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## EFFECT OF PROGRESSIVE MUSCLE RELAXATION TRAINING ON COMPETITIVE ANXIETY OF MALE INTER-COLLEGIATE HOCKEY PLAYER

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The present study is mainly concerned with hockey players who participated in the high level competition. Now days, the game hockey is becoming as a professional sport rather than the competitive sport. So the competitiveness among the hockey players is growing up day by day with different color. Reason for such competitiveness is arise naturally among the players, because of pressures such as equal competition, concern about fulfilling the expectation of their teachers, coaches, parents and peer group and personal needs. The present study investigated the effect of psychological skill training techniques such as progressive muscle relaxation on competitive anxiety. The three sub-scales of competitive anxiety were also examined; cognitive anxiety, somatic anxiety, and state self-confidence. The study consisted of 24 male hockey players from Department of Physical Education, Bharathiar University, Coimbatore, their age ranged from 18 to 25 years. The Competitive State Anxiety Inventory-2 (CSAI-2), also developed by Martens, Vealey, & Burton (1990) were used. Subjects were randomly assigned to either a relaxation training experimental group, or a no relaxation training control group. Both the experimental groups were given training for 3 days a week and for 6 weeks in total. Paired t-tests were used to test the effect of treatment groups individually between pre and post -tests of all the groups on variables used in the present study. The result of the study reveals that there was significant difference in 0.05 levels of competitive anxiety among the male inter-collegiate hockey players.

**Key words:** Relaxation training, competitive anxiety.

## ANALYSIS OF PHYSICAL FITNESS OF VARIOUS LEVEL SRILANKAN CRICKETERS

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The Purpose of the present study was to analysis the selected Physical fitness Components of University, National and International level Srilankan cricketers. For this study fifteen University, National and International level Srilankan players were randomly selected. The age of the subject were not compared because the level of participation were differ (University, National and International). In the present study speed, Explosive strength, Agility, Cardio Respiratory Endurance, Grip Strength, Leg explosive power and Flexibility were selected as criterion variables. The data were collected from three teams separately. The ANOVA was used to analyze the data. The level of significance is set at 00.5. The findings of this study showed that the International cricket players are better in almost all the selected physical fitness variables when compared with National and University Srilankan cricket players.