ANALYSIS OF DATA AND DISCUSSIONS AND FINDINGS

CHAPTER IV

ANALYSIS AND INTERPRETATION OF DATA

OVERVIEW

This chapter deals with the analysis of data obtained from the samples under study. The main objective of the research is to analyze the impact of counseling, life skills training and combined group (counseling and life skills) training on selected variables such as life skills, sports specific personality, athletic coping skills, profile of mood states and Tennis Performance among amateur tennis players.

In order to achieve the purpose of this study, 114 subjects were screened using psychological counseling need scale from that 60 subjects were selected and their age ranged between 14 and 18 years and they were randomly assigned into four equal groups of 15 each. Experimental Group I Counseling Group, Experimental Group II Life Skills Training Group, Experimental Group III Combined Group and Control Group IV were not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. After the experimental treatment the data collected from experimental groups and control group on selected variables in relation to statistical analysis using paired't' test to analyze the effective of the treatment. Further, Analysis of Covariance (ANCOVA) was used to find out the significance difference between groups, whenever the 'F' ratio for adjusted test was found to be significant; Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypothesis.

TEST OF SIGNIFICANCE

As Clarke and Clarke (1972) says, "these data must be analyzed in ways appropriate to the research design. Such analysis can only be appropriate to the research design. Such analysis can only be accomplished through the application of pertinent statistics".

This is the vital portion of thesis achieving the conclusion by examining the hypotheses. The procedure of testing the hypotheses was either by accepting the hypothesis or rejecting the same in accordance with the results obtained in relation to the level of confidence.

The test was usually called the test of significance since this test whether the differences between groups or within many groups' scores were significant or not. In this study, if they obtained F-value was greater than the table value, the null hypothesis was rejected to the effect that there existed significant difference among the means of the groups compared and if the obtained values were lesser than the required values, then the null hypothesis was accepted to the effect that there existed no significant differences among the means of the groups under study.

LEVEL OF SIGNIFICANCE

To test the obtained results on all the variables, level of significance 0.05 was chosen and considered as sufficient for the study.

COMPUTATION OF 't' TEST

The statistical analysis on significance of the mean gains or losses made in the scores related to selected variables among counseling group, Life skills training group, blended group and control group were presented in table 4 to 7.

Table 4

Between Pre and Post Test Scores of Counseling Group

S. No	Variables	Pre Test Mean	Post Test Mean	MD	Std. Dev.(±)	't' Ratio	'p' value
1	**Self-awareness**	24.13	35.06	10.93	3.80	11.12*	0.000
2	**Empathy**	22.20	22.66	0.46	2.74	0.65	0.521
3	**Effective communication**	24.40	27.06	2.66	5.97	1.72	0.106
4	**Inter-personal relationship**	23.26	30.80	7.54	5.54	5.26*	0.000
5	**Creative thinking**	21.93	32.06	10.13	1.92	20.41*	0.000
6	**Critical thinking**	22.06	24.33	2.27	3.97	2.21	0.044
7	**Decision making**	22.20	29.06	6.86	1.76	15.04*	0.000
8	**Problem solving**	22.40	34.40	12.00	6.22	7.46*	0.000
9	**Coping with emotions**	21.13	29.86	8.73	6.12	5.52*	0.000
10	**Coping with stress**	22.46	30.33	7.87	6.11	4.98*	0.000
11	**Total Life skills**	222.20	307.33	85.13	17.00	19.38	0.000
12	**Sociability**	24.33	38.13	13.80	11.96	4.46*	0.001
13	**Dominance**	25.73	48.00	22.27	5.68	15.16*	0.000
14	**Extraversion**	26.13	24.73	1.40	3.86	1.40	0.183

