

EXPLORING THE IMPACTS OF HYPNOTHERAPY ON EMOTIONAL TRAUMA ALLEVIATING IN MEN'S KABADDI PLAYERS: A RANDOMIZED CONTROLLED TRIAL

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Abstract

Emotional trauma represents a widespread concern among athletes, particularly in high-contact sports such as kabaddi. Hypnotherapy has surfaced as a potentially effective intervention for alleviating emotional trauma and enhancing mental health. This randomized controlled study assessed the effectiveness of hypnotherapy in alleviating emotional trauma in elite male kabaddi athletes. Thirty elite kabaddi players from inter-college tournament teams in Tamil Nadu were randomly categorized into either a Hypnotherapy Group (HYPG, n = 15) or a Control Group (CG, n = 15). The HYPG underwent six sessions of hypnotherapy, each spanning 30 minutes, occurring once a week over a duration of six weeks. The CG did not receive any intervention. Pre- and post-intervention evaluations assessed emotional trauma (emotional abuse and emotional neglect) through the Childhood Trauma Questionnaire (CTQ-SF). Independent samples t-tests indicated significant distinctions between the HYPG and CG regarding emotional trauma, demonstrating a notable decrease in emotional trauma symptoms in the hypnotherapy group. The results imply that hypnotherapy may serve as a beneficial supplementary treatment for reducing emotional trauma in male kabaddi athletes, fostering enhanced mental health and wellness. The study's findings hold significance for coaches, trainers, and mental health practitioners collaborating with athletes in high-contact sports.

Keywords: Kabaddi, hypnotherapy, emotional trauma, emotional abuse, emotional neglect.

Introduction

Hypnotherapy is a type of psychological therapy that uses hypnosis to help treat certain mental and physical health conditions. It can also be used to change habits. "Hypnotherapy as the use of hypnosis to treat a psychological or medical issue. Hypnosis is a state of consciousness where a person is more responsive to suggestions and has reduced peripheral awareness. During hypnosis, a person may seem to be receptive to suggestions to change their behaviour, emotions, thoughts, sensations, or perception." - American Psychological Association (APA).

Sports hypnosis merges cognitive science techniques with sports science. In athletics, hypnosis has been shown to be effective in boosting self-confidence, enhancing focus, improving emotional regulation, and diminishing anxiety in competitors (Hasyim, A. H. 2023). The enhancement of quality in sports competitions is increasingly being driven by psychological factors rather than physiological ones. Internal autogenic reflection serves to safeguard the athlete from extreme exertions across all levels of consciousness (Hamid, N., 2018). Hypnosport has been extensively utilized in the realm of sports, even during competitions at the Olympic Games since 1956 (Kasih, I., 2020). Laypersons associate the term hypnosis with a modified state or trance state of consciousness. Hypnosis entails a transition of focus from one task to a purposeful insertion into

another. It has been confirmed that hypnosis can be utilized to incorporate sought-after changes or to practice success or victory until it becomes an integral aspect of the athlete's reality (Adebayo, 2021).

Kabaddi, as a competitive team sport, is also referred to as the game of agility, substantial lung capacity, muscular coordination, mental awareness, rapid response capability, and various psychological factors (Sharma, 2023). Both attackers and defenders are required to possess exceptional physical stamina, agility, individual proficiency, neuromuscular coordination, swift reflexes, intelligence, mental resilience, and situational awareness in order to compete in Kabaddi (Pramanick & Chowdhuri et al., 2022). Kabaddi is likely the sole combat sport where offense is an individual endeavour while defence is a collective effort. The sport demands agility, strong lung capacity, muscular coordination, awareness, and rapid reactions. Numerous coaches and athletes agree that between forty and ninety percent of athletic success results from psychological elements (Patel & Pandey et al., 2011).

The traumatic experiences that people experience during childhood are a multifaceted and diverse phenomenon that leaves a lasting impact on individuals (Singh & Juneja 2024). Emotional abusive behaviour can be divided into three categories: verbal behaviour (such as belittling,

belittling, insulting, or belittling comments), physical behaviour (such as throwing objects when angry or sad), and ignoring the performer (for example due to weakness). Seeking emotional harm is the most common form of harm (Kerr et al.,2020).

Purpose of the study

This study aims to investigate a randomized controlled trial (RCT) format to explore the efficacy of hypnotherapy in alleviating reducing emotional trauma among elite male kabaddi players.

Methodology

Participants

Thirty elite male kabaddi players from inter-college tournament teams in Tamil Nadu were recruited for this research. The age group of the subjects were between 18-25 years. They had played kabaddi for a minimum of three years. Participants were randomly assigned to either a Hypnotherapy Group (HYPG, n = 15) or a Control Group (CG, n = 15). Each subject was oriented in the procedure to the administration of the test. Only those willing to participate and sign the informed consent form will be considered and were assured of confidentiality and anonymity, as this is a study and measurement process.

