

PSYCHOLOGICAL TECHNIQUE TO REDUCE THE ANXIETY OF FENCING PLAYERS

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Abstract

The present take a look at has been conducted to investigate the psychological strategies to lessen the tension of Fencing gamers. study consists of the Fencing players in Aurangabad respectively who have been between the age of 20 and 30. to evaluate the tension elements of the subject the Shina's anxiety stock mental strategies is counseling and steering, Meditation, and Relaxations techniques. Studies design is Pre-submit take a look at. Proposed Statistical system is Descriptive information i.e. imply, S.D, can be computed and 't' take a look at .end on this study on the idea of facts and discussion of effects, the hypotheses have been examined and tested. Mental contamination of athletes has a tendency to reveal reduced by means of mental techniques..

Key words: Anxiety, Fencing Players, Meditation, Relaxations techniques,

1. INTRODUCTION

It takes a lot more than just raw talent to be an athlete. Whether you are just starting off or are going pro, managing the pressure of competing is something all athletes in all sports face. But more often than not, the outcome of the competition, whether you win or lose, is highlighted more than the mental clarity necessary to perform at your best.

Fencing Players set high expectations for themselves and often feel there is a greater pressure to succeed so they don't let people down, For Fencing Players, the swings from their highs and lows seem bigger than in other scenarios the satisfaction and joy when you win versus the heartbreak and disappointment if you lose. As a result, mental exhaustion and other mental health issues can become more prevalent, especially at higher levels of competition.

In almost every sport, a split-second decision can make or break the outcome of your performance. You need to be sharp, focused and able to stay in the game. But if you struggle with your mental health or don't have the clarity to make these decisions, you not only risk underperforming, but more importantly, getting seriously injured.

Anxiety is your body's natural response to stress. It is a feeling of fear and apprehension about what's to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous. But if your feelings of anxiety are extreme, last for longer than six months, and are interfering with your life, you may have an anxiety disorder.

Meditation is the practice of turning your attention to a single point of reference. It can involve focusing on the breath, on bodily sensations, or on a word or phrase known as a mantra. In other words, meditation means turning your attention away from distracting thoughts and focusing on the present moment. Meditating is deceptively simple

Relaxation in psychology, is the emotional state of a living being, of low tension, in which there is an absence of arousal that could come from sources such as anger, anxiety, or fear. According to the Oxford dictionary Relaxation is when the body and mind are free from tension and anxiety. Relaxation is a form of mild ecstasy coming from the frontal lobe of the brain in which the backward cortex sends signals to the frontal cortex via a mild sedative. Relaxation can be achieved through meditation, autogenic, and progressive muscle relaxation. Relaxation helps improve coping with stress. Stress is the leading cause of mental problems and physical problems. Therefore feeling relaxed is beneficial for a person's health. When we are stressed, the sympathetic nervous system is activated because we are in a fight-or-flight response mode; over time, this could have negative effects on a human body.

The present study has been conducted to investigate the Psychological Techniques to reduce the psychological illness of athletes in this study of Aurangabad District.

2. SIGNIFICANCE OF THE STUDY

- This study may provide quantitative data on effect of Psychological Techniques to reduce the Anxiety of Fencing Players.

- The study may bring an impetus for future experimental studies regarding the effect on prediction of behavior on the bases of Fencing Players.

3. METHODOLOGY

Objectives:-

- The purpose of this study is to determine whether Using Psychological techniques to reduce anxiety for Fencing Players.
- To explore whether Psychological techniques affect reduce psychological illness for Fencing Players.
- To suggest the importance of individual's Fencing Players is predictive of their compatibility with others.

Hypotheses:-

- Anxiety of Fencing Players can be reduced by Psychological techniques.

Sample:-

Locus of the prevailing investigation could be restrained to the Fencing players a hundred situation could be taken from the population eventually 20 athletes will select for this observe from Aurangabad district . The stratified randomize pattern taken into consideration for the examiner consisted of 20 athletes. The efforts will be made to have the sample as consultant as possible in terms of vicinity of dwelling.

