

SHORT COMMUNICATION-I

Ability to Relax Through Mental Training in Various Categories of Athletes

Seema Bajaj, Ph.D.

Aastha Institute for Testing Ability, Counselling & HRD, Haibowal, Ludhiana, Punjab
E-mail: seembajaj@yahoo.co.in

Abstract

Ability to relax through mental training was investigated on 30 male subjects (age range 18 to 30 years). The subjects were divided into three groups (Aerobic, Anaerobic & Mixed), based on their game/event, and the energy system that primarily caters to their metabolic requirements. It was found that aerobic group of subjects exhibited greater ability than all other groups to relax with the progression of mental training programme as indicated by the appearance of significant reduction in minute Heart Rate at all corresponding stages of the sessions from the start to the end of mental training programme (MTP).

Key Words: **Heart Rate, Biofeedback, Psycho relaxation, Imagery**

Introduction:

The poor performance of Indian athlete is a matter of great concern to the coaches in general and sport scientists in particular. In spite of the best training programmes, the Indian athletes fail to give their best in the International competition. One of the important analysis of performance of the athletes yield poor psychological preparation to display their best during the competition. A number of investigators have reported positive effect of mind training and biofeedback on the sports performance of athletes (*Hirota & Hirai, 1990, Feltz and Riessinger, 1990; Blumenstein et al., 1993; Couture et al., 1994 and Bakker et al., 1996*). These studies indicate that the use of imagery training with biofeedback offers the best potential to combat this situation. The literature is silent on the response of athletes to visual imagery in athletes undergoing different types of training. The present study has been planned from this

angle and employs the imagery training along with biofeedback control on different groups of athletes. The results of the study are expected to file great utility in the Psychological training of the athletes for high level competitions.

Materials and Methods:

The study was conducted on 30 male subjects (age range 18 to 30 years) of Diploma course run by NIS Patiala. The volunteers were separated into three groups, based on their game/event, and the energy system that primarily caters to their metabolic requirements, as under:
Aerobic: N=3, Anaerobic N=9, Mixed N=18

These subjects were given the Heart Rate biofeedback during the mental training sessions. Mental training sessions were given once in a day to all the subjects for fifteen days and it comprised of following two parts:-