15	**Self-concept**	6.20	9.60	3.40	1.35	9.73*	0.000
16	**Conventionality**	27.27	28.46	1.20	2.21	2.10	0.054
17	**Mental toughness**	32.20	29.53	2.67	5.98	1.72	0.106
18	**Emotional stability**	25.00	42.73	17.73	4.84	14.16*	0.000
19	**Coping with adversity**	6.66	9.66	3.00	1.69	6.87*	0.000
20	**Coachability**	7.66	8.46	0.80	2.11	1.46	0.164
21	**Concentration**	7.46	8.00	0.54	1.18	1.74	0.104
22	**Confidence and achievement motivation**	6.20	9.60	3.40	1.35	9.73*	0.000
23	**Goal setting and mental preparation**	6.40	6.66	0.26	0.96	1.07	0.301
24	**Peeking under pressure**	5.80	10.66	4.86	2.23	8.45*	0.000
25	**Freedom from worry**	6.20	10.06	3.86	2.29	6.52*	0.000
26	**Tension anxiety**	18.33	12.33	6.00	2.69	8.60*	0.000
27	**Depression**	18.66	7.73	10.93	7.44	5.68*	0.000
28	**Anger hostility**	17.26	16.86	0.40	3.29	0.47	0.645
29	**Vigor-activity**	17.73	17.86	0.13	2.06	0.25	0.806
30	**Fatigue**	11.80	12.33	0.53	2.50	0.82	0.423
31	**Confusion bewilderment**	12.60	8.93	3.67	1.34	10.55*	0.000
32	**Total Mood disturbance**	53.80	40.33	13.46	18.64	2.79	0.014
33	**Tennis Performance**	26.20	32.60	6.40	5.61	4.41*	0.001

Table 4 shows the pre and post mean, mean difference, standard deviation, t-value and p-value of the variable obtained from counseling group on life skills, sports specific personality, athletic coping skills, profile of mood states and Tennis Performance among amateur tennis players. Further the collected data was statistically analyzed by paired 't' test to find out the significant difference if any between pre and post test data. The following variables such as Self-Awareness, Interpersonal Relationship, Creative Thinking, Decision Making, Problem Solving, Coping with Stress, Coping with Emotions, Total Life Skills, Sociability, Dominance , Self-Concept, Emotional Stability, Coping with Adversity, Confidence And Achievement Motivation, Peeking Under Pressure, Freedom From Worry, Tension, Depression, Confusion and Tennis Performance of the Counseling Group have 'p' value less than 0.05. The obtained 'p' value was less than 0.05 indicates to reject the null hypothesis at 5% los. Hence, there was a difference between the pre and post test means among amateur tennis players on the above said Counseling training variables was effective.

The remaining variables such as Empathy, Effective Communication, Goal Setting, Anger and Vigor, were greater than 0.05 of the 'p' value. This indicates that week evidence against the null hypothesis to reject the null hypothesis at 5% los. Hence, counseling training was not effective for the remaining variables.

It was concluded that counseling among amateur tennis players on selected variables produced significant improvement. Thus the formulated hypothesis No.1 was partially accepted.

Table 5

Between Pre and Post Test Scores of Life Skills Training Group

S. No	Variables	Pre Test Mean	Post Test Mean	MD	Std. Dev.(±)	't' Ratio	'p' value
1	**Self-awareness**	23.80	33.46	9.66	9.14	4.09	0.001
2	**Empathy**	22.46	23.26	0.80	4.36	0.71	0.498
3	**Effective communication**	21.26	31.26	10.00	5.50	7.03*	0.000
4	**Inter-personal relationship**	19.86	28.66	8.80	3.98	11.00	0.000
5	**Creative thinking**	20.26	32.06	11.80	4.60	9.93*	0.000
6	**Critical thinking**	24.26	26.20	1.94	3.23	2.31	0.037
7	**Decision making**	23.53	29.66	6.13	3.97	5.96	0.000
8	**Problem solving**	22.46	34.66	12.20	4.37	10.79*	0.000
9	**Coping with emotions**	23.26	30.33	7.07	3.03	9.01*	0.000
10	**Coping with stress**	21.33	29.66	8.34	2.52	12.77*	0.000
11	**Total Life skills**	213.86	302.66	88.80	28.50	12.06	0.000
12	**Sociability**	23.26	26.13	2.87	1.24	8.91*	0.000
13	**Dominance**	24.60	25.66	1.06	5.79	0.71	0.488
14	**Extraversion**	22.86	22.60	0.26	2.81	0.36	0.719
15	**Self-concept**	5.86	6.80	0.94	0.70	5.13*	0.000
16	**Conventionality**	25.93	24.73	1.20	2.62	1.71	0.098
17	**Mental toughness**	29.53	32.20	2.67	10.58	0.96	0.346

