

EFFECT OF JACOBSON'S RELAXATION TRAINING AMONG CORPORATE CRICKETERS

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ABSTRACT

The present study is an outcome of the Effect of Jacobson's Relaxation Training among Corporate Cricketers. To achieve the purpose of the study 30 Cricketers were selected from a Multinational Company, Chennai, and their age groups were between 23 and 35 years. Selected sample was divided into two equal groups, namely Experimental group, and Control group. Each group consisted of fifteen subjects. The random group design was used for the selection of subjects. The experimental group underwent Jacobson's relaxation training and Control group did not undergo any training. Job Satisfaction scale developed by Bubey, B.L., Uppal K.K. and Verma, S.K. (1989) and Everyly and Girdano's tool was used to quantify psychological Stress. Pre and post test were taken before and after the twelve weeks. To analyze the data ANCOVA test was used. The result of the study shows that there was a significant increase in Job Satisfaction and decrease in Stress among Corporate Cricketers due to Jacobson's Relaxation Training.

KEY WORDS: Jacobson's Relaxation Training, Job satisfaction and Stress

INTRODUCTION

Jacobson asserted that relaxation of muscles would lead to relaxation of the mind, "because an emotional state fails to exist in the presence of complete relaxation of the peripheral parts involved" (Jacobson, 1938). Relevant reviewed literature proves that 76% of studies that used Jacobson's relaxation training led to significantly positive changes. Corporate Cricketers excel in all fields of life is the need of the hour. Job satisfaction is simply how content an individual is with his or her job. Job satisfaction can also be seen within the broader context of the range of issues which affect an individual's experience of work, or their quality of working life. Job

satisfaction can be understood in terms of its relationships with other key factors, such as general well-being, stress at work, control at work, homework interface, and working conditions. Occupational stress can occur when there is a discrepancy between the demands of the environment/workplace and an individual's ability to carry out and complete these demands. Often a stressor can lead the body to have a physiological reaction which can strain a person physically as well as mentally. Jacobson's relaxation training can improve Job Satisfaction level and reduce Stress. Its versatility and application make it one of the most useful

methods to induce a healthy vigorous active life

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the Effect of Jacobson's Relaxation Training on

HYPOTHESIS

It was hypothesized that there would be a significant increase in Job Satisfaction among Corporate Cricketers due to Jacobson's Relaxation Training.

DELIMITATION

The sample was delimited to thirty Corporate Cricketers.

The age groups of the sample were between 23 and 35 years.

LIMITATION

Certain factors like lifestyle, body structure, personal habits, family heredity, and motivational factors are not to be taken into consideration for this study. Certain factors like diet, environmental and climatic conditions, and economical background is not to be taken into consideration. **SMITH (1999)** indicates risk factors that are related to work activities where human interaction with computers occurs. Many of the 21 stressors in human computer interaction are similar to those that have historically been observed in other automated jobs. These included high workload, high work pressure, diminished job control, inadequate employee training in the use of new technology, monotonous tasks, poor supervisory relations, and fear for job security. In addition, new stressors have emerged that can be linked primarily to human computer interaction. These include technology breakdowns, technology slowdowns, and electronic performance monitoring. In the workplace the effects of these stresses are increased arousal; somatic

that enhances or maintains the business need.

Job satisfaction and Stress among Corporate Cricketers.

It was hypothesized that there would be a significant decrease in Stress among Corporate Cricketers due to Jacobson's Relaxation Training.

The selected sample was divided into two; each group was consisted of fifteen samples only.

The study was delimited to the Corporate Cricketers working in Chennai

complaints, especially of the musculoskeletal system; mood disturbances, particularly anxiety, fear and anger; and diminished quality of working life, such as reduced job satisfaction. **Terry, Tonge and Callan (1995)**, stressful circumstances were events or conditions that reduced and disrupted people's ability to engage in everyday activities. Job related stress was associated with lower levels of satisfaction and psychological wellbeing in the workplace. Coping with the stress of organizational change required both individual and organizationally managed responses, according to Pearlman and Schooler (1978). In response to large-scale organizational change, many employees were stressed by change, downsizing, and uncertainty about how the change affected their careers, opportunities for promotion, and reporting lines. A company merger increased the levels of uncertainty and stress in employees, and decreased their levels of job satisfaction and commitment to the organization

METHOD

Sample

To achieve the purpose of this study thirty samples was randomly selected from a Multinational company, Chennai, The subject's age groups were ranging between 23 and 35 years only. They were divided into two equal groups. The group which was exposed to Jacobson's Relaxation Training is considered as Experimental group and another group is Control group without any training.

