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Rehabilitation of Self-Confidence Through Meditation, Relaxing Exercises, and Personal Counseling

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Abstract---The purpose of the study was to find out the effect of a four-week rehabilitation program on the Self-Confidence of Handball players of Iraq. The Agnihotri's Self-Confidence Inventory (ASCI) was used to collect the data. A multi-stage sampling technique was adopted. At the onset, the handball players belonging to Iraqi Central Handball Federation, Baghdad, Al Shorta Stadium, Baghdad, Albaladiyah club, Basra were selected purposively. Finally, fifty (50) subjects were selected randomly from the mentioned centers. Since the present study was experimental, the one-group pretest-posttest design was used to complete the study. The paired t-test was used to analyze the data using SPSS version 21. The results revealed a significant difference in the scores of pre and post-tests.

Keywords---breathing exercises, handball, rehabilitation program, relaxing exercises, self-confidence.

Introduction

Previous research has demonstrated that sports can help people cope with modern society's multifaceted structure and material culture (Ryu, 2000). Besides, sports can strengthen interpersonal connections, cultivate active physical attitudes, foster social solidarity, and promote personal health, which can help meet social-psychological demands and alleviate emotional differences. Also, research shows that youth who participate in sports benefit in various ways, including enhanced social affinity, collaboration, physical adaption, accomplishment motivation, emotional control, sense of responsibility, self-

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confidence, self-esteem, sports personality, and leadership (Gould & Hom, 1984). Despite the numerous advantages of engaging in juvenile sports, many young athletes engage in excessive training and competition under overbearing guidance due to the increased demand for national and international success.

Self-confidence is a personality trait that indicates a belief in one's abilities. According to (Supriyo 2008), self-confidence is "a deep sensation in one's head that he can do something for himself, his family, his community, his people, and his religion." Self-confidence is defined by Stets & Burke (2014), as a result of adolescents' identity formation aimed at producing high self-confidence. A person who lacks self-confidence, on the other hand, is dissatisfied with himself, feels sorry for himself, and is easily discouraged. Students will comprehend themselves better if they have great self-confidence in the classroom. Meanwhile, pupils who lack self-confidence will have their self-potential stifled, leading them to be gloomy when confronted with obstacles, be fearful and hesitant to present their ideas, be concerned while making decisions, and frequently comparing themselves to others.

Adolescents should have the capacity and abilities inside themselves to deal with low self-confidence. Family, school, and friendship primarily influence negative self-esteem and low self-confidence. Because confidence is strongly tied to the academic area of students, according to Saputra (2018), confidence becomes a vital factor in the development of pupils in school. This problem occurs when teenagers lack sufficient understanding and aptitude to deal with internal changes. The researcher being a Handball player, felt that there is a need to implement a rehabilitation program based on meditation, breathing exercises, and counseling to cope with the lack of self-confidence in the Handball players of Iraq. Therefore, he took a study entitled "rehabilitation of self-confidence through meditation, relaxing exercises, and personal counseling".

Methodology

The present study was experimental. Therefore, the one-group pretest-posttest design was used. The data about this study were collected from fifty (n=50) handball players belonging to Iraqi Central Handball Federation, Baghdad, Al Shorta Stadium, Baghdad, Albaladiyah club, Basra during the camp for the selection of Iraqi National 'A' and 'B' teams. Prior to the pretest data collection, consent was taken from the players. In the beginning, sixty-five (65) subjects were randomly selected. However, to fulfill the research objectives based on their performance level and age group, a total of fifty subjects (n=50) aged between 18 and 24 years were included for pre and post-data collection. Moreover, players who voluntarily agreed to participate in this study were considered and included in the present investigation. Agnihotri's Self-Confidence Inventory (ASCI) was used to collect the data.

