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Influence of Remedial Training on Negative Psychological Parameters among Female Athletes

Himanshi Verma[1], Priya Verma[2], Dr. Payel Das[3]

[1]Assistant Professor, IGNTU, Amarkantak , M.P.

[2]TGT(P&HE), Kendriya Vidyalaya Sangathan

[3]Assistant Professor, LNIPE, Gwalior, M.P.

Abstract:

Over the past century, rapid lifestyle changes have led to widespread stress and psychosomatic illnesses, as modern life disrupts mental and physical balance. Despite medical advances, true health remains elusive because the root causes lie in the mind, not just the body. The purpose of the present study is to check the influence of remedial training on psychological negative parameters among female athletes. The samples were selected using random sampling method. In this study, the sample of total of 28 female athletes aged 28-21 years with mean and SD 20±1.6 were selected from LNIPE Gwalior, district, M.P. The study was further restricted to four variables, i.e, stress, aggression, insomnia and anxiety. The perceived stress scale was used which included questions to find out the stress level of female athletes. Training Buss Perry Aggression Questionnaire (BPAQ) was used which included questions to find out the level of aggression in female athletes. For anxiety, the data was collected through General anxiety disorder, (GAD-7) indexing questions to check the level of anxiety in female athletes. The ISI (Insomnia Severity Index) was used prompting questions to find out the level of insomnia. Descriptive Statistics and Paired t- test was employed to analyze the data of the study collected after employing questionnaires to the subjects. The results of the study indicate that remedial training had a significant impact on female athletes. Specifically, there was a notable reduction in their levels of stress, aggression, and insomnia following the training. However, the study found no significant difference in the level of anxiety among the participants after undergoing the remedial training.

Keywords: Stress, Anxiety, Depression, Insomnia, Cognitive Behavioral therapy, Aggression, Yoga Nidra, Pranayama, Relaxation, Remedial training

Introduction:

Female athletes are increasingly exposed to a wide range of psychological challenges arising from intense competitive environments, heightened performance expectations, rigorous training schedules, and complex sociocultural influences. Common negative psychological parameters such as stress, anxiety, aggression, and insomnia have been shown to adversely affect concentration, emotional stability, physiological recovery, and overall athletic performance. Persistent exposure to these factors may result in burnout, increased susceptibility to injury, impaired decision-making, and a decline in motivation and competitive confidence (Weinberg & Gould, 2019; Cox, 2012). Empirical evidence further suggests that female athletes often experience greater psychological vulnerability due to hormonal fluctuations, role conflicts, gender-

based expectations, and comparatively limited access to structured psychological support systems (Nicholls et al., 2016).

To address these challenges, remedial training has gained recognition within sports psychology as an effective corrective and supportive intervention. Remedial training involves structured psychological and mind–body strategies designed to reduce negative mental states and enhance adaptive coping mechanisms. Interventions such as Yoga Nidra, mindfulness practices, relaxation training, pranayama, meditation, counseling, and cognitive-behavioral techniques have demonstrated positive effects in promoting emotional regulation, reducing stress and anxiety, improving sleep quality, and strengthening mental resilience among athletes (Saraswati, 2009; Kabat-Zinn, 2003). Yoga-based practices, rooted in classical yogic philosophy and supported by contemporary psychological research, are particularly effective in achieving psychophysiological balance by calming the autonomic nervous system and stabilizing mental fluctuations (Patanjali, trans. 2002).

Within the framework of sports psychology, remedial training serves not only as a therapeutic measure but also as a performance-enhancing approach aimed at optimizing psychological well-being and athletic efficiency (Kamlesh, 2011). Despite growing evidence supporting these interventions, limited research has systematically examined their combined influence on multiple negative psychological parameters among female athletes. Therefore, the present study seeks to investigate the influence of remedial training on selected negative psychological parameters—namely stress, anxiety, aggression, and insomnia—among female athletes.

