

**EFFECT OF JACOBSON'S DEEP MUSCLE RELAXATION ON SPORTS TEAM
RELATIONSHIP OF UNDER-18 CRICKETERS**

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ABSTRACT

The purpose of the present study was to find out whether Jacobson's Deep Muscle Relaxation has significant relationship with Sports Team Relationships of Under-18 cricketers. The training was carried out for a period of eight weeks. 40 players were chosen from the under 18 Cricket team of Sports Development Authority of Tamil Nadu. They were randomly assigned to an experimental group and a control group consisting of 20 players in each group. Sports Team Relationship scale devised by Ahmed, S, and Swaminathan, V.D. was used, which had a high reliability and validity. After testing the data for normality, two forms of 't' tests namely the Dependent 't' test and Independent 't' test were employed to analyze the results. It was found that there is a significant difference in the team relationship scores of the experimental group before and after the Relaxation training and that there is a significant positive relationship between the relaxation training on Sports Team Relationships.