The principal objective of the present research work was to find out the effect of a four-week rehabilitation program on the self-confidence of handball players. A well-designed rehabilitation program was prepared for the particular handball players to achieve this purpose. The researcher considered Cognitive Behavioral Therapy (CBT) and took the help of sports psychiatrists and professional

counselors in implementing the entire Rehabilitation program. The four-week training program included lectures, meditation, breathing exercises, and personal counseling to boost self-confidence among the participants. The major factors that affect self-confidence were considered as:

- Positive attitude
- Self-acceptance
- Fear of failure
- Negative self-analysis

The rehabilitation program sessions were scheduled just before the evening handball practices time. During these sessions, all participants were gathered in a multipurpose hall where the facility of PowerPoint projection and the sound system was already installed. With the help of a sports psychiatrist and professional counselor, the researcher administered the pre-designed activities program to boost self-confidence among the participants.

Table 1

The brief description of the rehabilitation program for self-confidence is furnished

Days	Theme of the lecture designed (45 minutes)	Meditation 10. min.	Breathing and Relaxing exercises. (5. min)	Personal counseling (20 minutes)	Self-efficacy skill training (10 minutes)
Day 1	accept yourselves - both the good and the bad sides	Meditation practices	Breathing and Relaxing exercises	Personal counseling was done	Self-efficacy skill training was done
Day 2	Believe in your own abilities-	Meditation practices	Breathing and Relaxing exercises	Personal counseling was done	Self-efficacy skill training was done
Day 3	Feel secure	Meditation practices	Breathing and Relaxing exercises	Personal counseling was done	Self-efficacy skill training was done
Day 4	Modesty is a virtue	Meditation practices	Breathing and Relaxing exercises	Personal counseling was done	Self-efficacy skill training was done
Day 5	Conditions Which Breaks Down the Self-Confidence	Meditation practices	Breathing and Relaxing exercises	Personal counseling was done	Self-efficacy skill training was done
Day 6	Conditions Which Build up the Self-Confidence	Meditation practices	Breathing and Relaxing exercises	Personal counseling was done	Self-efficacy skill training was done

Day 7	Self-Confidence in Order	Meditation practices	Breathing and Relaxing exercises	Personal counseling was done	Self-efficacy skill training was done
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The data were analyzed using Statistical Package of Social Sciences (SPSS) version 21.0. At the first stage, descriptive statistics were used to determine the psychological characteristics of Iraqi handball players at various levels. Furthermore, to answer the specific objective of the research study and to find out the effect of the rehabilitation program among the handball players of Iraq t-test was used, the level of significance was set at 0.05 ($P < 0.05$).

Result and Discussion

Significant differences were found between the pre and post t-tests mean scores of handball players on *decision/conclusion to the fast movement during the game* ($t = 6.47, p < .05$), *new skills learning* ($t = 3.83, p < .05$), *meeting with the public* ($t = 2.63, p < .05$), *dent to play certain other games* ($t = 3.68, p < .05$), *always interested to get the best out of you* ($t = 2.69, p < .05$), *fear of losing / not succeeding* ($t = 2.75, p < .05$), *get yourself back to face any problems* ($t = 3.52, p < .05$), *concentrate on a subject is difficult for me* ($t = 2.08, p < .05$), *quick and final decision* ($t = 4.63, p < .05$), *get discouraged immediately* ($t = 2.01, p < .05$), *feeling that there is no one to help for you* ($t = 2.68, p < .05$), *you always feel that whatever you want to do, you can do it* ($t = 2.12, p < .05$), *You feel that no one can stop you to achieve your goal* ($t = 2.91, p < .05$).

Significant differences were not found between the pre, and post-tests mean scores of handball players on *always worry / think more on every skill matter* ($t = 0.26, p > 0.05$), *It is believed that you are satisfied within (your imaginations thoughts) your impossible wishes* ($t = 1.70, p > 0.05$), *Whenever you get upset, it takes more time to get back to normal* ($t = 0.73, p > 0.05$), *When you are alone, you experience yourself with courage and boldness* ($t = 0.43, p > 0.05$), *Whenever someone gazes at you, you cannot do better than normally you do the job* ($t = 1.09, p > 0.05$), *You feel difficult to take a firm decision on your own* ($t = 0.97, p > 0.05$).

