

Effect of Exercise Therapy with Relaxation Technique on Selected Psychological Variables among Intercollegiate Athletes

Dr. S. SUBBIAH, M.P.T, Ph.D,
Lecturer in Physiotherapy,
Division of Physical Medicine and Rehabilitation,
RMMCH, Annamalai University,
Annamalainagar –PIN: 608 002

Abstract:- Aim of the study was designed to determine the effect of exercise therapy with relaxation technique on psychological variables among intercollegiate athletes. To attain the purpose of the study, forty (N=40) intercollegiate athletes studying from various departments in Annamalai University, Annamalainagar aged between 18 and 22 years. The Experimental group underwent exercise therapy with relaxation technique for the period of 6 weeks of an hour in the everyday. The control group was not exposed to any specific training but they participated in the regular activities. The pre-test and post-test were conducted before and after the training for two groups. The data collected from the two groups before and after the training period were statistically analyzed by using 't' test to determine the significant difference and tested at 0.05 level of significance.

Keyword:- Exercise therapy, Relaxation Technique, Stress, Anxiety and Athletes.

I. INTRODUCTION

Now days the psychological factors play a dominant role in addition to the physical fitness for the best sports performance for athletes. Each athlete required a predominant psychological quality which helps to win the competitions. Though number of studies has been undertaken on psychologically, further it is found from the research that a specific activity keeping the above facts in mind the investigator has chosen this study.

II. EXERCISE THERAPY

Exercise treatment includes inspiring movement of the body or its parts so as to diminish manifestations and improve work the capacity of competitors. Explicit extending, fortifying, and adjustment activities are a basic piece of the recovery procedure for most musculoskeletal wounds of competitors. Proceeded with exercise is a significant segment of damage anticipation. Frequently patients nearing the finish of their treatment plan will pick a thorough exercise program to guarantee a total come back to

pre-damage levels of the competitors. Different occasions, an activity program is mentioned by the doctor for fortifying of a particular condition.

III. RELAXATION TECHNIQUE

Muscles which are free from strain and very still are said to be loose. Strain creates in muscles as they work during compression and subsequently pressure decreases as the muscles stop during unwinding. Backing, comfort and a serene climate are essential conditions for general unwinding and may demonstrate compelling without extra strategies.

A. Support

Different structures and changes of the lying position are utilized, to accomplish full help of the body, the general appropriateness of every one shifting as indicated by the state of the patient and to singular inclination.

B. Comfort

The elements of solace incorporate opportunity to inhale profoundly, warmth, stomach tranquility and a mellow level of physical weakness.

C. Restful Atmosphere

As physical and mental unwinding is related, an exertion must be made to verify a condition of mental rest.

IV. STATEMENT OF THE PROBLEM

The present study was to determine the effect of exercise therapy with relaxation technique on stress and anxiety among intercollegiate athletes.

V. SIGNIFICANCE

- The study was helpful to discover the level of psychological variables among intercollegiate athletes.
- The consequences of this investigation will be used in the functional angles to advance the mental planning of school competitors.

- This study might help the coaches and trainers to compare the athletes in relation to psychological factors.
- The consequences of the examination might be helpful to the physical instruction instructors and to formulate training programme based on psychological factors of athletes.

VI. DELIMITATIONS

In this study forty intercollegiate men athletes were selected as subjects. 20 athletes were practice exercise therapy with relaxation technique and another 20 athletes were not undergone any training. The Dependent variables is stress and anxiety.

VII. LIMITATIONS

No exertion was made either to control or evaluate the nature of nourishment ingested; the quantum of physical effort, way of life mental anxieties and this was perceived as a confinement.

VIII. METHODOLOGY

For this purpose, forty (N=40) intercollegiate athletes studying from various departments in Annamalai University, Annamalainagar city aged between 18 and 22 years were selected randomly into experimental group and control group of twenty subjects each.

The selected subjects were divided in to experimental group and control group with 20 subjects each in a group. Treatment group underwent exercise therapy with relaxation technique for the period of 6 weeks for the maximum of an hour in every day and the control group (CG) was not exposed to any specific training but they participated in the regular activities.

Treatment Groups	Test	Numbers of subjects	Mean	Standard Deviation	Mean Differences	T
Control	Pre	20	41.2	5.80018	0.10	0.261
	Post	20	41.3	5.72253		
Experimental	Pre	20	40.25	6.21437	7.45	8.603
	post	20	32.8	6.16100		

Table 1:-The Summary of Mean, Standard Deviation And Mean Difference Of The Groups And The ‘T’ Test Of The Control Group And The Experimental Group For Stress (‘t’ ratio at 0.05 level of confidence for the degree of freedom (df) at 19=2.093)

