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Effect of autogenic training and meditation on handball players ability to manage mental stress

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Abstract
Many people feel sad and unsatisfied in the world, but they are unsure of what is wrong with their circumstances. Our attachment to the material plane of existence is the fundamental cause of our dissatisfaction. Our dissatisfaction and discontentment naturally disappear once we catch a peek of higher fields of consciousness. Afterward, our sadness and discontentment vanish on their own. In practically every area of existence, man has achieved enormous strides. The factors in this study are independent variables: Training in autogenic and meditation. Dependent variables: Stress means and technique, N = 30, age range of 18 to 25 years, experimental groups I (autogenic training), experimental groups II (meditation), and control group III (no commitment to training), Ancova, who is a statistician, is proud of the experimental design's pre- and post-test random grouping. Level of significance = 0.05%, and Everly and Girdano's Questionnaire Stress Score (PSS). The following conclusions were reached taking into account the results obtained and the restrictions and delimitations specified for the present study: Due to the Handball players' six weeks of autogenic training and meditation in comparison to the control group, the stress levels of all groups were dramatically lowered. Meditation significantly reduced Handball players' stress levels compared to autogenic training.

Keywords: Meditation, autogenic training, limitations and delimitations, Handball players

Introduction
Many people feel sad and unsatisfied in the world, but they are unsure of what is wrong with their circumstances. Our attachment to the material plane of existence is the fundamental cause of our dissatisfaction. Our dissatisfaction and discontentment immediately vanish once we catch a peek of higher fields of consciousness. In practically every area of existence, man has achieved enormous strides. His way of existence has been completely altered by modern scientists and experts. He still struggles, nevertheless, to understand himself. (1999, M.L. Gharote) [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

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Table 1: The training schedule adopted for the research work

Contral Group	Expirement Group 1	Expirement Group 2
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	CGr	ATGr	MGr	SV	DF	SS	MS	Obt.F	TabF
Pre -test	25	23.3	24.8	B/W	2	17.26	8.63	0.33	3.35
				W/N	27	699.7	25.91		
Post –test	24.8	23.2	19.6	B/W	2	141.86	70.93	2.97	3.35
				W/N	27	643.6	23.83		
Adjusted post test	10.4	14.3	20.07	B/W	2	80.23	40.11	4.78	3.37
				W/N	26	217.84	8.37		

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*	----

Result of Stress

According to the table, a control group, autogenic training, and meditation had pre-test averages of 25, 23.3, and 24.8, respectively. 3.35 was the Table F ratio value. The resulting F value of 0.33 was lower and not statistically significant at the 0.05 level of confidence for the degrees of freedom 2 and 27, compared to the table F value. A control group, autogenic training, and meditation all had post-test averages of 24.8, 23.2, and 19.6 correspondingly. 3.35 was the Table F ratio value. The computed F value of 2.98 was lower and not statistically significant at the 0.05 level of confidence for the degrees of freedom 2 and 27, compared to the F value in the table. The control group, autogenic training, and meditation had adjusted post-test averages of 10.40, 14.19, and 20.07, respectively. 3.37 was the Table F ratio value. The resulting F value of 4.79 was larger and significantly different from the table F value at the 0.05 level of confidence for the degrees of freedom 2 and 26. the three groups' modified post-test means. Control, autogenic training, and meditation had adjusted post-test averages of 10.4, 14.9, and 20.07, respectively. Between the control and autogenic training groups, the control and meditation groups, and the autogenic training and meditation group, the respective means were 3.79, 9.67, and 5.88. The confidence interval for the Turkey was 3.19.

Discussion of Finding of Stress

The results of the study demonstrated that handball players' stress levels significantly decreased after six weeks of autogenic training and meditation.

Conclusion

The following conclusions were reached taking into account the results obtained and the restrictions and delimitations specified for the present study: Due to the handball players' six weeks of autogenic training and meditation compared to the control group, the stress levels in all groups were much lower. Meditation significantly reduced stress levels in handball players more than autogenic training did.

Recommendations

Based on the findings of this investigation, the following suggestions have been made. The results of the current study demonstrate a considerable reduction in stress as a result of meditation and six weeks of autogenic training. As a result, autogenic training meditation could be used as one of the relaxation techniques to lower Handball players' levels of mental tension. Additionally, it is advised that autogenic training and meditation be employed as stress-reduction techniques for Handball players.

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