



Effects of Progressive Muscle Relaxation Training on Self-Confidence among College Volleyball Players

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Abstract

The purpose of the present study was to find out the effect of progressive muscle relaxation training on self-confidence among college men volleyball players. For this purpose, 30 subjects from the Arul Anandar College, Karumathur, Tamilnadu studying undergraduate class were selected as subjects and they were divided in to two equal groups with 15 each as experimental and control group. Both the group undergone usual volleyball training in the morning two hour and evening two hours and in addition the volleyball training experimental group undergone morning 45 minute progressive muscle relaxation before starting volleyball training and the control group not given any special training. The training period for this study was eight weeks in a schedule of 5 days in a week. The pre and post-test were conducted prior and after the training program on the selected psychological variables of self-confidence. Analysis of covariance (ANCOVA) was used as a statistical tool to determine the significant difference, if and existing between pre and post-test data on selected variable of self-confidence. The level of significance was fixed at 0.05 levels. The result of the study revealed that the experimental group shown better self-confidence and the 'F'-value shown there was a significant differences in self-confidence. The results revealed the effectiveness of progressive muscle relaxation in psychological efficiency among college volleyball players.

Keywords: Progressive muscle relaxation training, Self-confidence, Volleyball.

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Introduction

Progressive muscle relaxation is a technique that involves tensing specific muscle groups and then relaxing them to create awareness of tension and relaxation. It is termed progressive because it proceeds through all major muscle groups, relaxing them one at a time, and eventually leads to total muscle relaxation. Progressive muscle relaxation [PMR] or Deep Muscle Relaxation is a relaxation technique which was developed by American physician Edmund Jacobson (1938). This progressive muscle relaxation technique is focused on tensing and releasing tensions in the 16 different muscle groups and is typically accompanied by deep breathing exercises. This technique involves slowly tensing and then releasing each muscle group individually, starting with the muscles in the toes and finishing with those in the head. Jacobson's Progressive Deep Muscle Relaxation is most effective one physiologically and psychologically and it has been found to be very effective to help individuals to relax. Relaxation therapy is a well-established psychological therapy for alleviating psychological distress of the

individual and it is benevolent for the sports persons in many ways to enhance psychic qualities. The beneficial effects of relaxation on health and well being were found out through many experimental studies.

Psychological characteristics of elite volleyball players are a determinant factor for their success. Volleyball players not only required physical fitness and anthropometric characteristics but also they require on motivation, confidence, intensity, focus, mental toughness and emotions. Volleyball players used to face different challenges during the playing because small mistake committed in playing always create a mental upset and it make the further attempt failure. To make a challenge players required self-confidence and mental toughness. These psychological qualities can be obtained by doing many training includes relaxation, yoga and meditation. Self-confidence is the important attributes to the successful and consistency in performance "A person's belief that he or she has the ability to succeed. Athletes who are self-confident and expect to succeed often do succeed". (Williams, J. M., 1998). There are plenty of research studies conducted in relaxation training in relation to psychological variables and almost all the studies given a very strong input in improving the psychological qualities.

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Methodology

The core aim of the present study was to find out the effect of progressive relaxation training on Psychological variables of self-confidence among college volleyball players. For the purpose of this study 30 college volleyball players were selected as subjects from an Arul Anandar College, Karumathur, Tamilnadu. The subjects were divided in to two groups equally with 15 each as experimental and control group. All the subjects were undertaken volleyball training for one and half an hour in the morning and two hour in the evening. Apart from above training experimental group underwent forty five minutes progressive muscle relaxation training in the morning before the volleyball training. The pre and post-test were conducted on selected psychological

variables of self-confidence. The experimental period is eight weeks in a schedule of weekly five days. All the tests were carried out with standardized procedure. The psychological parameters were assessed through standardized psychological questionnaire. For assessing self-confidence, self-confidence scale questionnaire designed and standardized by Hardy and Nelson (1972) has been used. This scale has 56 statements with yes or no option and the score ranges from 0 to 56. Analysis of covariance (ANCOVA) was used as a statistical tool to determine the significant difference, if and existing between pre and post-test data on selected variable of self-confidence. The level of significance was fixed at 0.05 levels.

Results and Discussions

The pre, post and adjusted F-value were presented in Table I.

Table I. Analysis of Covariance for Pre, Post and Adjusted mean on Self-confidence of Experimental and Control Group

TEST	Group		SV	Sum of Squares	df	Mean Square	F ratio
	Exp.	Con.					
Pre test Mean	25.20	25.06	B	14.36	1	14.36	0.195
			W	2056.24	28	73.43	
Post test Mean	32.37	26.23	B	252.23	1	252.23	2.908
			W	2428.26	28	86.72	
Adjusted Mean	31.34	26.32	B	136.42	1	136.42	11.172*
			W	329.64	27	12.21	

*Significant at 0.05 level of confidence for the degree of freedom1 and 28 is 4.20 and df 1 and 27 is 4.21

It was observed from the Table I that there were no significant difference in the pretest ($F=0.195<4.20$) and posttest ($2.908<4.20$) for df 1 and 28 and significant difference was found in adjusted posttest ($F=11.172>4.21$) for df 1 and 27 at 0.05 level of confidence. It indicated through adjusted posttest that the experimental group showed significantly higher improvement on self-confidence than control group. The discussion clearly indicated that there was a significant difference between experimental and control group due to eight weeks progressive muscle relaxation training among college volleyball players.

Conclusions

On the basis of the results and discussions the following conclusions were drawn

1. Progressive muscle relaxation training is proved a best training to improve self-confidence.
2. Progressive muscle relaxation training can be extended sportsmen too because these variables are more related to sports achievements.
3. There was a significant differences between experimental and control group in self-confidence due to progressive muscle relaxation.

4. From the result of the study it is believed that the Progressive muscle relaxation training is beneficial for psychic development.

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