

# Field Hockey Better Psychological Effect through the Motivation and Stress

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**Abstract-** In This paper we are taken these following methods ” Field Hockey better psychological performance through ACHIEVEMENT MOVITATION and STRESS” we are taken 60 players, It was concluded that twelve weeks yogic exercises significantly altered motivation and stress of the inter university hockey players. It was concluded that six weeks autogenic exercises significantly altered motivation and stress of the inter university hockey players. It was concluded that there was no significant differences between yogic exercises and autogenic training groups on motivation and stress of the interuniversity hockey players. Compare to previous work motivation is saved of 99% stress is saved of 3 % .

**Index Terms-** Achievement Motivation and stress, yoga, Autogenic Training.

## I. INTRODUCTION

### 1. Autogenic Training

Emerson (1999) conducted a study to compare the efficacy in the runners of two relaxation techniques with regarded to exercise reactivity and recovery after exercise. Thirty one adult male runner were studied prospectively for 6 months in three groups practicing either meditation (n =11) or autogenic training (n =11) or serving as controls (n =10). Before and after 6 months relaxation and innervations, indicators of reactivity to exercise and metabolism after exercise (blood lactate concentration, heart rate and oxygen consumption were tested immediately after and 10minute exercise. There were no significant differences among the groups with regard to HR, vo<sub>2</sub>, or levels of anxiety. Meditation training may reduce the lactate response to a standardized exercise bout.

Coker (1999) investigation was conducted to determine whether or not relaxation training would significantly effects the mood states of collegiate basketball players during a session of competition as measured by the profile of mood states (POMS )and the Spielberger state anxiety inventory (STAI) voluntaries forty nine male and female collegiate basketball players. Experimental group listened to antigenic relaxation tapes, while the control group met for five sessions to answers questionnaire related to stress.

Crocker and Grozelle C (1991) conducted a study was to investigate the effects of acute aerobic activity an autogenic relaxation session on reducing induced state anxiety. Eight- five university students were randomly assigned to one of three groups (a) aerobic (b) relaxation, (c) control. Each group was tested separately. The general procedure consisted of anxiety

induction, assessment, intervention and assessment. The induced affect procedure involved having subjects visualize distressing images and generating high arousal states for ten minutes (Smith and Ascough, 1985). State anxiety was assessed by states Trait Anxiety Inventory (form Y-1). The aerobic intervention lasted 40 minutes, including warm up and cool down. The relaxation intervention consisted of listening and following instructions on a tape for approximately 30 minutes (Budzyski T, 1974, “Limb Heaviness – Exercise MU-3-3”). The control group was excused after anxiety induction and told to report back in 30 minutes. The data was analyzed by a 3x2 (group by time ) ANOVA with repeated measures on the last factor. The groups by times interaction was significant,  $F(2, 82) = 13.07$ ,  $p$  less than 0.01. post-hoc analysis using Turkey with a normalized and indicated that both the aerobic and relaxation groups significantly reduce anxiety scores from pretreatment to post treatment but was not different from each other.

### 2. Yoga:-

Kamel et.al., (2000) examined the changes in brain waves and blood levels of serum cortisol during yoga exercise in 7 yoga instructors and found that alpha waves increased and serum cortisol decreased. These two measures were negatively correlated ( $r = - 0.83$ ). Comparison with a control group of non practitioners is desirable.

Raju et.al.,(1997) examined the short-term effects of 4 weeks of intensive yoga practice on physiological responses in six healthy adult female volunteers were measured using the maximal exercise treadmill test. Yoga practice involved daily morning and evening sessions of 90 minutes each. Pre and post-yoga exercise performance was compared. Maximal work output (w max) for the group increased by 21% with a signification reduced level of oxygen consumption per unit work but without a concomitant significant change in heart rate. After intensive yoga tanning, at 154 w min.(-1) (corresponding to w max of the pre-yoga maximal exercise test) participants could exercise more comfortable, with significantly lower heart rate ( $P < 0.05$ ), reduced minute ventilation ( $P < 0.05$ ), reduced oxygen consumption per unite work ( $P < 0.05$ ), and the significantly lower respiratory quotient ( $P < 0.05$ ) the implications for the effects of intensive yoga on cardio respiratory efficiency are discussed, with the suggestion that yoga has has some transparently difference quantifiable physiological effects to other exercises.

M.L. Garote (1970) conducted a study to determine the “ effect of everyday and alternate day yoga training on the physical fitness of School Children”. In his study were school boys with means age of 17 years when tested with the Fleishman battery of

basic physical fitness tests showed significant improvement with six weeks yoga training given for 6 days a week as well as for 3 days a week in comparison to the control group.

## II. PROPOSED WORK

### 2.1. Achievement motivation:-

Motivation means move to achieve. In psychology the term motivation or motive refers to activation from within in the organism.

The motivation is termed as the urge to push towards a specific goal. Motivation is a concept invented to describe the psychological state or the organism as it is affected by various influences. A person is motivated when he desires some goal, a goal that will meet his need or satisfy his interest. Many psychologists believe that all behaviors are motivated, although it is extremely difficult to isolate specific motivational variables.

According to Brayant J. Crathy, (1989) motivation as a personality characteristic related to the general state of arousal and subsequent level of attention paid to a problem or task facing of an individual.

Motivation depends not only on environmental manipulations and the individual's personality, but on the nature of the task also. For simple skills high or low motivation create the same effect. The level of motivation will affect the performance of the complex skill. According to Silva John M. and Weinberg Roberts (1984) need to achieve and fear of failure are motives aroused situational. Level of achievement motives is positively related to success. Achievement related motives may be more successful in predicting behavior in sports selling.