Materials and methods:

Selection of Subjects: The sample was selected by using random sampling method. In this study a sample of total 28 female athletes of LNIPE, Gwalior were selected whose age range from 18-21 years of Bped Program

Selection of Variables:

The research scholar conducted a comprehensive review of various scientific literatures to identify key variables relevant to the study. Based on this review, the following psychological variables were selected: stress, aggression, anxiety, and insomnia. In addition to these psychological factors, demographic variables such as age and gender were also considered. The study focused specifically on female athletes within the age group of 19 to 25 years, aiming to explore the impact of these psychological variables on this particular population.

Criterion Measures: To find out the effect of remedial training on psychological negative variables among female athletes of BPED program. For assessing the stress, Perceived stress scale was used, for aggression Buss Perry Aggression Questionnaire was used, for anxiety GAD-7 Generalized anxiety disorder scale and for insomnia, Insomnia Severity Index was used to determine the levels of stress, aggression, anxiety and insomnia.

Administration of Test: Before distributing the questionnaire all the subjects were explained and instructed about the purpose and technique of attempting the questionnaire. After receiving the questionnaire every subject did go through the questionnaire and the options of answers given and

attempted accordingly. The scores of questionnaires were recorded as per the norms. Data for this study was collected by administering the Perceived stress scale was used which contained 10 questions and was distributed via offline mode when they had enough time to spare for responding the questionnaire. Buss Perry Aggression questionnaire (BPAQ) for Aggression was used which contained 29 questions and was distributed via offline mode when they had enough time to spare for responding the questionnaire. Generalized Anxiety disorder (GAD -7) for anxiety was used which contained 7 questions and was distributed via offline mode when they had enough time to spare for responding the questionnaire and Insomnia Severity Index (ISI) was used which contained 5 questions and was distributed via offline mode when they had enough time to spare for responding the questionnaire. Further, all the necessary instructions related to the administration of questionnaire were given and the subjects were made understood about the questionnaire before its administration. Subject were also assured that the data collected from them will be kept confidential and used only for interpreting the results of the present study.

Statistical technique: To find out the result, whole data was analysed by statistical package for social science (SPSS) version 20. For testing hypothesis, the level of significance was set at 0.05, descriptive statistics and Paired T test was employed in this study.

Results:

The purpose of this study was to determine the effect of remedial training on psychological negative variables among female athletes of BPED program. For assessing the stress, the data was collected through perceived stress scale, for aggression the data was collected through Buss Perry Aggression Questionnaire (BPAQ), for anxiety the data was collected through General Anxiety Disorder Assessment (GAD-7) and for Insomnia, the Insomnia severity Index (ISI) was used, to determine the level of stress, anxiety, aggression and insomnia. The collected data was statistically treated and the result of the 'Descriptive statistics and Independent t- Test' along with the findings of the study are presented in this chapter.

Findings:

An overview of the statistical tests applied to the various variables included in the questionnaire reveals a consistent analytical approach. For each psychological variable stress, anxiety, aggression, and insomnia descriptive statistics were first computed to summarize the basic features of the data, including measures such as mean, standard deviation, and range. Following this, a paired t-test was applied to each variable to examine any significant differences between the paired observations, such as pre-test and post-test scores. This method allowed the researcher to assess changes or effects within the same group of participants over time, thereby ensuring a robust analysis of the psychological dimensions being studied.

Table 1. descriptive Statistics

	Mean	N	STD. DEVIATION	STD. ERROR MEAN
PRE ANXIETY	9.5357	28	3.10891	.58753
POST ANXIETY	8.2500	28	4.27417	.80774

Table 2. PAIRED SAMPLES TEST

	PAIRED DIFFERNCES			95% CONFIDENCE DIFFERENCE				
	MEAN	SD	STANDARD ERROR MEAN	LOWER	UPPER	t	Df	SIG. (2 TAILED)
PRE AND POST ANXIETY	1.28571	4.25	.80	-.362	2.93374	1.601	27	.121

A paired sample t test was conducted to evaluate the impact of remedial training on anxiety level of female athletes. The result showed that before the training (M= 9.53, S.D.=3.10). The mean anxiety level was and subsequently increased after the intervention (M = 8.25, S.D= 4.27). The paired sample test reveal a statistically insignificant mean difference in anxiety level between pre and post assessments. (M= 1.28, SD= 4.25 , 95% C.I= (-0.36 , 2.93) , T(27) = 1.60 , p = 0.121) . These findings provide robust evidence of a insignificant improvement in anxiety level following the intervention emphasizing the remedial training effect.

