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Effect of autogenic training on anxiety among university soccer players

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Abstract

The goal of the study was to determine how well autogenic training may reduce anxiety in soccer players. The Sports Anxiety Scale-2 (SAS-2) with three dimensions, including somatic, worry, and concentration disruption, was developed by Ronald E. Smith, Frank L. Smoll, Sean P. Cumming, and Joel R. Grossbard in 2006. Measurements of anxiety of all soccer players were taken before and after the 4-week experimental period in Karwar. The study included a total of 26 soccer players from Karwar who were separated into the Control and Experimental groups, with each group consisting of 13 players ranging in age from 17 to 24. Throughout the course of a four-week programme, three sessions of autogenic training were given to the male football players. The football players' autogenic training paid off, as was obvious. At the 0.05 level of significance, a significant effect was discovered in the experimental group for the soccer players' somatic, worry, and concentration disruption scale dimensions.

Keywords: Autogenic training, soccer players, anxiety

Introduction

The academic and applied field of psychology involves the research of mental processes and actions. While simultaneously examining the physiological and biochemical processes that underpin cognitive functions and behaviors, psychologists work to understand the role of mental processes in social and individual behavior. Somatic anxiety refers to one's perceptions of the physiological affective components of the anxiety experience, i.e., signs of autonomic arousal and unpleasant feeling states like nervousness and tension. Cognitive anxiety refers to negative expectations and cognitive concerns about oneself, the situation at hand, and potential consequences. (Sharma, A., & Prasad, B.K., 2022; Sharma, A., & Prasad, B.K., 2023) ^[3, 6]. Sport psychology is an interdisciplinary branch of study that incorporates information from both psychology and kinesiology. It entails researching how psychological variables impact performance as well as how engaging in physical activity and sport affects both psychological and physical elements. Applied sport psychology may involve working with players, coaches, and parents about injury, rehabilitation, communication, team building, and career transitions in addition to teaching and training psychological skills for performance enhancement. The relaxation response is elicited via autogenic training, which focuses on sensations related to the body's limbs and muscles. Autogenic training, which is based on early hypnosis research, is very similar to autohypnosis. The German psychiatrist Johannes Schultz was the one who initially invented the process. (Schultz & Luthe, 1959) ^[1]. Schultz discovered that hypnotised patients consistently reported two physical feelings connected to the relaxation response. These two feelings were a general warmth across the torso, arms, and legs, as well as a feeling of weight in the limbs. Autogenic training, in its most basic form, entails a series of mental activities intended to induce these two physical states. Due to the complete lack of muscular tension, the body feels heavy in the limbs and heated due to blood vessel dilatation (a parasympathetic nervous system response). The following are the six self-statement steps: Warmth in the arms and legs (again, starting with the dominant arm or leg), heaviness in the arms and legs (beginning with the dominant arm or leg), warmth in the chest, and a feeling of a slower heartbeat. e) Solar plexus warmth; f) a feeling of coldness on the forehead. Several writers have recommended various self-statements and activities to trigger the relaxation response through autogenic training.

(Davis, Eshelman, et al., 1995; Greenberg, 2009) ^[2, 4] Basically, autogenic training consists of three aspects that are frequently mixed together. The first and most crucial stage is the first six, which are meant to give the mind the impression that the body is heated, and the limbs are heavy. Consequently, this study looked at how training in autogenic training affected some psychological aspects of sports anxiety, including physical anxiety, concern, and disturbance of focus in soccer players.

Methodology

The study was conducted with an experimental approach among university soccer players. A total number of 26 male footballers were selected for the study. 13 in each group, i.e., control and experimental was divided where the control group experienced only normal football schedule. The training protocol are as follows: a) Heaviness in the arms and legs (beginning with the dominant arm or leg) b) Warmth in the arms and the legs (again, beginning with the dominant arm or leg) c) Warmth in the chest and a perception of reduced heart rate d) Calm and relaxed breathing e) Warmth in the solar plexus area f) Sensation of coolness on the forehead. The study is designed as a pre and post intervention, where the measurement of the somatic anxiety, worry, and concentration disruption before training and after training has been done with Sports Anxiety Scale-2 (SAS-2). The statistical analysis was done with Paired T-Test for Pre and Post for the control and experimental group. For analysis, First, normality assumption of data was checked by Shapiro-Wilk test, after that Levene's test was used to test the Homogeneity of Variances between experimental and Control Group (Sharma, A., & Prasad, B.K., 2023; Das & Jhajharia, 2022) ^[6, 5].

Results

Table 1: Descriptive statistics of Both Groups

Variables	Control Group		Experimental Group	
	Mean	SD	Mean	SD
Pre-Somatic	11.46	0.87	12.37	1.25
Post-Somatic	11.76	1.36	11.30	1.03
Pre-Worry	11.69	2.21	11.69	1.54
Post-Worry	11.53	1.45	10.76	1.36
Pre-Concentration Disruption	10.23	1.23	11.15	1.46
Post-Concentration Disruption	10.92	1.70	10.38	1.12

Here, in the above-mentioned table, the descriptive statistics has been represented regarding the experimental group where pre and post anxiety test has been recorded with mean value of the group.

Table 2: Inferential Statistics of Both Groups

Variables	Control Group		Experimental Group	
	t- Value	p-Value	t- Value	p-Value
Somatic	0.743	0.472	2.379	0.03
Worry	0.273	0.790	2.803	0.01
Concentration Disruption	1.737	0.108	2.379	0.03

Here, in the above-mentioned table, the inferential statistics has been represented regarding the experimental group where pre and post anxiety test has been recorded with t-value and p-value of the group. As, the p-value is below, 0.05 level of significance, it shows significance difference in the reducing anxiety among the experimental group after four weeks of

Autogenic Training.

Discussion

The goal of the current study was to analyses the impact of four weeks of autogenic training on soccer players' anxiety. The dependent t-test was used to meet the study's goals. According to earlier research, which used autogenic training more often and for longer periods of time, it had a substantial impact on psychological factors when used after 8 and 12 weeks of training. Table tennis players' anxiety scale dimensions showed a significant effect in the experimental group for somatic anxiety, worry, and concentration disruption at the 0.05 level of significance. Even extremely mentally tough athletes experience the strain, stress, and anxiety that come with competing in sports. (Sharma, A., & Prasad, B.K., 2022) ^[3].

Conclusion

The study helps us comprehend the numerous psychological factors that influence anxiety. Soccer players can overcome psychological obstacles with the use of autogenic training, a methodical psychological strategy. The association between cognitive intervention and players' ages, anxiety, gender variations in anxiety, individual vs team sports, and sexual diversity in anxiety need more investigation.

Conflict of Interest

Authors declare no conflict of interest.

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