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## Effect of autogenic training and meditation on mental stress management among volleyball players

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### Abstract

Many people are unhappy in the world, dissatisfied and yet not sure what is lacking in their lives. The basic reason for this unhappiness is our attachment to the material plane of existence. Once we gain a glimpse of higher spheres of consciousness, then our unhappiness and discontent automatically fade away. Man has made tremendous advances in almost every walk of the life. In this study the variables are independent variable: Autogenic Training and Meditation. Dependent variable: Stress means and method N = 30, Age = 18-25 years, Experimental group I (Autogenic training), Experimental group II (meditation), Control group III (No training committed), Training duration = 6 week, Experimental design = pre and post-test random group design, Statistics prouder Ancova Level of significance = 0.05% and Questionnaire stress through (PSS) by Everly and Girdano. Within the limitations and delimitations set for the present study and considering the results obtained, the following conclusions were drawn: The stress level was significantly decreased of all groups due to six weeks of autogenic training and meditation in Volleyball players in compression to control group. Meditation was much effective than autogenic training in controlling the stress level in Volleyball players.

**Keywords:** Meditation, autogenic training, limitations and delimitations, volleyball players

### Introduction

Many people are unhappy in the world, dissatisfied and yet not sure what is lacking in their lives. The basic reason for this unhappiness is our attachment to the material plane of existence. Once we gain a glimpse of higher spheres of consciousness, then our unhappiness and discontent automatically fade away. Man has made tremendous advances in almost every walk of the life. Modern scientists and researchers have absolutely changed his lifestyle. Yet, he is still fighting to know himself. (M.L Gharote 1999) [8].

### Variables

**Independent Variable:** Autogenic Training and Meditation.

**Dependent variable:** Stress.

### Means and Methodology

1. N = 30.
2. Age = 18-25 years.
3. Experimental group I (Autogenic training).
4. Experimental group II (meditation).
5. Control group III (No training committed).
6. Training duration = 6 week.
7. Experimental design = pre and post-test random group design.
8. Statistics = Ancova.
9. Level of significance = 0.05%
10. Questionnaire = stress through (PSS) by every and Girdano.

**Table 1:** The training schedule adopted for the research work

Control group	Experiment group I	Experiment group II
No Experimental treatment	Experimental treatment 1. Autogenic training	Experimental treatment 1. Meditation
	Training three days a week (Monday, Wednesday, Friday) Duration: 30 min /day	Training three days a week (Tuesday, Thursday, Saturday) Duration: 30 min /day

**Table 2:** Analysis of covariance of the means of two experimental groups and the control group in stress

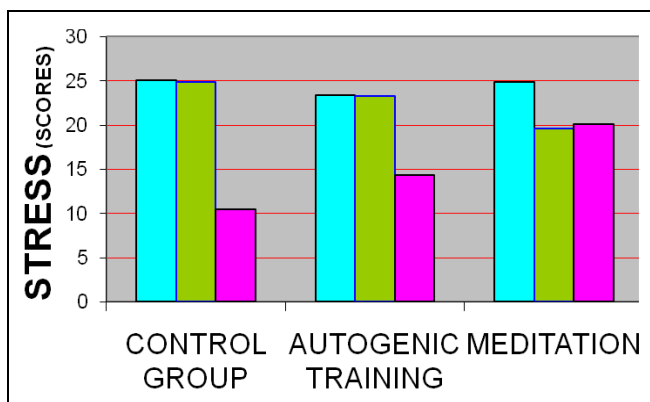
Mean	C Gr	AT Gr.	M. Gr.	SV	DF	SS	MS	Obt. F	Tab F
Pre-test	25	23.3	24.8	B/W W/N	2 27	17.26 699.7	8.63 25.91	0.33	3.35
Post test	24.8	23.2	19.6	B/W W/N	2 27	141.86 643.6	70.93 23.83	2.97	3.35
Adjusted post mean	10.4	14.3	20.07	B/W W/N	2 26	80.23 217.84	40.11 8.37	4.78*	3.37

Significant Table F ratio at 0.05 level of confidence for 2 and 27 (DF) = 3.35, 2 and 26 (DF) = 3.37

CG - Control Group A.T.-Autogenic Training, M – Meditation, SV - Source of variance,

**Table 3:** comparison of two experimental and control groups in relation to stress

Control group	Autogenic training	Mean dictation	Mean difference	Confidential interval value
10.4	14.9	---	3.79*	---
10.4	---	20.7	9.67*	3.19
---	14.9	20.7	5.88*	---



**Graph 1:** On ordered to adjusted mean of psychological variable stress

**Results of stress**

Table shows that the pre-test means of control group, autogenic training and meditation were 25, 23.3, and 24.8 respectively. The table F ratio value was 3.35. When compared to table F value the obtained F value of 0.33 was lower and not significant at 0.05 level of confidence for the degrees of freedom 2 and 27. The post-test means of control group, autogenic training and meditation were 24.8, 23.2, and 19.6 respectively. The table F ratio value was 3.35. When compared to table F value the obtained F value of 2.98 was lower and not significant at 0.05 level of confidence for the degrees of freedom 2 and 27.

The adjusted post-test means of control group, autogenic training and meditation were 10.40, 14.19, and 20.07 respectively. The table F ratio value was 3.37. When compared to table F value the obtained F value of 4.79 was

greater and significant at 0.05 level of confidence for the degrees of freedom 2 and 26. The adjusted post-test means of three groups. The adjusted post-test means for control, autogenic training, and meditation were 10.4, 14.9, and 20.07 respectively. The mean difference between control and autogenic training groups, control and meditation groups and autogenic training and meditation group were 3.79, 9.67, and 5.88 respectively. The Turkey’s confidence interval value was 3.19.

**Discussion on findings of stress**

Findings of the study shown that there was a significant decrease in stress level of Volleyball players, due to six weeks training of autogenic training and meditation.

**Conclusions**

Within the limitations and delimitations set for the present study and considering the results obtained, the following conclusions were drawn: The stress level was significantly decreased of all groups due to six weeks of autogenic training and meditation in Volleyball players in compression to control group. Meditation was much effective than autogenic training in controlling the stress level in Volleyball players.

**Recommendations**

The following recommendations have been derived on the basis of this study the present study shows that there was a significant decrease in the stress level due to influence of six week autogenic training and meditation. Hence autogenic training meditation could be included as one of the relaxation methods to reduce the level of mental stress in Volleyball players. Further, it is recommended that autogenic training and meditation could be used as the relaxation methods to reduce anxiety and stress in Volleyball players.

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