

Comparison Effective Of Relaxation, Goal Setting And Breathing Methods On Decrease Sport Anxiety (Body And Mental)

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Abstract: The aim of this study was comparison effective body and mental methods on decrease sport anxiety in male students. Statistical society of this study included all boy students that selected physical education class. Statistical sample involved 4 groups (one group control and three groups experimental). (n=15). This study has been performed as field-descriptive method in 8 weeks and investigates factors of personality characteristics using questionnaire (SPQ20). This study performed as pretest-post test. Study variables included motivation (dependent variable) and goal setting (independent variable). Measurement tool of this study is questionnaire of athletic personality (SPQ20). One of measurement factors in this questionnaire was anxiety. The reliability of this questionnaire based on criterion reliability and examined by questionnaire that obtained value was equal and significant in $p < 0.05$ level. Its stability obtained 0.800 by alpha Chronbakh and was significant in $p < 0.05$ level. After selecting sample people randomly, the questionnaires were given to subjects as pretest and gathered after 8 weeks that were considered as post test. The results showed there was significant different between pre-post test in goal setting for decrease anxiety. The results showed there was significant different between pre-post test in relaxation for decrease anxiety. The results showed there was significant different between pre-post test in breathing for decrease anxiety. The results showed there was significant different between control and experimental group for decrease anxiety. The results showed there was significant different between body and mental methods for decrease anxiety. The results showed there was significant different between body methods for decrease anxiety. The results showed there was significant different between mental methods for decrease anxiety. The results showed there was significant different between body methods in control and experimental groups for decrease anxiety. The results showed there was significant different between mental methods in control and experimental groups for decrease anxiety. According to the results, every three methods were effective to decrease anxiety, body methods were effective than mental methods, in body methods relaxation was best so, if you want to decrease anxiety, you can use body methods and relaxation.

Key word: goal setting, relaxation, breathing, anxiety.

INTRODUCTION

Although it is clear that anxiety do not know time and age and is consistently associated with a human. There are many causes that anxiety is one of problems in the world today, especially in the industrialized world. So people need to find ways to overcome the stress and anxiety (dortaj, 2008). Anxiety in all human and even adaptation people had experience it. Feelings of anxiety, occur when a person perception risk that this risk is beyond of ability to deal with it (mousavi, 2002). Anxiety increases heart rate and blood pressure .Increased metabolism and increased oxygen consumption. Will fatigue faster and reduce attention (sarvi, 2009). So researcher want to find methods to reduction anxiety and suggestion best of methods and its procedure. Relaxation had important role to maintaining health in human and it is including basic needs of human. Human have different dimensions of existence such as body and soul and with any illness both of these are suffering harm, so human always try to find ways to deal with it. (beheshti, 2007). today, in communities that have high expectation of athletes, athletic competition have special important. In this community, athletic competition creates many demands in athletes and often different results of competitions is relate to different perception and skills in athletes. This topic creates high anxiety in participants and this anxiety caused from competitive anxiety in athletes (mohammadi, 2002). according to fast progress in society and lack in time and high athletic competitions, Dominance anxiety is very important to successful in athletic competitions. Examination effective methods to reduction anxiety are necessary. Also find best method and kind to reduction anxiety that coach and athletes in shorter time and effective method can decrease anxiety, is necessary.

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Methodology:**Statistical Society:**

Statistical society of this study included all male students that study in Courses except Physical Education and selected physical education. N=2500

Statistical Sample:

Sample includes 4 groups (one control and 3 experimental). n=15

Method of the Study:

This study has been done descriptive -field and semi experimental and using questionnaires (SPQ20) to investigate factors personality characteristics .As per-post test is done .

Tools for Data Collection (Measurement):

tool of this study was sports personality questionnaire (SPQ20).One of the factors measured by this questionnaire was anxiety .Validity of this questionnaire based on the criterion validity and through the study questionnaire in $p<0/05$ was significant and its reliability by Cronbach alpha 0/800 and in $p<0/05$ was significant .

Procedure of the Study:

This study was done descriptive-field. After selecting the study samples were selected randomly . Questionnaires to complete as per-test subjects were given after completions were collected Post test. Subjects divided into a control and three experimental groups. The samples were train three sessions per week and each session 40 minute.

Result:

1. Goal setting reduction anxiety in male students.

Table 1 is showing results of per-post test anxiety reduction with goal setting method. As indicate in table 1 the values of mean and $P=0.022$ show significant different between per-post test anxiety reduction with goal setting method.

Table1: results of per-test & post-test anxiety reduction with goal setting method.

