

Effects of Six-Week Music Therapy on Skill Performance and Sports Competitions Anxiety among Handball Players

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Abstract – The aim of this study was to find the effect of six weeks of music therapy intervention on skill performance and sports competition anxiety among handball players. A total of 20 university handball players were selected for the conduct of this study. The subjects were then divided into two groups, viz., experimental group (i.e. music therapy group) and control group. A 2X2 repeated measures ANOVA revealed a significant difference in experimental group and control group in nine-meter throw, dominant hand speed pass, overhead pass, and SCAT score. The study concludes that a six week of music therapy is helpful in improving the performance of handball players.

Keywords – Music, Throwing Speed, Training

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INTRODUCTION

Physiological processes of the human organism cannot be understood without understanding psychological processes as they both are interdependent. Whether the physiologist is intrigued over certain psychological phenomenon affecting. This is what makes human organism unimaginably complex, both in structure and function (Izard, 2010). At this moment more and more are being laid on the psychological factors which controls, condition and modify the physiological functions. The core is to enhance individual performance by controlling some and manipulating other factors (Leach, 2016).

The need for the study of human behaviour in physical education and sports has long been felt. J. F Williams remarks: "physical education in its methods and materials should reflect modern psychology. This is always true function of the teacher to use the native impulses of the young as a starting point for assimilation of knowledge, acquisition of the skills and development of the habit of the society into which youth comes."

Firm and obvious relationship has been established between education and psychology. Its modification cannot be conceived without the study of behaviour, Human being is the most helpless and dependent in childhood for the fulfilment of his biological needs in comparison to animals (Aggarwal, 2014). The innate behaviour (raw material) needs a lot of modification so that the individual could fit himself into the texture of society. In physical education, the child learns motor skills and in competitive sports he makes use

of these skills to achieve success (Cook, 2013). Learning is a process it brings about modification in behaviour, it is a social attribute. Psychology helps the physical educator and the coach to understand the real springs of behaviour of players and how desirable changes and modifications can be brought in the behavioural patterns to the advantage of the individual and the society (Scott R. Johnson, 2011).

METHODOLOGY

For the conduct of the study 20 male handball players were selected from Lakshmibai National Institute of Physical Education, North East Regional Centre, Guwahati. The subjects were then randomly divided into two groups of 10 subjects each, experimental group undergoing music therapy and control group. The variables selected for the study were physical attributes such as nine-meter throw, dominant hand speed pass, overhead pass measured by Zinn Team Handball Skills Battery (1981) (Mcgee, 2000) and Sports Competition Anxiety Test (MARTENS, 1990).

All the subjects were assembled at training hall and briefed about the training programmer. Experimental group was administered practice session. The scholar had demonstrated the training to the groups. The test was administered to the players during their tournaments. The researcher provided all necessary instructions to the players and requested them for their cooperation and first-hand response. It was clearly explained to the subject that their responses will be kept confidential and has nothing to do with the selection in the university. They are assured that

their responses would use only for the purpose of research. The training program was personally supervised by the research scholar throughout the duration of the training.

The details of the training program are as follows:

- Total training program duration was six weeks.
- 3 days a week training session for 1 group.
- Each session of training was 45 min per day in evening.

Statistical Analysis

For the analysis 2x2 repeated measures ANOVA was used with time (pre vs post) as factor one and group (experimental vs control) as factor two. The statistical level of significance was set at $p \leq 0.05$.

RESULTS

The mean and standard deviation of the analysis are presented in Table 1.

Variables	Music therapy (Mean±SD)		Control (Mean±SD)		P-value (time × group)
	Pre-test	Post-test	Pre-test	Post-test	
Nine-meter throw	21.9±2.75	24.9±3.34	19.2±1.54	19.2±1.47	0.001
Dominant Hand Pass	4.78±0.30	4.57±0.28	5±0.51	5.08±0.51	<0.001
Over-head pass	17±2.66	21.2±2.78	17.3±1.56	17.5±1.17	<0.001
SCAT	19.8±2.97	17.9±2.51	20.8±3.22	20.4±2.71	<0.001

A 2 X 2 repeated measures design showed significant improvement in all the variables after music therapy as compared to control ($P = 0.001$ to <0.001).

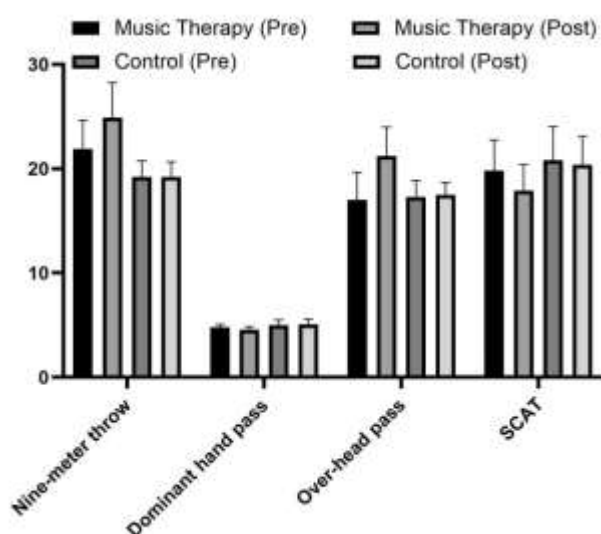


Fig 1: Graphical representation of pre-test scores and post-test scores.

DISCUSSION

The main aim of this study was to find the effect of six week music therapy on performance of nine-meter throw, dominant hand pass, overhead pass, and SCAT score. The findings of the analysis suggest that the six-week intervention of music therapy has a positive impact on all the outcome variables selected in this study. This may be due to the fact that music enhances the mental capability of an athlete by improving the mood and also helps in motivation. The music therapy is also linked with relaxation and helps in improving the fatigued state of an athlete after a training program.

Therefore, a six weeks of music therapy is sufficient in improving the performance of university handball players.

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