-.522601.

ABSTRACT

The aim of the study was to find out the effect of psycho regulative programme on selected psychological variables among college sportsmen. The randomly selected sixty sportsmen from different colleges of Andhra Pradesh were divided into three groups, consisting of twenty in each group. Group one were placed in experimental group I which practiced psycho regulative programme of yogasanas and group two were in experimental group II, which practiced autogenic training for six weeks. The third group was as control group, which did not participate in any of the psycho regulative programmes. Prior to the experimental treatment all the subjects were measured of their anxiety and stress levels using standard questionnaires. And post test scores were assessed on selected psychological variables after completion of experimental period. The pre and post test scores on selected psychological variables were statistically analyse and results presented. The results proved that there were significant mean differences on anxiety and stress. The adjusted mean comparisons proved psycho regulative programmes yogic practices and autogenic training were significant altered psychological variables, anxiety and stress compared to control group. However, the results further showed that there was no significant differences between yogic practices and autogenic training groups in altering anxiety and stress among sports men. It was concluded that psycho regulative programmes can be used among sportsmen for managing anxiety and stress of sportsmen.

INTRODUCTION

“Sports training are done for improving sports performance. The sports performance, as any other type of human performance, is not the product of one single system or aspect of human personality. On the contrary, it is the product of total personality of sports person. The personality of person has several dimensions e.g. physical, physiological, social and psychic. In order to improve sports performance, the social and psychic capacities of the

sports of the sport person also have to be improved in addition to the physical and psychological ones. In other words, the total personality of a sportsman has to be improved in order to enhance his performance. Sports training, therefore, directly and indirectly aim at improving the personality of the sportsman. No wonder, therefore, sports training is an educational process.” (Ernst E, and Kanji N. (2000)

Researches found that several methods of psychological preparations and regulations are programmed by coaches, sports administrators, physical educationists etc. These psycho regulative programmes includes yogasanas, autogenic training, relaxation techniques, mental health trainings etc. For the purpose of this study, the investigator selected two different methods of psycho regulative programmes, namely, yogasana and autogenic training.

“Yoga is a system of integrate education of the body, the mind and the inner spirit. It is a way to attain salvation and to get oneself freed from the cycle of birth and death. It’s main purpose is the elimination of the forces harmful to the soul. The body becomes strong and healthy, excessive fat disappears, the face glows, the eyes are bright and the whole personality radiates a special charm. The whole body is purified and the mind improves in ability to concentrate. The proper function of the body depends on the several limbs. The absence or the sickness of any one limb affects the health of the whole body. The same principle applies to the study of yoga and its branches. Any inadequacy in the study and the perfection any of the eight steps of yoga will not lead to self – realization” (Sharma, 2008)

“Autogenic training is a relaxation technique developed by German Psychiatrist Johannes Schultz and first published in 1932. the technique involves the daily practice of sessions that last around 15 minutes, usually in the morning, at lunchtime, and in the evening. During each session, the practitioner will repeat a set of visualizations that induce a state of relaxation. Each session can be practiced in a position chosen amongst a set of recommended postures (e.g. lying down, sitting like a rad doll, etc.). the technique can be used to alleviate many stress-induced psychosomatic disorders.” (Tucker larry, (2009)

“Autogenic training (Psychological preparation) is also one of the techniques used to produce best performance. The term psychological preparation appeared in Russian literature in the early 1960’s. Terms such as ‘psychotonic training’ ‘autogenic training’ and ‘psychological training’ were also used to indicate the term psychological preparation. Psychological preparation is other wise known as ‘volitional-moral prepration. Vanek and Cratty suggested that psychological preparation refers to both immediate and long term general and specific psychic training of superior athletes. Autogenic training was formulated by J.H. Schultz and Luthe in Switzerland. The purpose is to gain control over the involuntary nervous system by homeostatic self regulation.” (Tucker larry, (2009)

“Autogenic Training restores the balance between the activity of the sympathetic (flight or fight) and the Parasympathetic (rest and digest) branches of the autonomic nervous system. This has important health benefits, as

the parasympathetic activity promotes digestion and bowel movements, lowers the blood pressure, slows the heart rate, and promotes the functions of the immune system. Pulse rate can be significantly reduced below the usual resting rate of the individual. At the termination of the activation phase, the individuals levels of muscle tension and physiological measures become higher than normally experienced and assessed. Adrenal changes persist after this training for about 24 hours at abnormally high levels and thus they are prepared normally for a high level of competition for a prolonged period of time. When one limb is imagined to be warmer than the other, real temperature differences amounting to 1 to 2 degrees are often recorded.” (Tucker larry, (2009).

