
EFFECT OF RELAXATION TECHNIQUES ON STRESS MANAGEMENT OF VOLLEYBALL PLAYERS



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Abstract:

The main objective of this study was to determine the effect of Relaxation Techniques on the Stress Management of Volleyball Players. For this study 30 male intercollegiate level volleyball players age between 18-24 were selected as the subjects of the study and their pre-test was conducted through the questionnaire. After the pre-test six weeks relaxation training program was manipulated. Training was given for one hour in the evening on daily basis. Relaxation training program was the combination of Yogic activities and Autogenic training. After the six weeks relaxation training post-test was conducted through the same questionnaire. The collected data was analyzed by using paired sample 't' test. Results showed that coefficient of correlation between pretest and posttest of stress was 0.941, which was statistically significant at 0.05(p=0.000) significance level and the calculated value of 't' was 3.892 which was statistically significant at 0.05 level (p=0.001). From the above results it can be concluded that six weeks relaxation training program was effective to reduce the stress level of the subjects.

Keywords: Relaxation Techniques, Stress & Volleyball Players.

Introduction:

Stress is a psycho-somatic ailment ('Soma is a Greek word meaning body and 'psychology' is the study of mind). Stress in the context of being psycho-somatic relates to mind and body as a unit. The term is normally referred to physical diseases having physiological origin. Stress is basically a pressure that impinges on man and makes him suffer under it. Such situation constitute the rules and not the exception in life and that is why we have not just to learn to live with them, but more so to learn to conquer them as victorious general. Stress is a state to which the natural body equilibrium i.e. Homeostasis is disturbed caused by any threat to organism. Only some stresses are universal. One stress may be stressful to one person but it may not be a stressful to another. Stress has been defined as the adoptive physiological response of the human organism to internal and external force and events which disturb the homeostatic

balance of the individual. The imbalance may be caused by psychic, physical and social agents or conditions.

Autogenic means something that comes from within you. In this relaxation technique one uses both visual imaginary and body awareness to reduce stress. One repeat words in his mind that may help to relax and reduce muscle tension e.g. you may imagine a peaceful setting and then focus on controlled, relaxing breathing, slowing heart rate or feeling different physical sensation like relaxing each arm and leg one by one. Autogenic is a technique for reducing physical stress through mental exercises to produce physical relaxation. It is the technique to make an active connection between mind and body to reduce excessive arousal and passive attentive.

Objective of the Study:

The main objective of this study was to determine the effect of Relaxation Techniques on the Stress Management of Volleyball Players.

Materials and Method:

In present study researcher wants to study the effect of relaxation techniques on the stress management so the study was conducted by experimental method in which single group pre-test post-test design was used. For this study 30 male intercollegiate level volleyball players age between 18-24 were selected as the samples for this study purposively. The pre-test of the subjects was conducted through the questionnaire. After the pre-test six weeks relaxation training program was manipulated. Training was given for one hour in the evening on daily basis. Relaxation training program was the combination of Yogic activities and Autogenic training. After the six weeks relaxation training post-test was conducted through the same questionnaire. In this study the stress scale constructed and standardized by Everly and Girdano was used to measure the stress level of the subjects. The collected data was analyzed by paired sample 't' test through spss software version 21.

Results and Discussion:

To find out the effect of training program on the subjects the data collected before and after the six weeks training program were compared with paired sample 't' test.

Table No: I
Descriptive statistics of pre and post test of stress level

Test	Mean	N	Std. Deviation	Std. Error Mean
Pre-test	22.5333	30	4.83331	0.88244
Post-test	21.3667	30	4.67925	0.85431

There were 30 subjects. The mean of stress in pre-test was 22.5333 with standard deviation of 4.83331 and the mean of stress in post test was 21.3667 with standard deviation 4.67925.

Table No: II
Paired Samples Correlations Pretest and posttest of stress

	N	Correlation	Sig.
Pretest and Posttest	30	0.941	0.000

The Coefficient of correlation between pretest and posttest of stress was 0.941, which was statistically significant at 0.05(p=0.000) significance level.

Table No: III
Paired Samples Test of stress level

t	df	Sig. (2-tailed)	Mean difference	Std. Error
3.892	29	0.001	1.16667	0.29974

In the table no. III mean difference for stress of pretest and posttest of subjects was 1.1667. This difference when tested by Paired Samples test 't' value was found 3.892. Which was statistically significant at 0.05 (p=0.001) significance level for 29 degree of freedom. This shows that there was significant decrease in the stress of subjects due to relaxation techniques.

Discussion of findings:

From the table no I-III, it was observed from the findings that the effect of relaxation techniques on stress management. There was significant difference in pretest and posttest of subjects regarding stress. This indicated that treatment program had positive effect on stress management.

Conclusion:

From the results of the study, it can be concluded that six weeks relaxation training was effective to reduce the stress level of the subjects. From the results of the study it can be concluded that relaxation techniques are very important to create peace, modification of mind and to develop mental peace.

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