

CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the study was to find out the effect of progressive muscular relaxation, autogenic, meditation and mental imagery training on cognitive abilities, competitive anxiety, mood states, game skill variables and playing ability among intercollegiate hockey players.

Seventy five intercollegiate men hockey players from Chennai were randomly selected and their age ranged between 18 and 25 years. They were assigned into five equal groups. Each group consisted of fifteen subjects. Group one acted as Experimental Group I – (Progressive Muscular Relaxation), Group II acted as Experimental Group II – (Autogenic Training), Group III acted as Experimental Group III – (Meditation), Group IV acted as Experimental Group IV – (Mental Imagery) and Group V acted as Control Group.

Pre test was conducted for all the seventy five subjects on selected cognitive abilities namely concentration and attention, competitive anxiety variables namely cognitive anxiety, somatic anxiety and self-confidence and mood states variables namely tension, depression, anger, fatigue, vigor and confusion and game skill variables namely hit, flick and scoop. Playing ability was measured by subjective rating with three hockey experts. This initial test scores formed as pre test scores of the subjects. Experimental Group I was exposed to progressive muscular relaxation training, experimental group II was exposed to autogenic training, experimental group III was exposed to transcendental

meditation, experimental group IV was exposed to mental imagery training and the control group was not exposed to any experimental training other than their regular hockey practice and daily activities. The duration of experimental period was twelve weeks. After the experimental treatment, all the seventy five subjects were measured on the selected cognitive abilities, competitive anxiety, mood states, game skill variables and playing ability. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

5.2 LEVEL OF SIGNIFICANCE

The purpose of this study was to find out the effect of progressive muscular relaxation, autogenic, meditation and mental imagery training on cognitive abilities, competitive anxiety, mood states, game skill variables and playing ability among intercollegiate hockey players. The data collected on selected criterion variables were subjected to statistical analyze using analysis of covariance (ANCOVA) to find out the significant difference if any, between the groups on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as appropriate.

The results of the study proved that there was significant improvement in selected cognitive abilities namely concentration and attention, competitive anxiety variables namely, cognitive anxiety, somatic anxiety and self-confidence, mood states variables

namely tension, depression, anger, fatigue, vigor and confusion, game skill variables namely hit, scoop and flick and playing ability due to progressive muscular relaxation, autogenic, transcendental meditation and mental imagery trainings.

5.3 CONCLUSIONS

Within the limitations and delimitations of this study, the following conclusions were drawn:

1. It was concluded that the progressive muscular relaxation, autogenic, meditation and mental imagery training improved selected cognitive abilities namely concentration without distraction, concentration with distraction, attention (TMT A) and attention (TMT B) among intercollegiate hockey players.
2. It was concluded that the progressive muscular relaxation, autogenic, meditation and mental imagery training reduced competitive anxiety components namely cognitive anxiety, somatic anxiety and improved competitive anxiety component namely self-confidence among intercollegiate hockey players.
3. It was concluded that the progressive muscular relaxation, autogenic, meditation and mental imagery training reduced mood states variables namely tension, depression, anger, fatigue, confusion and improved mood state variable namely vigor among intercollegiate hockey players.
4. It was concluded that the progressive muscular relaxation, autogenic, meditation and mental imagery training improved game skill variables namely hit, scoop, and flick among intercollegiate hockey players.

5. It was concluded that the progressive muscular relaxation, autogenic, meditation and mental imagery training improved playing ability among intercollegiate hockey players.

5.4 RECOMMENDATIONS

The following recommendations for further research are based on the results of this investigation and the related literature.

1. It is recommended that progressive muscular relaxation, autogenic, meditation and mental imagery trainings may be added as part of the training schedule of the intercollegiate level hockey players.
2. It is recommended that seminars and workshops may be conducted for the sports personnel to impart knowledge and importance of progressive muscular relaxation, autogenic, meditation and mental imagery trainings.
3. It is recommended that cognitive abilities, competitive anxiety, mood states and other psychological variables may be assessed on every sports person to control their emotions for a better performance by applying suitable relaxation trainings

5.5 SUGGESTIONS FOR FURTHER RESEARCH

The investigator suggested the following recommendations for further research

1. A similar study may be conducted on school boys with proper instructions.
2. A similar study may be conducted on different age groups.

3. A similar study may be conducted for longer durations with both morning and evening sessions.
4. A similar study may be undertaken and its influence on other psychological variables may be assessed.
5. A similar study may be conducted among women inter collegiate hockey players.