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

Praveen Kumar S and Dr. R Senthil Kumaran

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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.
9. Level of significance = 0.05%
10. Questionnaire = stress through (PSS) by every and Girdano
Count meditation significantly reduced stress levels in players and significantly different from the control group, the stress levels in all groups were much lower. In six weeks of autogenic training and meditation, the handball players more than autogenic training did.

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’ stress levels significantly decreased after six weeks of autogenic training and meditation. 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.

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

<table>
<thead>
<tr>
<th>Control Group</th>
<th>Experiment Group 1</th>
<th>Experiment Group 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Experimental treatment</td>
<td>Experimental treatment</td>
</tr>
<tr>
<td></td>
<td>1. Autogenic training</td>
<td>1. Meditation</td>
</tr>
<tr>
<td></td>
<td>Training three days a week (Monday, Wednesday, Friday)</td>
<td>Training three days a week (Tuesday, Thursday, Saturday)</td>
</tr>
<tr>
<td></td>
<td>Duration: 30 min /day</td>
<td>Duration: 30 min /day</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Mean</th>
<th>CGr</th>
<th>ATGr</th>
<th>MGGr</th>
<th>SV</th>
<th>DF</th>
<th>SS</th>
<th>MS</th>
<th>ObtF</th>
<th>TabF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>25</td>
<td>23.3</td>
<td>24.8</td>
<td>B/W</td>
<td>27</td>
<td>17.26</td>
<td>699.7</td>
<td>8.63</td>
<td>0.33</td>
</tr>
<tr>
<td>Post-test</td>
<td>24.8</td>
<td>23.2</td>
<td>19.6</td>
<td>B/W</td>
<td>27</td>
<td>141.86</td>
<td>643.6</td>
<td>70.93</td>
<td>2.97</td>
</tr>
<tr>
<td>Adjusted post test</td>
<td>10.4</td>
<td>14.3</td>
<td>20.07</td>
<td>B/W</td>
<td>26</td>
<td>80.23</td>
<td>217.84</td>
<td>40.11</td>
<td>4.78</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Control group</th>
<th>Autogenic training</th>
<th>Mean dictation</th>
<th>Mean difference</th>
<th>Confidential interval value</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.4</td>
<td>14.9</td>
<td></td>
<td>3.79*</td>
<td></td>
</tr>
<tr>
<td>10.4</td>
<td>20.7</td>
<td>9.67*</td>
<td></td>
<td>3.19</td>
</tr>
<tr>
<td>14.9</td>
<td>20.7</td>
<td>5.88*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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’ stress levels 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.

**References**

1. Gharote ML, Swami Kuvalayananda: A pioneer of scientific yoga and Indian physical education. Lonavla Yoga Institute (India); c1999.