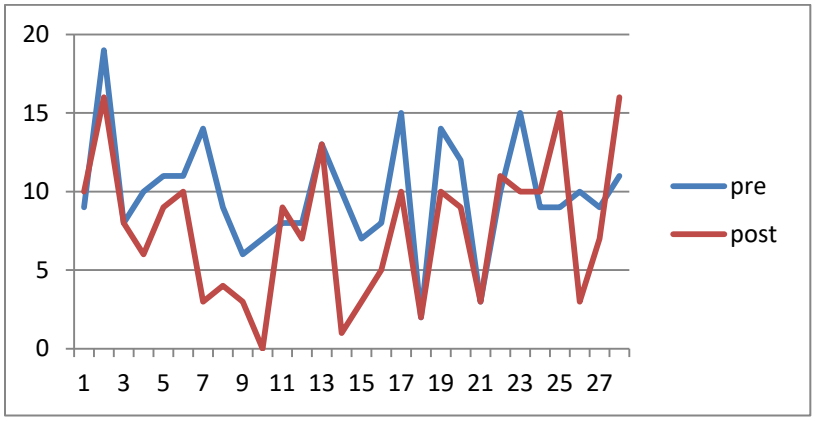

Figure 1.

Table 3. Descriptive statistics:

	Mean	N	Standard Deviation	Std. error mean
pre insomnia	7.9286	28	4.34553	.82123
Post insomnia	4.6071	28	2.79337	.52790

Table 4. paired t test significant table:

Pre insomnia – post insomnia	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	Df	Sig.(2-tailed)
	3.32143	3.59066	.67857	1.92912	4.71374	4.895	27	.000
				Lower	Upper			

A paired sample t test was conducted to evaluate the impact of remedial training on insomnia level of female athletes. The result showed that before the training (M= 7.92, S.D.= 4.34). The mean insomnia level was and subsequently reduced after the intervention (M = 4.60, S.D= 2.79). The paired sample test reveals a statistically significant mean difference in anxiety level between pre and post assessments (M= 3.32, SD= 3.59, 95% C.I= (0.67 , 1.92), T(27) = 4.89, p = 0.000). These findings provide robust evidence of a significant improvement in insomnia level following the intervention emphasizing the remedial training effect.

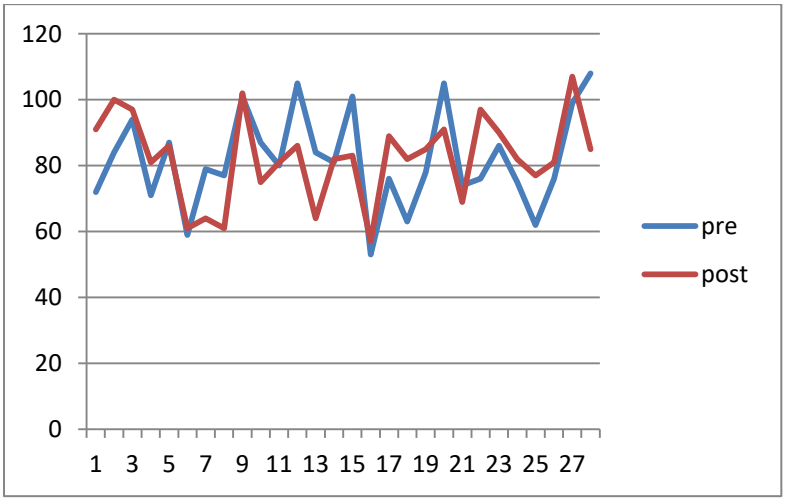

Figure 2.