P	max	min	SD	mean	
0.022 **	112	73	12.8	101.4	Per test
	91	72	8.6	80.8	Post test

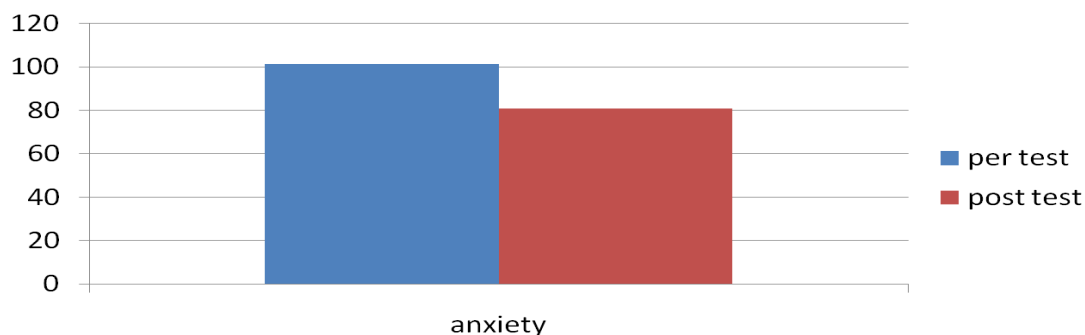


Diagram. 1: results of per-test & post-test anxiety reduction with goal setting method

Relaxation Reduction Anxiety In Male Students:

Table 2 is showing results of per-post test anxiety reduction with relaxation method. As indicate in table 2 the values of mean and $P=0.012$ show significant different between per-post test anxiety reduction with relaxation method.

Table 2: results of per-test & post-test anxiety reduction with relaxation method.

P	max	min	SD	mean	
0.012**	68.8	111.3	22.3	100.7	Per test
	45.2	85.3	21.5	60.2	Post test

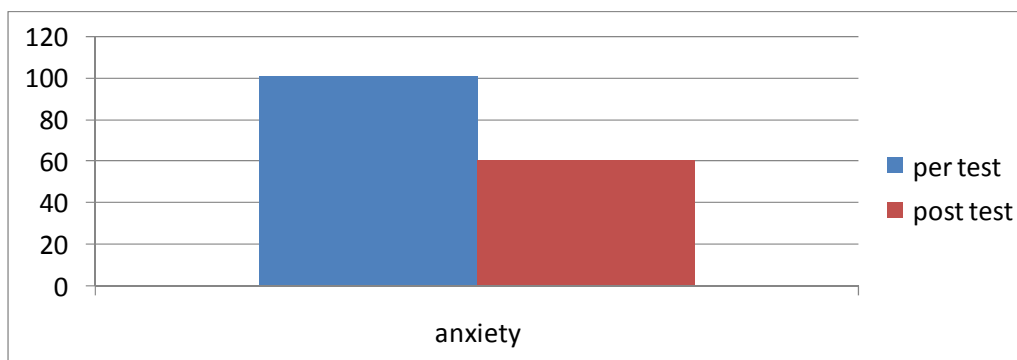


Diagram. 2: results of per-test & post-test anxiety reduction with relaxation method

Breathing Reduction Anxiety In Male Students:

Table 3 is showing results of per-post test anxiety reduction with breathing method. As indicate in table 3 the values of mean and $P=0.018$ show significant different between per-post test anxiety reduction with breathing method.

Table 3: results of per-test & post-test anxiety reduction with breathing method.

P	max	min	SD	mean	
0.018 **	102.3	19.4	90.7	114.2	Per test
	74.2	14.3	66.5	90.2	Post test

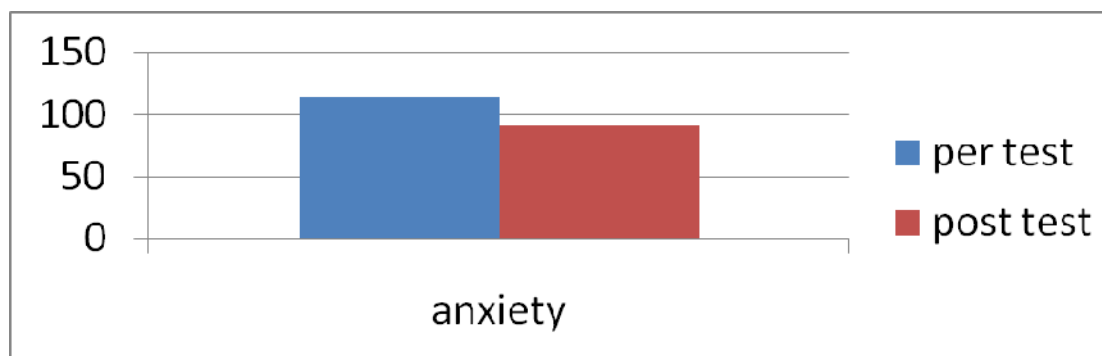


Diagram. 3: results of per-test & post-test anxiety reduction with breathing method

There Are Different Between Control And Experimental Groups To Reduction Anxiety:

Table 4 is showing results of per-post test anxiety reduction between control and experimental groups. As indicate in table 4 the values of mean and $P=0.731$ show no significant different in per test anxiety reduction between control and experimental groups. But values of mean and $P=0.021$ show significant different in post test anxiety reduction between control and experimental groups.