### 2.2. STRESS

The term stress is used to connote a variety of meanings both by common men and psychologists. Some psychologists have defined stress as a "stimulus" and others as a "reaction". One of the most commonly accepted definition of stress is by Hans Selye. As a stimulus, Selye has defined stress as any external event or internal drive, which threatens to upset the equilibrium of an organism. On the other hand, as a response, Selye has defined stress "as a non specific responses of the body to the demand". Stress is developed internally rather externally. (William 1983).

Psychological stress has robbed more athletics psychic energy, victory and enjoyment in sports than any other factor. Stress can destroy self-confidence by leading athletes to believe that they are incompetent. It can deny athletes the joy of demonstrating skills that they have mastered through countless hours of hard work. And it can deprive athletes of experiencing the ecstasy of low. Stress because interpersonal conflict, induces physical injury and drives athletes to early retirement. Psychological stress is an insidious disease and when sustained

manifests itself in the form of burnout- affliction not only for athletes but also for coaches as well. (Debi 1965)

Stress can either be friend or foe. It can bring or intensity heart disease, peptic ulcers, and hypertension. Unfortunately, too many people react destructively to stress. Stress can lead to significant loss in body weight. Many do not know how to deal. Medical progress in recent years has not been one that keeps man imbalance as a bio psycho social being. (Magnussion 1974)

Psychological stress produce somatic complaints that are wholly imaginary but in some other cases, emotional maladjustment contributes to an illness that is primarily organic in nature and still other cases, psychological problems actually produce genuine organic illness. These are also called psychosomatic reactions, which are disorders of adjustment that have because associated with certain bodily processes in such a way as to produce a genuine organic illness. In such cases, the chronic mal adjustment or emotional problems are and the organic disturbances are secondary.

Stressors can be considered to be beneficial when they lead to accomplishment and creativity. The stressors should be viewed as challengers and obstacles to be overcome on the path leading to success. On the other hand, when stressors control the individual, a feeling of helplessness develops in them that could result in failure.

All of us face stress at some point of time in our life. Irrespective of profession, strata of society to which we belong, or our position in which organizational hierarchy stress affects everyone. We can say that life is full of stress and strain and cope up with it is a continuous struggle. Each one of us has our own level of stress, a level of equilibrium within which stress could be stimulating experience. It is only when stress goes beyond this level it become distress and difficult to manage. 'when it happens everything appears to go wrong, in this situation, one will feel hopeless, helpless and his action become dull. This results in reducing individual efficiency and effectiveness in playing his assigned role in the family, institution, and organization, which further compounds his misery. Professional college students are no exception to this problem of stress. (Bestowitz 1955)

## III. PERFORMANCE AND RESULT ANALYSIS

### EFFECT OF PSYCHO REGULATIVE PROGRAMMES – ACHIVEMENT MOTIVATION AND STRESS ON PSYCHOLOGICAL VARIABLES

The data on the effect of achievement motivation and stress on psychological variable, anxiety was collected through pre and post test scores and subjected to statistical treatment using ANCOVA. Tables are shows the results obtained.

ACHIEVEMENT MOTIVATION								
Means	Yogic Group	Autogenic Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre Test	24.27	22.73	22.53	Between	53.96	2	26.98	1.01
				Within	2329.20	87	26.77	
Post Test	27.87	25.07	22.87	Between	376.80	2	188.40	7.72*
				Within	2122.80	87	24.40	
Adjusted	26.85	25.48	23.47	Between	170.04	2	85.02	96.91*
				Within	75.45	86	0.88	
Mean Diff	3.60	2.33	0.33					
STRESS								
Means	Yogic Group	Autogenic Group	Control Group	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre Test	23.10	21.40	21.50	Between	51.4	2	25.72	3.07
				Within	477.5	57	8.38	
Post Test	24.20	23.95	23.10	Between	89.0	2	44.52	10.44*
				Within	243.2	57	4.27	
Adjusted	23.93	24.25	21.47	Between	87.8	2	43.91	10.14*
				Within	242.5	56	4.33	
Mean Diff	1.10	2.55	1.60					

Table F-ratio at 0.05 level of confidence for 2 and 56 (df) =3.15, 2 and 46(df) =3.15 .

\*Significant

**SCHEFFE’S POST HOC ANALYSIS RESULTS**

MEANS ACHIEVEMENT MOTIVATION			Mean Difference	Required . C I
Yogic Practices	Autogenic	Control		
25.09	26.43		1.34	1.35
25.09		23.18	1.91*	1.35
	26.43	23.18	3.25*	1.35

MEANS OF STRESS			Mean Difference	Required . C I
Yogic Practices	Autogenic	Control		
23.93	24.25		0.31	1.65
23.93		21.47	2.47*	1.65
	24.25	21.47	2.78*	1.65

\* Significant at 0.05 level

#### IV. CONCLUSION

Field Hockey better psychological performance through ACHIVEMENT MOVITATION and STRESS” It was concluded that twelve weeks yogic exercises significantly altered motivation and stress of the inter university hockey players. It was concluded that six weeks autogenic exercises significantly altered motivation and stress of the inter university hockey players. It was concluded that there was no significant differences between yogic exercises and autogenic training groups on motivation and stress of the interuniversity hockey players. Compare to previous work motivation is saved of 99% stress is saved of 3 %.

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