Emerson (1999) conducted a study on “the effect of two relaxation programs and a control procedure, an anxiety and performance levels of test anxious student of college. The treatment groups were anxiety management training (AMT), breath training (BT) and delayed treatment control training (DTC) and it was found AMT and BT subject’s subject supported the beneficial effects of this program for variety of anxiety related problems”. Emerson (1999) conducted a study to compare “the efficacy in the runners of two relaxation techniques with regarded to exercise reactivity and recovery after exercise. After the relaxation training, blood lactate concentration after exercise was significantly decreased in the meditation group compared with the control group.” Kanji (2000) conduct a study “to evaluate all controlled trails of autogenic training (AT) as a means of reducing stress and anxiety levels in human subjects and showed trials reported positive effects of AT in reducing stress.”.

Horvatic (1987) conducted a study to find out “the effects of A trait and A-state anxiety upon athletic performance and suggested that anxiety influences performance somewhat more that with no anxiety present. Specific suggestions were presented to direct attention towards the relationship between anxiety and performance or changes in anxiety level.” [Ernst E](#), and [Kanji N](#). (2000) “evaluated all controlled trials of autogenic training (AT) as a means of reducing stress and anxiety levels in human subjects and reported positive effects of AT in reducing stress.” [Manzoni GM](#), et.al. (2008) reported that relaxation training is a common treatment for anxiety problems and found relaxation training showed a medium-large effect size in the treatment of anxiety.

The researches documented have proved that there were attempts made to find out the effect of psycho regulative programmes such as relaxation, autogenic training and there were dearth of studies comparing two distinct psycho regulative programmes, namely yogic practices and autogenic training on psychological variables anxiety and stress. Hence, an attempt was made in this study.

METHODOLOGY

The randomly selected sixty sportsmen from different colleges of Andhra Pradesh were divided into three groups, consisting of twenty in each group. Group one were placed in experimental group I which practiced psycho regulative programme of yogasanas and group two were in experimental group II, which practiced autogenic training for six weeks. The third group was as control group, which did not participate in any of the psycho regulative programmes. Prior to the experimental treatment all the subjects were measured of their anxiety and

stress levels using standard questionnaires. And post test scores were assessed on selected psychological variables after completion of experimental period. The pre and post test scores on selected psychological variables were statistically analysed and results presented.

RESULTS

Tab I: Effect of Psycho Regulative Programme, Yogasana and Autogenic training on Psychological variables

Means	Yogic Group	Autogenic Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Psycho Regulative Programme on Anxiety								
Pre Test	75.55	68.45	70.65	Between	536.1	2	268.07	5.88*
				Within	2598.8	57	45.59	
Post Test	65.70	67.05	75.55	Between	261.9	2	130.95	4.91*
				Within	1519.7	57	26.66	
Adjusted	67.39	65.25	70.76	Between	290.5	2	145.27	5.47*
				Within	1487.6	56	26.56	
Mean Diff	-9.85	-1.40	4.90					
Psycho regulative Programme on Stress								
Pre Test	23.10	21.40	21.50	Between	51.4	2	25.72	3.07
				Within	477.5	57	8.38	
Post Test	24.20	23.95	23.10	Between	89.0	2	44.52	10.44*
				Within	243.2	57	4.27	
Adjusted	23.93	24.25	21.47	Between	87.8	2	43.91	10.14*
				Within	242.5	56	4.33	
Mean Diff	1.10	2.55	1.60					

Table F-ratio at 0.05 level of confidence for 2 and 56 (df) =3.15, 2 and 46(df) =3.15 .

*Significant

Tab II: Multiple paired Adjusted Mean Comparisons between Psycho-regulative Programmes

MEANS			Mean Difference	Required . CI
Yogic Practices	Autogenic	Control		
Comparisons on Anxiety				
67.39	65.25		2.14	4.10
66.39		70.76	4.38*	4.10
	65.25	70.76	5.52*	4.10
Comparisons on Stress				

23.93	24.25		-0.31	1.65
23.93		21.47	2.47*	1.65
	24.25	21.47	2.78*	1.65

* Significant

DISCUSSIONS

The results in Table I proved that there were significant mean differences as the obtained F value 5.47 on anxiety and 10.14 on stress. The adjusted mean comparisons proved psycho regulative programmes yogic practices and autogenic training were significant altered psychological variables, anxiety and stress compared to control group. However, the results further showed that there was no significant differences between yogic practices and autogenic training groups in altering anxiety and stress among sports men.

Horvatich (1987), [Ernst E](#), and [Kanji N](#). (2000) and [Manzoni GM](#), et.al. (2008) studies proved that psycho regulative programmes can alter psychological variables such as anxiety and stress and the results of the study that selected psycho regulative programmes, yogic practices and autogenic training altered anxiety and stress are in agreement with the findings of previous researches.

CONCLUSIONS

It was concluded that psycho regulative programmes can be used among sportsmen for managing anxiety and stress of sportsmen.

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