Variables

1. **Independent variables** – Jacobson's Relaxation Training
2. **Dependent variables** – Job Satisfaction and Stress

Experimental Design

The study was formulated as a true random group design, consisting of a pre test and post test, the sample (N=30) were randomly assigned to two equal groups. The groups were assigned as Experimental group and Control group. Pre test was conducted in all subjects on Job satisfaction and Stress. The experimental group was exposed to Jacobson's Relaxation Training for a period of twelve weeks. The post test was conducted on the above said dependent variables after a period of twelve weeks.

Training Tool

The Experimental group was taught Jacobson's Relaxation Training and also clarified the doubts which they had while practicing. They were asked to practice every day, each time lasting 20 to 30 minutes, which was monitored by the investigator.

Administration

Before the commencement of the training program, Job Satisfaction and their Stress level were measured and then Jacobson's Relaxation training was given to the Experimental group and utmost care was taken during the training period and subsequently that none of the subjects in Control group got influenced by interacting with those in Experimental group. Twelve weeks after the training, both the groups were assessed on the same parameters.

Scoring

The Job Satisfaction Scale consists of 25 statements. It is measured on a 5 point scale ranging from 0 to 4. The subjects can evaluate each statement on the basis of their judgment on the following 5 point scale. Strongly agree, Agree, Undecided, Disagree, and Strongly disagree. The score below 25 is High satisfaction, 27 to 75 is Moderate and above 75 is Low satisfaction. The low score indicates a high level of Job Satisfaction and highest score indicates a low level of Job Satisfaction.

Stress scales consists of 14 statements. Each statement consists of 4 responses: Almost always trues, usually true, seldom true, and never true. The sum of all the weights assigned to all items in the total score of the individual. The minimum score is 0 and the maximum score is 42. The low score indicates a low level of stress and the high score indicates high level

Statistics

The data collected from the sample were treated with Analysis of Covariance to find out the adjusted mean difference among the groups.

RESULTS AND DISCUSSION

Table I
COMPUTATION OF ANALYSIS OF COVARIANCE ON JOB SATISFACTION
 (Scores in Marks)

Test	Exp group	Control Group	Source of Variance	Sum of Squares	df	Mean squares	Obtained F values
Pre test	62.16	61.48	Between	5.78	1	5.78	3.05
			Within	845.60	48	17.62	
Post test	39.44	62.76	Between	6797.78	1	6797.78	210.69*
			Within	1548.72	48	32.27	
Adjusted	39.25	62.95	Between	6971.84	1	6971.84	254.32*
			Within	1288.46	47	27.41	
Mean gain	22.72	-1.28					

Table F ratio at 0.05 level of confidence for df 1, 48 and 1, 47 was 4.04.

*indicates significance at 0.05 level.

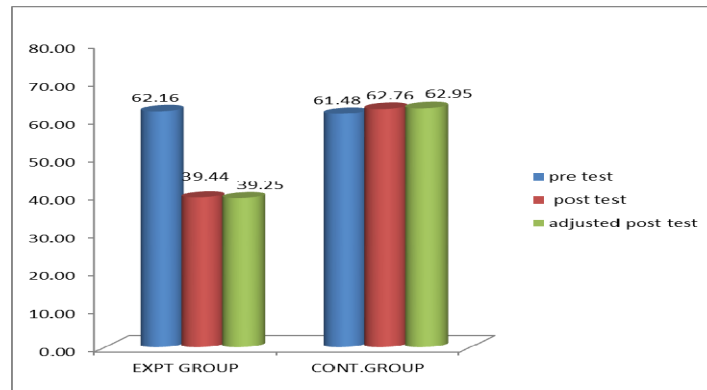
Table I shows that the pre test mean scores of Job Satisfaction for experimental Group was 62.16 and control group was 61.48. The post test means showed differences due to Jacobson's Relaxation Training the mean values were 39.44 and 62.76 respectively. The obtained F value on pre test scores 3.05 was less than the required F value of 4.04 to be significant at 0.05 level. This proved that there was no significant difference between the experimental and control groups indicating that the process of randomization of the group was perfect while assigning the sample into groups. The post test scores analysis proved that there was a significant difference between the groups, as the obtained F value 210.69 was greater than the

required F value of 4.04. This proved that the difference between the post test means of the sample were significant. Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 254.32 was greater than the required F value of 4.04. This proved that there was a significant difference among the means on Job Satisfaction due to Jacobson's Relaxation Training for twelve weeks

The result of this study on Job Satisfaction was presented through bar diagram for better understanding of the results of this study.