Table 2

Indicating item wise comparison between the mean scores of pre and post-test

Items	Paired Differences				
	Mean	Std. Deviation	t	df	Sig. (2-tailed)
Pair -1. It always happens to you that you cannot come to a first decision/conclusion to the fast movement during the game	1.12	1.22	6.47	49	.00

Pair 2	Whenever a new skill learns or brought to you/or asked about the subject you don't hesitate to practice to it.	.68	1.25	3.83	49	.00
Pair 3	Whenever you have a meeting with the public you experience self-confident.	.66	1.76	2.63	49	.01
Pair 4	You always dent to play certain other games because you know you are not good at it.	1.02	1.86	3.86	49	.00
Pair 5	You always worry / think more on every skill matter.	.06	1.62	.26	49	.79
Pair 6	You think everyone is always interested to get the best out of you.	.50	1.31	2.69	49	.01
Pair 7	Whenever you start a work you have the fear of losing / not succeeding.	.54	1.38	2.75	49	.08
Pair 8	You get yourself back to face any problems.	.80	1.60	3.52	49	.01
Pair 9	To keep concentrate on a subject is difficult for me.	.28	.94	2.08	49	.04
Pair 10	You have lost time some of your golden chances because you are unable to take a quick and final decision.	.94	1.43	4.63	49	.00
Pair 11	It is believed that you are satisfied with in (your imaginations thoughts) your impossible wishes.	.38	1.57	1.70	49	.09
Pair 12	You get discouraged immediately.	.42	1.47	2.01	49	.04
Pair 13	Whenever you get upset it takes more time for get back to normal.	.16	1.54	.73	49	.46
Pair 14	When you are alone, you experience yourself with courage and boldness.	.10	1.61	.43	49	.66
Pair 15	You simply feel that there is no one to help for you.	.52	1.28	2.86	49	.006
Pair 16	Whenever someone gazes at you, you cannot do better than normally you do the job.	.20	1.29	1.09	49	.28
Pair 17	You always feel that whatever you want to do, you can do it.	.54	1.79	2.12	49	.039
Pair 18	You feel difficult to take a firm decision on your own.	.20	1.45	0.97	49	.336
Pair 19	When you get a chance to become a good leader you avails it.	.74	1.49	3.49	49	.001
Pair 20	You feel that no one can stop you to achieve your goal	.88	2.13	2.91	49	.005

Table 3 presents the rehabilitation program results on Self-Confidence; there was a significant difference in the mean scores between the pre-and-post tests. The obtained t is 4.22, with a degree of freedom at 49. The p-value is 0.00. The obtained p-value is lesser than 0.05 ($p < .05$); hence the null hypothesis H_0 is rejected. It is determined that the implemented rehabilitation program has a significant impact on the self-confidence of handball players.

Table 3
Shows altogether pre & post t-test results on Self-Confidence

Variables	Paired Differences					
	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
Self-confidence Pre & Post	4.62	7.73	1.09	4.22	49	.00

Conclusion

As is evident from the statistical analysis of table 3, the mean score of subjects before the rehabilitation program on self-confidence was lower in comparison than the scores after the implementation of the rehabilitation program. The t-value between pretest and post-test was significant after the four-week rehabilitation program. This shows that the rehabilitation program has a positive effect on self-confidence. The present study results endorse the research findings of Sheard & Golby (2006) investigated with 36 young elite swimmers a significant post- psychological skill training performance enhancement after a 7-week Psychological skills training program (goal-setting., imagery, relocation concentration, and thought stopping). Vealey (2007) also suggested that self-awareness, self-efficacy, self-worth, self-confidence, personal development, life skills, coping skills, communication, and leadership skills are essential for many sports. The work of an applied sport psychologist Thomas et al., (1999) on the assessment of psychological skills is often recognized as an integral part of psychological skills refer to a systematic and consistent practice of thoughts or actions designed to enhance performance, increase enjoyment or achieve greater satisfaction of sport or exercise.

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