

## **Effect of psychological training on anxiety among Kabaddi players**

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### **Abstract**

The purpose of the study is to find out the effect of psychological training on anxiety and To achieve the purpose of the this study, 30 male Kabaddi players are randomly selected as subjects from the Department of Physical Education and Sports Sciences, The selected participants were divided into two groups such as Group A underwent psychological training (n=15) and Group B acted as control group (n=15). The training period was 45 minutes approximately. Training was given only three alternative days for six weeks. Control group was not exposed to any specific training but they were participated in regular activities. The data on anxiety were collected by administering by anxiety and questionnaire. The pre and post tests data were collected on selected criterion variables prior and immediately after the training programme. It was concluded that, the experimental group namely Psychological training group had significantly improved in selected variables anxiety and a significant difference in improvement was found among psychological training.

**Keywords:** psychological training, anxiety kabaddi players

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### **Introduction**

Sports psychology is a broad term used to describe the division of psychology related to the study of sport and exercise. Psychological training is a more specific term used to describe the mental techniques necessary for consistent high performance. Psychological training for athletes often includes goal setting, visualization, mental imagery, self talk retraining, mind control training, emotion control and in general, ways to establish true ideal thoughts, images and emotions to enhance sports performance (Anderw B. Crider *et al.*, 1981) <sup>[1]</sup>. Psychological training doesn't have to be like physical training. The idea of "no pain – no gain" need not apply. Look, you can practice running faster, or use a car. If all you want is to get from here to there, the latter would make more sense. Similarly, you can do brain "exercises" to strengthen the functioning of your brain, or you can just use better tools. That is what this brain training is about - getting into the habit of using simple tools and techniques (Grabner *et al.*, 2007) <sup>[3]</sup>. Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. The root meaning of the word anxiety is 'to vex or trouble'; in either the absence or presence of psychological stress, anxiety can create feelings of fear, worry, uneasiness and dread. Anxiety is considered to be a normal reaction to stress. It may help a person to deal with a difficult situation by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder. The intensity and reasoning behind anxiety determines whether it is considered a normal or abnormal reaction. Anxiety does not only consist of physical effects; there are many emotional ones as well. They include "feelings of apprehension or dread, trouble concentrating, feeling tens or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger, and, feeling like your mind's gone blank" as well as "nightmares/bad dreams, obsessions about sensations, deja vu, a trapped in your mind feeling, and feeling like everything is

scary." Mental strength training involves learning and practicing that strengthen the ability to control thoughts, emotions and performance. As an example, if there are certain thoughts that tend to cause nervousness, an experienced athlete will know what those thoughts are, be able to recognize them during competition, be able to get those thoughts out of the mind, and then insert the proper thoughts. The result is an emotion more ideally suited to optimal performance. Mental Strength is developed by a special type of "adversity training" implemented in practice that prepares the person for upcoming performances. Behavior can be affected in the form of withdrawal from situations where unpleasant effects of anxiety have been experienced in the past. It can also be affected in ways which include changes in sleeping patterns, nail biting and increased motor tension, such as foot tapping (John M Silva and Robert S. Weinberg, 1996) <sup>[5]</sup>.

### **Purpose of the Study**

The purpose of the study is to find out the effect of psychological training on anxiety of kabaddi players.

### **Methodology**

To achieve the purpose of this study, 30 male kabaddi players are randomly selected as subjects from the Department of Physical Education and Sports Sciences Annamalai University Tamil Nadu, India. The selected subjects were divided into two groups namely experimental and control group. Anxiety was selected as criterion variable for this study. The selected participants were divided into two groups such as Group A underwent psychological training (n=15) and Group B acted as control group (n=15). The training period was 45 minutes approximately. The main aspects of psychological training was relaxation, visualization, mental rehearsal, focusing and positive affirmation. Every week, training given only three alternative days for twelve weeks. Control group was not exposed to any specific training but they were participated in regular activities. The data on anxiety and (Hardy and Nelson,

1996) were collected by administering by questionnaires. The pre and post tests data were collected on selected criterion variables prior and immediately after the training programme. The collected data were statically analysed by using dependent t-test and analysis of covariance (ANCOVA). The level of significance was fixed at 0.05 level of confidence.

**Analysis of Data**

The primary objective of the paired  $\bar{t}$  ratio is to describe the differences between the initial and final scores. Thus the obtained results has been interpreted and presented below.

**Table 1:** The Summary of Mean for the Pre and Post Test Data on Selected Variables of Resistance (Weight) Training Group and Control Group

Criterion Variables			Psychological training	Control Group
	Anxiety	Mean	Pre-test	34.50 ± 3.53
		Post- test	45.75 ± 4.20	39.21 ± 3.12
T-Test			12.44*	0.46*

Significant at .05 level.

The table value required for 0.05 level of significance with df 14 is 2.14. In table-I the obtained  $\bar{t}$  ratios for psychological training group are 12.44 for anxiety respectively. The obtained  $\bar{t}$  ratios on anxiety greater than the table value of 2.14 for 14 degrees of freedom. Therefore, it was concluded that thee was significant improvement on anxiety and due to the effect of 6 week psychological training. However, the control did not shown any significant improvement as because it was not exposed any specific training on par with experimental group.

**Conclusions**

From the analysis of the data, the following conclusions were drawn, The experimental group namely psychological training group had significantly improved the level of anxiety among Kabaddi players. The control group had not significantly improved the level of anxiety A significant difference in improvement was found among psychological training group and control group on anxiety

**References**

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