Table 5. descriptive statistics:

	Mean	N	Std. Deviation	Std. Error Mean
Pre stress	21.0357	28	6.19726	1.17117
Post stress	19.2143	28	6.10013	1.15282

Table 6. paired t-test significant table:

Pre stress – post stress	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	Df	Sig.(2-tailed)
	1.82143	4.65915	.88050	.01480	3.62806	2.069	27	.048
				Lower	Upper			

A paired sample t test was conducted to evaluate the impact of remedial training on stress level of female athletes. The result showed that before the training (M= 21.03 , S.D.= 6.19). The mean stress level was and subsequently reduced after the intervention (M = 19.21 , S.D= 6.10) . The paired sample test reveals a statistically significant mean difference in stress level between pre and post assessments (M= 1.82, SD= 4.65, 95% C.I= (0.01 , 3.62) , T(27) = 2.069 , p = 0.48) . These findings provide robust evidence of a significant improvement in stress level following the intervention emphasizing the remedial training effect.

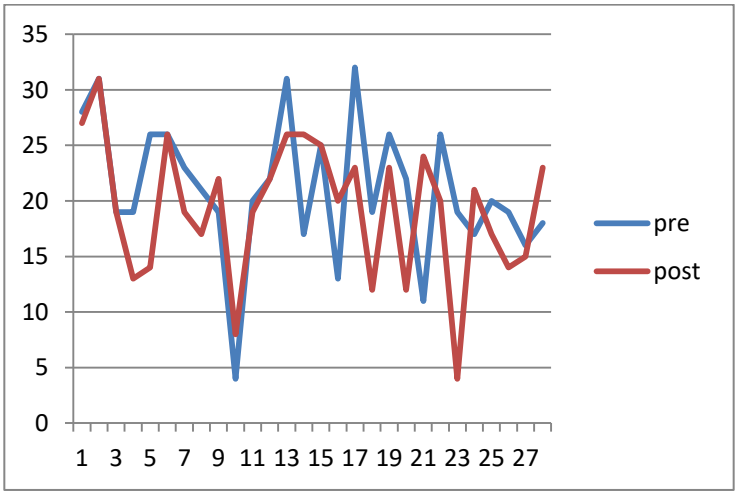

Figure 3.

Table 7. Descriptive statistics:

	Mean	N	Std. Deviation	Std. Error Mean
Pre aggression	81.8929	28	14.38965	2.71939
Post aggression	82.3571	28	12.94208	2.44582

Table 8. t test significant table:

Pre aggression – post aggression	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig.(2-tailed)
	-.46429	13.05681	2.46750	-5.52719	4.59861	-.188	27	.852
				Lower	Upper			

A paired sample t test was conducted to evaluate the impact of remedial training on aggression level of female athletes. The result showed that before the training (M= 81.89 , S.D.= 14.38). The mean aggression level was and subsequently reduced after the intervention (M = 82.35, S.D= 12. 94). The paired sample test reveals a statistically significant mean difference in anxiety level between pre and post assessments (M= -.46, SD = 13.05, 95% C.I= (-5.52 , 4.59) , T(27) = 0.852 , p = 0.48) . These findings provide robust evidence of a significant improvement in aggression level following the intervention emphasizing the remedial training effect.

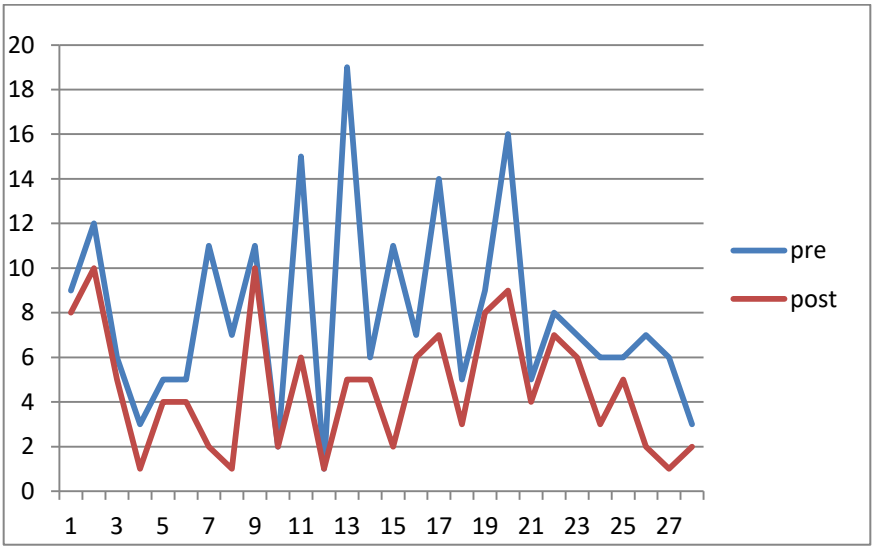

Figure 4.