Procedure

The HYPG group underwent six sessions of hypnotherapy, each lasting 30 minutes, occurring once a week over a duration of six weeks. The hypnotherapy sessions were conducted by a licensed hypnotherapist and focused on inducing relaxation, reframing negative thoughts and emotions, and enhancing self-esteem and confidence. The CG did not receive any intervention.

Data collection

Emotional trauma (emotional abuse and emotional neglect) was assessed using the Childhood Trauma

Questionnaire (CTQ-SF) at pre- and post-intervention. The CTQ-SF is a 28-item self-report questionnaire that has demonstrated high internal consistency and test-retest reliability. will be utilized to measure these subscales. Using a 5-point scale, ranging from never true to very often true. Reverse coding was used for the five items in the emotional neglect scale.

Emotional Abuse: Verbal assaults on a child's sense of worth or well-being or any humiliating or demeaning behaviour directed toward a child by an adult or older person.

Emotional Neglect: The failure of caretakers to meet children's basic emotional and psychological needs, including love, belonging, nurturance, and support.

Scores are calculated separately for each subscale by summing the responses to the corresponding items.

Analysis of data

Data were analyzed using JASP software, version 0.19.1.0 Independent samples t-tests were used to compare the mean CTQ-SF scores between the HYPG and CG at pre- and post-intervention.

Results

Table 1: Analysis of normality and equality of variance for the Post-test of the Control Group and Hypnotherapy Group on emotional trauma (emotional abuse and emotional neglect).

Variables	Shapiro-Wilk (Normality) p-value		Equality of Variance (Levene's)
	HYPG (Post)	CG (Post)	p-value
Emotional Trauma	0.477	0.106	0.246

* Significance at 0.05 level of confidence

If the p-value is greater than 0.05, then the distribution is normal, and the variance is equal.

Table 2: Analysis of t-ratio for the Pre-test and Post-test of the Control Group and Hypnotherapy Group on emotional trauma (emotional abuse and emotional neglect).

Variables	Group Name	N	Mean		SD		SE		t	df	p
			Pre	Post	Pre	Post	Pre	Post			
Emotional Trauma	HYPG	15	37.8	33.333	6.428	5.705	1.66	1.355	-1.78	28	0.043
	CG		37.133	37.4	5.246	7.139	1.473	1.843			

* Significance at 0.05 level of confidence

For all tests, the alternative hypothesis specifies that group HYPG is less than group CG.

An independent sample t-test was conducted to compare the emotional trauma for HYPG and CG. The results of the study revealed a significant difference between the HYPG and CG, $t(28) = -1.78$, $P < 0.05$. The experimental group had significantly lower mean scores of emotional trauma ($M = 33.333$, $S.D = 5.705$), compared to the control group ($M = 37.4$, $S.D = 7.139$). Therefore, the findings suggest that the impact of hypnotherapy is alleviating emotional trauma in men's kabaddi players.

Discussion

The current study examined the effectiveness of hypnotherapy in alleviating emotional trauma among male Kabaddi players. The findings of this randomized controlled trial indicate that hypnotherapy may serve as a beneficial complementary treatment for the reduction of emotional trauma in this demographic (Rachman et al., 2019). It reduces the level of competition anxiety and everyday stress; the findings indicated that muscle relaxation combined with positive visualization of success would lessen competition anxiety in the athletes. The significance of medical treatments through positive visualization of success under hypnosis to enhance athletic performance (Hamid et al., 2018).

Conclusion

The research investigated the effectiveness hypnotherapy in alleviating emotional trauma among male Kabaddi players. Results from independent t- test indicated significant differences among the groups for emotional trauma. The findings of this study suggest that hypnotherapy can be a useful adjunctive treatment for emotional trauma reduction in this population. Further research is needed to fully explore the effects of hypnotherapy on emotional trauma reduction in athletes, and to determine the optimal dosage and duration of hypnotherapy treatment.

The results of this study have implications for the development of novel interventions for emotional trauma reduction in athletes. Hypnotherapy may be a particularly useful treatment option for athletes who have experienced traumatic events, as it can be delivered in a private and individualized setting. Additionally, hypnotherapy may be used in conjunction with other treatments, such as cognitive-behavioral therapy, to enhance treatment

outcomes. Overall, the present study contributes to the growing body of research on the use of hypnotherapy in sports psychology and highlights the potential benefits of hypnotherapy for emotional trauma reduction in athletes.

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