BAR DIAGRAM ON PRE, POST AND ADJUSTED MEANS OF JOB SATISFACTION

(Scores in No. of Jobs)

Figure I**DISCUSSION ON JOB SATISFACTION**

The results presented in Table I shows that the obtained adjusted means of the Experimental group after the post test was 39.25. Whereas the mean scores of the control group after the post test was 62.95. The differences among pre test scores and post test scores and adjusted mean scores of the sample statistically treated using ANCOVA and F values obtained were 210.69 and 254.32 respectively. Thus the F

value on post test and adjusted post test reveal that there was a significant difference in the Job Satisfaction due to Jacobson's relaxation training.

There is a significant increase on Job satisfaction among Corporate Cricketers due to Jacobson's relaxation training and therefore the Hypothesis I is accepted.

RESULTS ON STRESS LEVEL

Table II
COMPUTATION OF ANALYSIS OF COVARIANCE ON STRESS
(Scores in Marks)

Test	Exp group	Control Group	Source of Variance	Sum of Squares	Df	Mean squares	Obtained F values
Pre test	35.84	35.16	between	5.78	1	5.78	1.49
			within	186.72	48	3.89	
Post test	27.40	33.44	between	456.02	1	456.02	49.28*
			within	444.16	48	9.25	
Adjusted	27.41	33.43	between	440.64	1	440.64	46.63*
			within	444.11	47	9.45	
Mean gain	10.08	0.32					

Table F ratio at 0.05 level of confidence for df 1, 48 and 1, 47 was 4.04.

*indicates significance at 0.05 level.

Table II shows that the pre test mean scores of Stress for experimental Group was 35.84 and control group was 35.16. The post test means showed differences due to Jacobson's Relaxation Training the mean values were 27.40 and 33.44 respectively. The obtained F value on pre test scores 1.49 was less than the required F value of 4.04 to be significant at 0.05 level. This proved that there was no significant difference between the Experimental and Control groups indicating that the process of randomization of the group was perfect while assigning the sample into groups. The post test scores analysis proved

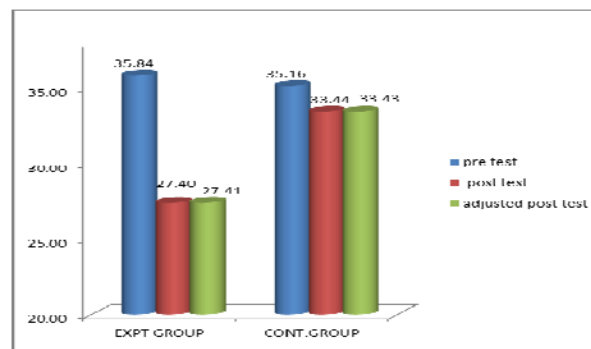
that there was a significant difference between the groups, as the obtained F value 49.28 was greater than the required F value of 4.04. This proved that the difference between the post test means of the sample were significant. Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value of 46.63 was greater than the required F value of 4.04. This proved that there was a significant decrease among the means on Stress in the experimental group due to Jacobson's relaxation training for twelve weeks.

The result of this study on Stress was presented through bar diagram for better understanding of the results of this study.

BAR DIAGRAM ON PRE, POST AND ADJUSTED MEANS OF STRESS

(Scores in No. of Jobs)

Figure II



DISCUSSION ON STRESS

The results presented in Table II shows that the obtained adjusted means of the experimental group after the post test was 27.41. Whereas the mean scores of the control group after the post test was 33.43. The differences among pre test scores and post test scores and adjusted mean scores of the sample statistically treated using ANCOVA and F values obtained

were 49.28 and 46.63 respectively. Thus the F value on post test and adjusted post test reveal that there was a significant decrease in the Stress due to Jacobson's Relaxation Training.

There is a significant decrease on Stress among Corporate Cricketers due to Jacobson's Relaxation Training and therefore the Hypothesis II is accepted.

CONCLUSION

From the analysis and discussions of the present study, It was concluded that there was significant Increase in Job Satisfaction and reduce in Stress among Corporate Cricketers due to Jacobson's Relaxation Training .

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