



Effect of Mental Training on Self Confidence among Professional College Students

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Received 28th November 2017, Accepted 19th December 2017

Abstract

The purpose of the study was to investigate the effect of mental training on self confidence among professional college students. To facilitate the study, thirty professional college students from Royal Polytechnic College, Pudukkottai, Tamilnadu were selected as subjects at random and their ages between 18 to 25 years. The subjects were divided into two equal groups. In this study, mental training exercises were given to experimental group for the period of 6 weeks. Self confidence was assessed by Agnihotri Rekha self confidence questionnaire. The pre-tests were taken from the subjects before administrating the training. The subjects were involved with their respective training for a period of 6 weeks. At the end of the sixth weeks of the training post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired t ratio. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 14. The mental training had shown significant improvement in all the self confidence among professional college students after undergoing mental training for a period of six weeks.

Keywords: Mental training, Self Confidence, Psychological Wellbeing, Professional college students.

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Introduction

Mental preparing that incorporates the utilization of all faculties to deliver a complete involvement in the psyche of the competitor (Ungerleider, 2005). Mental symbolism and self-talk systems are executed by competitors so as to manage excitement, lessen maladaptive practices, reproduce negative considerations, and to expand one's fixation and core interest. There are numerous names for mental symbolism including perception, mental practice, mental practice, and subjective authorization. Various investigations have analyzed the connection among symbolism and game execution and have discovered that general symbolism effectsly affects numerous dimensions. Weinberg, et al. (2003) point out that there have been numerous quantitative and subjective examinations that have demonstrated that the orderly utilization of symbolism (under specific conditions) was related with upgraded execution in engine execution and ability procurement, as well as found in certainty, focus, and diminished tension. Richard (1982) offered an increasingly preservationist end in his exploration survey. He recommended that psychological symbolism can positively affect execution, particularly when conditions are ideal for training, yet this isn't generally the situation.

Methodology

The purpose of the study was to investigate the effect of mental training on self confidence among professional college students. To facilitate the study, thirty professional college students from Royal Polytechnic College, Pudukkottai, Tamilnadu were selected as subjects at random and their ages between 18 to 25 years. The subjects were divided into two equal groups. In this study, mental training exercises were given to experimental group for the period of 6 weeks. Self confidence was assessed by Agnihotri Rekha self confidence questionnaire. The pre-tests were taken from the subjects before administrating the training. The subjects were involved with their respective training for a period of 6 weeks. At the end of the sixth weeks of the training post-tests were taken. The significant differences between the means of experimental group and control group for the pre-test and post-test scores were determined by paired t ratio. The level of significance was fixed at 0.05 level of confidence for the degree of freedom 14.

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Results

Table I. ANCOVA between Experimental Group and Control Group on Self confidence of professional college students for Pre, Post and Adjusted Test

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	37.35	37.53	BG	0.13	1	0.13	0.01
			WG	293.06	28	10.46	
Post Test Mean	20.31	35.80	BG	2116.80	1	2116.80	160.77*
			WG	368.66	28	13.16	
Adjusted Post Mean	20.33	35.81	BG	2112.56	1	2112.56	155.89*
			WG	365.87	27	13.55	

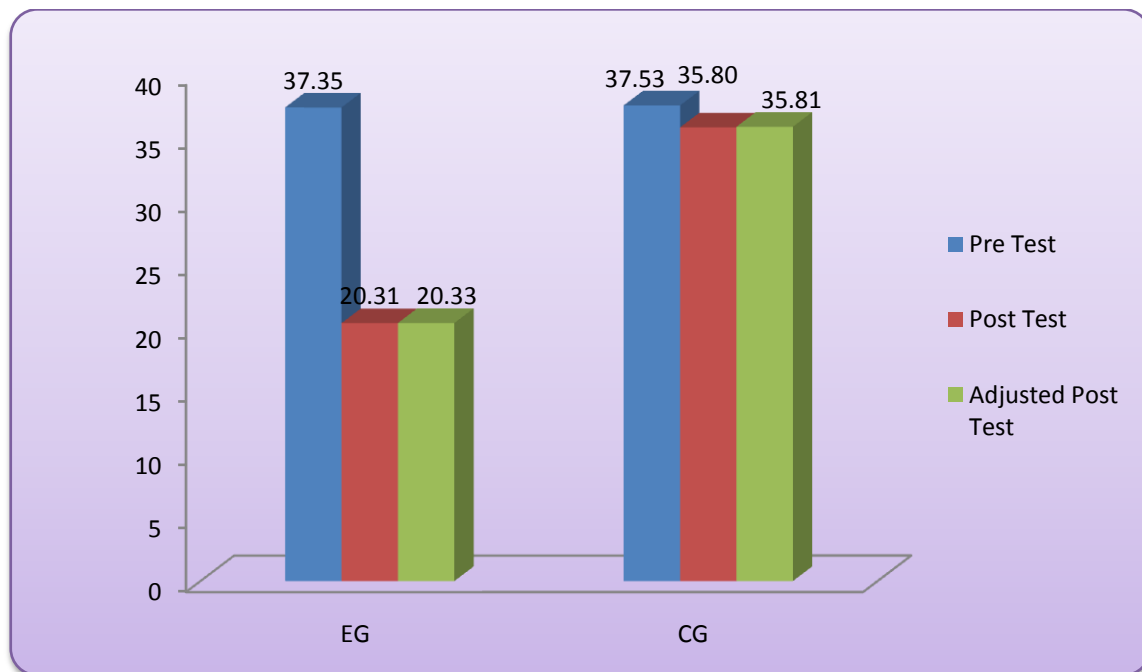
* Significant at 0.05 level.

df: 1/27= 4.21

Table 1 revealed that the obtained ‘F’ value of 75.14 was found to be significant at 0.05 level with df 1, 27 as the tabulated value of 4.21 required to be significant at 0.05 level. The same table indicated that there was a significant difference in adjusted means of

self confidence of college professional college students between experimental group and control group. The graphical representation of data has been presented in figure I.

Figure I. Comparisons of Pre – Test Means Post – Test Means and Adjusted Post – Test Means for Control group and Experimental Group in relation to Self confidence



Conclusion

1. The mental training had shown significant improvement in all the self confidence among professional college students after undergoing mental training for a period of six weeks.

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