

Rachan Chaleawsilp 2007: The Effect of Progressive Muscle Relaxation Training upon State Anxiety during the Period of Seven Days, One Day and Two Hours before the Competition in Wushu (Sanshou) Players. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Supitr Samahito, Ph.D. 125 pages.

The purposes of this research were to study and compare the effects of progressive muscle relaxation training upon state anxiety during the period of seven days, one day and two hours before the competition in Wushu (Sanshou) players. The samples were divided by simple random sampling selection of sixteen male Sanshou players, who attended the 35th National Games, at Suphanburi Province, 2006. The instruments used in the study were the Revised Competitive Sport Anxiety Inventory – 2R: CSAI – 2R and progressive muscle relaxation training program by Jacobson's. Data was collected in 8 weeks, three times a week on Monday, Wednesday and Friday. The subjects, both the control and the experimental groups were asked to check the Revised Competitive State Anxiety Inventory – 2R: CSAI – 2R and electromyography biofeedback measure during the period of seven days, one day and two hours before the competition, heart rate and blood pressure measurement were recorded before and after executive practice. Data were then statistically analyzed by using mean, standard deviation, one – way ANOVA with repeated measure. The obtained data were statistically different of anxiety score between groups by ANCOVA along with the multiple comparisons testing using the Tukey. All testing used the .05 level of significant.

The major findings were as follows:

1. The anxiety score of the control and the experimental groups during the period of seven days, one day and two hours before the competition were significantly different at the level of .05
2. The anxiety score between the control and the experimental groups during two hour before the competition was significantly different at the level of .05 while there were not significantly different during the seven days as well as one day before the competition.



Student's Signature



Thesis Advisor's Signature