Discussion of Findings:

The results of the paired t-test indicated significant improvements in all three variables following the intervention. Specifically, participants showed reduced levels of stress, aggression, and insomnia after undergoing the remedial training, emphasizing its positive impact. Based on the statistical analysis, the null hypotheses (h_0) for stress, aggression, and insomnia were rejected in favor of the alternative hypotheses (h_1), confirming the effectiveness of the intervention in improving these psychological outcomes. The result from the paired t test does not showed a significant improvement in anxiety levels following the intervention of the remedial training effect.

Based on the results of the statistical analysis, the null hypothesis (ho) is accepted in disfavor of the alternate hypothesis (h1).

The fast-paced and material-oriented lifestyle of the modern world has brought profound changes in human behavior, thought processes, and emotional functioning, contributing to a significant rise in psychological and stress-related disorders. Contemporary life demands constant adaptation to competitive environments, time pressures, and performance expectations, which often result in mental and emotional imbalance. Psychological conditions such as stress, anxiety, aggression, and insomnia are therefore not merely physiological or medical concerns but are deeply rooted in cognitive, emotional, and psychosocial factors (Weinberg & Gould, 2019; Cox, 2012). Although modern medical science provides symptomatic treatment for these conditions, it frequently fails to address their underlying psychological and emotional origins, particularly those related to maladaptive thinking patterns, value conflicts, and emotional dysregulation.

Disciplines such as sport psychology, yoga therapy, and mindfulness-based interventions emphasize a holistic approach to health by integrating the mind, body, and spirit. These approaches focus on restoring internal balance through self-regulation, awareness, and adaptive coping mechanisms (Kabat-Zinn, 2003; Saraswati, 2009). Yogic practices such as Yoga Nidra, pranayama, meditation, mindfulness, and relaxation techniques have been shown to effectively reduce autonomic arousal, stabilize mental fluctuations, and enhance emotional resilience. Classical yogic philosophy, as articulated by Patanjali, highlights the regulation of mental modifications as the foundation of psychological stability and well-being (Patanjali, trans. 2002). Similarly, contemporary psychological research supports the role of mind–body interventions in reducing stress, improving sleep quality, and managing emotional disturbances.

In the context of sports, athletes—particularly female athletes—are more vulnerable to psychological disturbances due to intense training loads, competitive pressure, hormonal fluctuations, societal expectations, role conflicts, and limited psychological support systems (Nicholls et al., 2016). Elevated levels of anxiety, stress, insomnia, and aggression negatively influence athletic performance, recovery, decision-making, and overall quality of life. Therefore, it has become increasingly important to identify, assess, and manage these negative psychological parameters, especially among female athletes at both beginner and elite levels.

Remedial training has emerged as an effective supportive and corrective intervention within sports psychology, designed to address psychological deficiencies and enhance mental well-being. Remedial training involves structured and individualized strategies that include psychological counseling, yoga-based practices, relaxation training, mindfulness, and cognitive-behavioral techniques, aimed at promoting emotional stability and psychological balance (Kamlesh, 2011). Through systematic application, remedial training helps athletes develop adaptive coping skills, reduce negative emotional states, and improve sleep and recovery processes.

The present study is an attempt to examine the influence of remedial training on selected negative psychological variables—namely anxiety, stress, insomnia, and aggression—among female athletes. Furthermore, the study seeks to establish the positive impact of remedial training in

enhancing emotional stability and psychological well-being, thereby contributing to improved athletic performance and overall quality of life.

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