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## Impact of progressive muscle relaxation and autogenic training on anxiety and worry management of boys

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### Abstract

The survey type study was designed with a main objective to analysis Anxiety and Worry Management of Boys. For the purpose of the present study, sixty (N=60) male subjects between the age group of 20 to 26 years were selected as subjects from Department of Physical Education, Kurukshetra University, Kurukshetra. The results of Analysis of covariance (ANCOVA) with regards to the sub-variable of anxiety and worry management of three groups. The statistical values among the groups were: SS=18.17, df=2 and MS=9.08. The within values were: SS=443.80, df=56 and MS=7.92. The F-value=2.14 was found statistically insignificant ( $P < 0.05$ ). Since obtained F-value was found statistically insignificant among the groups.

**Keywords:** Progressive muscle relaxation and autogenic training

### Introduction

The origins of autogenic training (AT) lie in the research into sleep and hypnosis that was carried out in the period 1890-1900 at the Berlin Institute by Oskar Vogt, a renowned brain physiologist (Kanji, 1997). Vogt observed that intelligent and critically minded individuals who had undergone a series of hypnotic sessions under his guidance were able to put themselves, for a self-determined period of time, into a state which appeared similar to a hypnotic state. In addition, these individuals reported that the 'auto hypnotic' exercises had a remarkable recuperative and uplifting effect. Vogt further observed that these short-term mental exercises, when practised a few times during the day, reduced stressor effects such as fatigue and tension. Stimulated by Vogt's work. Johannes Heinrich Schultz, a German psychiatrist and neurologist, started in 1905 to study certain psycho physiologic mechanisms and potentialities of different techniques of hypnosis and autosuggestion (Schultz & Luthe, 1959). Like Vogt, he saw that the auto suggestive approach could be used for the induction of mental states which, similar to hypnosis, open up psycho physiologic possibilities of clinical value.

### Objective

Present study was design to find out the significant difference of pre-test and post-test of progressive muscle relaxation training on the Anxiety and Worry Management of Boys.

### Methodology

This is an exploratory study that has employed methods of data collection and analysis quantitatively. The purpose of this study was to assess the effect of Progressive Muscle Relaxation and Autogenic Training on Anxiety and Worry Management of Boys. The purposive sampling technique was used to attain the objectives of the study.

### Statistical analysis

**Table 1:** Analysis of covariance of experimental groups and control group on the sub-variable of Anxiety and worry Management.

Source of variance	Sum of squares	df	Mean Square	F-ratio	P-value Sig.
Among means	18.17	2	9.08	2.14	.325
Within groups	443.80	56	7.92		

\* $P < 0.05$  (Required F-value was significant at 3.16) N=60

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Table presents results of Analysis of covariance (ANCOVA) with regards to the sub-variable of anxiety and worry management of three groups. The statistical values among the groups were:  $SS=18.17$ ,  $df=2$  and  $MS=9.08$ . The within values were:  $SS=443.80$ ,  $df=56$  and  $MS=7.92$ . The  $F$ -value= $2.14$  was found statistically insignificant ( $P < 0.05$ ). Since obtained  $F$ -value was found statistically insignificant among the groups.

### **Discussion of findings**

Similar trends have been reported by Behncke (2004) studied the mental skills training for sport is reviewed in relation to general cognitive-somatic techniques. These techniques include mental rehearsal, mental imagery and visualization, visuo-motor behavior rehearsal, cognitive-behavior therapy, biofeedback, progressive muscle relaxation and meditation. They concluded that the initial and continued ability to self-monitor, though enhanced by mental skills training, is fundamentally important for any implementation of cognitive-somatic therapy.

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