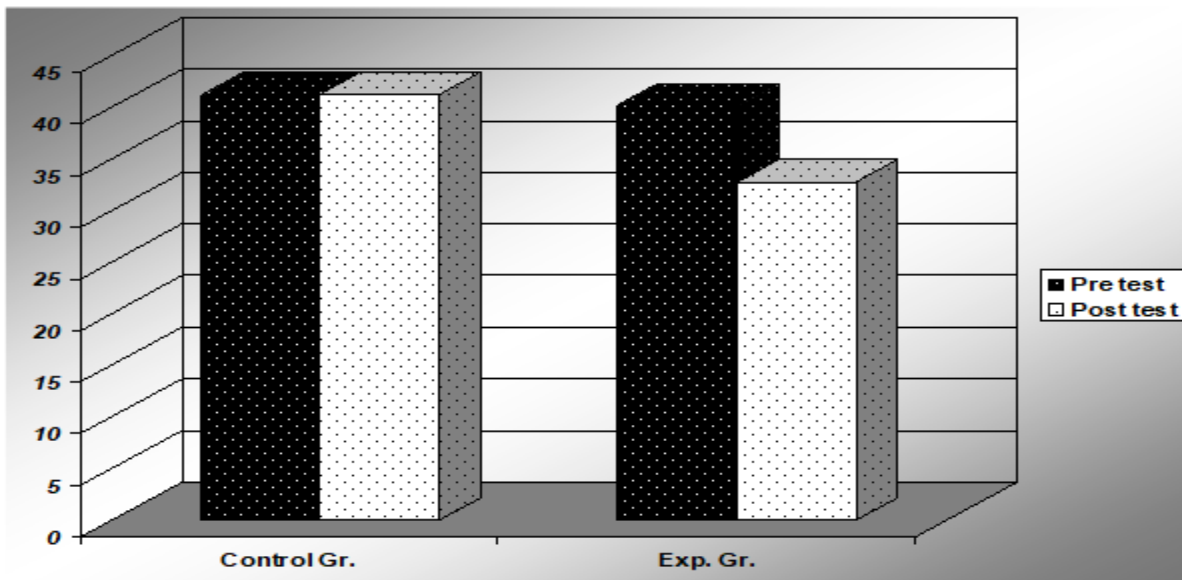


Fig 1:- Graphical representation of stress levels of the pre test and post test of the control group and the experimental group

Treatment Groups	Test	Numbers of subjects	Mean	Standard Deviation	Mean Differences	r	T
Control	Pre	20	62.6	6.82411	0.80	0.980	2.629
	Post	20	61.8	6.62213			
Experimental	Pre	20	60.15	8.72549	8.75	0.823	7.570
	post	20	51.4	8.63530			

Table 2:- The Summary Of Mean, Standard Deviation And Mean Difference Of The Groups And The ‘T’ Test Of The Control Group and the Experimental Group For Anxiety (‘t’ ratio at 0.05 level of confidence for the degree of freedom (df) at 19=2.093)

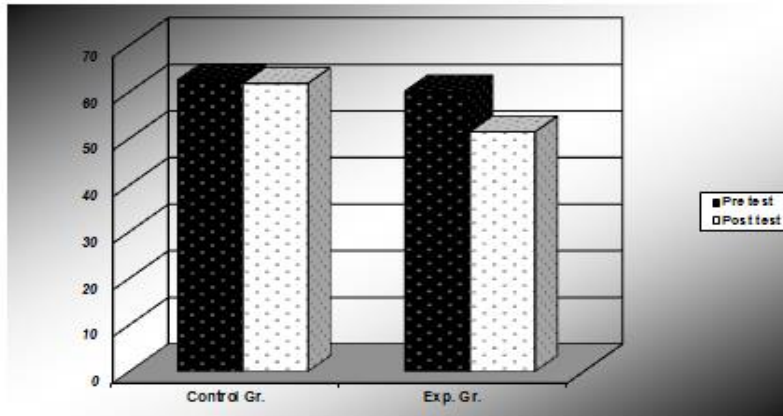


Fig 2:- Graphical representation of anxiety levels of the pre test and post test of the control group and the experimental group

IX. DISCUSSION ON RESULTS

The results of the study indicated that the experimental group namely Exercise therapy with relaxation technique had significantly on the selected dependent variables such as Stress and Anxiety.

The results of the study showed that Psychological variables had significantly as a result of Exercise therapy with relaxation technique. Hence, the hypothesis was accepted at 0.05 level of confidence. The related study is Amit Kauts, Neelam Sharma, “Effect of yoga on academic performance in relation to stress”, and Geetanjali Sharma, Mahajan, Luv Sharma, “Shavasana-Relaxation technique to combat stress”.

X. CONCLUSION

- During pre and post tests, the experimental group exhibited a significant decrease on Anxiety immediately after the practices than the control group due to Exercise therapy with relaxation technique.
- During pre and post tests, the experimental group exhibited a significant decrease on Stress immediately after the practices than the control group due to Exercise therapy with relaxation technique.

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