Measurement Tool:-

1. Description of the Self- Information Schedule:

This schedule was saturated by to collect the following facts about the student.

- Personal Information:- Name, Sex, Age, Caste, occupation and yearly income
- Types of players

2. Sinha’s Comprehensive Anxiety test (SCAT)

Constructed by A.K.P. Sinha and L.N.K Sinha in this test good validity and reliability.

Design:-_ Quasi-experimental design (Time Series Design) O₁ X O₂

O ₁	X	O ₂
Pre-test	After (ten day) Treatment	Post-test
1. Sinha’s Comprehensive Anxiety test (SCAT)	1. Meditation 2. Relaxation Techniques	1. Sinha’s Comprehensive Anxiety test (SCAT)

Variables under Study:-

I) Independent variable

1. Fencing Players

II) Dependent variable

1. Anxiety

Proposed Statistical Procedure:-

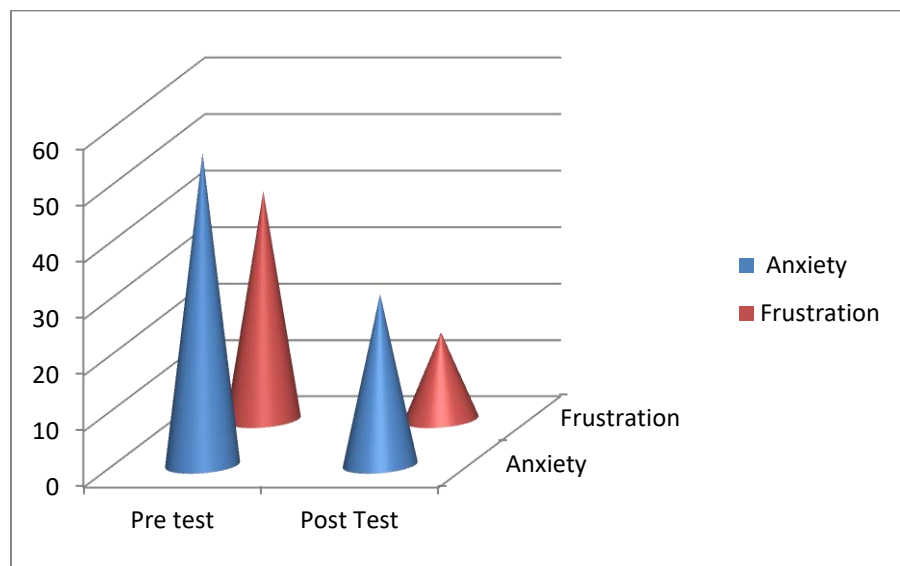
I) Descriptive statistics i.e. Mean, S.D, will be computed.

II) ‘t’ test

4. RESULT ANALYSIS

Hypothesis No.1 Anxiety of Fencing Players can be reduced by Psychological techniques.

Display the graph there are large a distinction among imply score of Fencing players Pre-check on tension (50.five.) is relatively large than the mean rating of Fencing gamers put up-test on anxiety (30.five.). ‘t’ fee large ($t=4.18$, $P < 0.001$ & zero.1/2 degree) difference between a Fencing players Pre-test and put up-test on anxiety.



5. CONCLUSIONS

On the idea of records and dialogue of outcomes, the hypotheses had been examined and confirmed. Some hypotheses have been partially retained and some have been rejected and following conclusions had been drawn.

- Anxiety of athletes has a tendency to expose decreased through psychological techniques.

Limitations and suggestions of the present research

Some limitations inherent in this study are

- The population was constrained regions restricted Aurangabad District best. it can be spread into different areas additionally.
- The sample of the observe become small. The look at also can be performed by means of taking massive pattern length.
- The equipment used on this research had been self – reporting device, it is consequently stated that the accuracy of statistics reported is limited to the capabilities and willingness of the respondents to present truthful responses.

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