Table 4: results of per-test & post-test anxiety reduction between control and experimental groups.

Table 4: results of pre test & post test anxiety reduction between control and experimental groups.										
P		Control group				Experimental group				anxiety
post	per	Post test		Per test		Post test		Per test		
0.021**	0.731	SD	mean	SD	mean	SD	mean	SD	mean	
		14.4	96.4	17.2	100.6	12.1	60.4	16.3	101.3	

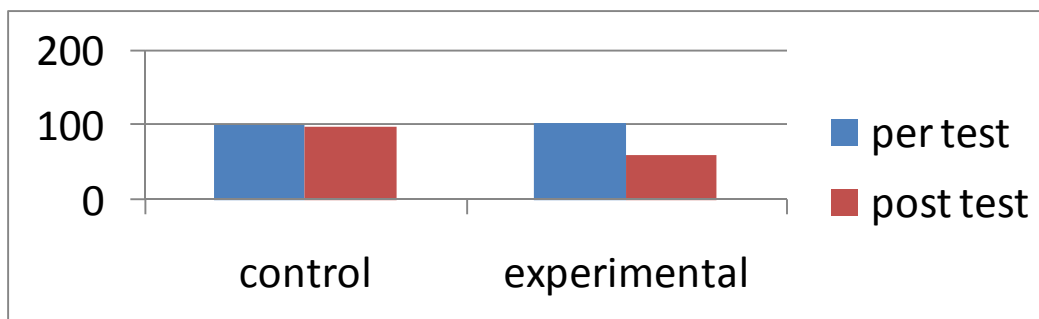


Diagram. 4: results of per-test & post-test anxiety reduction between control and experimental groups.

There Are Different Between Body And Mental Groups To Redaction Anxiety:

Table 5 is showing results of per-post test anxiety reduction between mental and body groups. As indicate in table 5 the values of mean and $P=0.982$ show no significant different in per test anxiety reduction between mental and body groups. But values of mean and $P=0.023$ show significant different in post test anxiety reduction between mental and body groups.

Table 5: results of per-test & post-test anxiety reduction between mental and body groups.

p		body group				mental group				anxiety
post	per	Post test		Per test		Post test		Per test		
0.023 **	0.982	SD	mean	SD	mean	SD	mean	SD	Mean	
		5.2	60.1	13.3	101.8	7.2	70.4	12.3	103.2	

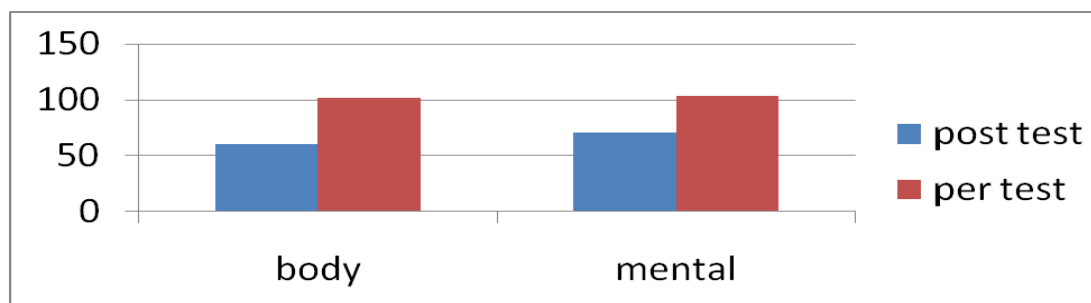


Diagram. 5: results of per-test & post-test anxiety reduction between mental and body groups.

Conclusion and Discussion:

The results showed there was significant different between per-post test in goal setting for decrease anxiety. The results showed there was significant different between per-post test in relaxation for decrease anxiety. The results showed there was significant different between per-post test in breathing for decrease anxiety. The results showed there was significant different between control and experimental group for decrease anxiety. The results showed there was significant different between body and mental methods for decrease anxiety. According to the results, three methods were effective to decrease anxiety, body methods were effective than mental methods, in body methods relaxation was best, if you want to decrease anxiety, you can use body methods and relaxation. Anxiety is activates the body's defense mechanism. This mechanism increased secretion of adrenaline from the adrenal glands. Adrenaline causes to product Catecholamine. Catecholamine Increasing blood flow, blood pressure, respiration, and so on. You saw that cause of anxiety was physical and physiological changes. So the best way to reduction anxiety is body training.

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