18	**Emotional stability**	23.00	27.73	4.73	2.71	6.76*	0.000
19	**Coping with adversity**	6.73	6.40	0.33	1.91	0.67	0.511
20	**Coachability**	6.06	7.26	1.20	0.56	8.29*	0.000
21	**Concentration**	7.73	7.93	0.20	1.20	0.64*	0.531
22	**Confidence and achievement motivation**	6.53	6.80	0.27	1.16	0.88	0.389
23	**Goal setting and mental preparation**	5.93	9.26	3.33	1.63	7.90*	0.000
24	**Peeking under pressure**	5.86	7.53	1.67	1.79	3.58	0.003
25	**Freedom from worry**	7.13	6.93	0.20	1.37	0.56	0.582
26	**Tension anxiety**	17.13	17.33	0.20	2.67	0.28	0.777
27	**Depression**	18.13	14.66	3.47	7.63	1.75	0.100
28	**Anger hostility**	17.53	18.33	0.80	2.00	1.54	0.145
29	**Vigor-activity**	18.13	18.06	0.07	2.49	0.10	0.919
30	**Fatigue**	11.80	12.60	0.80	3.82	0.81	0.431
31	**Confusion bewilderment**	12.60	10.93	1.67	1.63	3.95*	0.001
32	**Total Mood disturbance**	55.06	50.26	4.80	24.58	0.75	0.462
33	**Tennis Performance**	23.73	32.13	8.40	5.28	6.15*	0.000

Table 5 shows the pre and post mean, mean difference, standard deviation, t-value and p-value of the variable obtained from Life Skill Training Group on life skills, sports specific personality, athletic coping skills, profile of mood states and Tennis Performance among amateur tennis players. Further the collected data was statistically

analyzed by paired 't' test to find out the significant difference if any between pre and post test data. The following variables such as Self-Awareness, Effective Communication, Inter-Personal Relationship, Creative Thinking, Decision Making, Problem Solving, Coping with Emotions, Coping with Stress, Total Life Skills, Sociability, Self-Concept, Emotional Stability, Coachability, Goal Setting and Mental Preparation, Peeking Under Pressure, Confusion and Tennis Performance of Life Skills Training Group have 'p' value less than 0.05. The obtained 'p' value was less than 0.05 indicates to reject the null hypothesis at 5% los. Hence, there was a difference between the pre and post test means among amateur tennis players on the above said Life Skills Training variables was effective.

The remaining variables such as Empathy, Critical Thinking, Dominance, Extraversion, Conventionality, Mental Toughness, Coping with Adversity, Concentration, Confidence and Achievement Motivation, Freedom from Worry, Tension Anxiety, Depression, Anger Hostility, Vigor Activity, Fatigue, Confusion Bewilderment and Total Mood Disturbance, were greater than 0.05 of the 'p' value. This indicates that week evidence against the null hypothesis to reject the null hypothesis at 5% los. Hence, Life skills' training was not effective for the remaining variables.

It was concluded that Life skills training among amateur tennis players on selected variables produced significant improvement. Thus the formulated hypothesis No.2 was partially accepted.

Table 6

Between Pre and Post Test Scores of Blended Group

S. No	Variables	Pre Test Mean	Post Test Mean	MD	Std. Dev.(±)	't' Ratio	'p' value
1	**Self-awareness**	24.26	41.80	17.54	1.57	11.14	0.000
2	**Empathy**	24.93	25.46	0.53	2.32	0.88	0.389
3	**Effective communication**	21.40	36.33	14.93	2.43	23.76*	0.000
4	**Inter-personal relationship**	21.46	31.20	9.74	5.70	6.61	0.000
5	**Creative thinking**	21.80	32.60	10.80	2.45	17.03*	0.000
6	**Critical thinking**	24.46	26.66	2.20	2.90	2.93*	0.011
7	**Decision making**	23.66	30.40	6.47	1.53	17.00*	0.000
8	**Problem solving**	22.13	34.73	12.60	2.47	19.73*	0.000
9	**Coping with emotions**	23.60	31.00	7.40	2.26	12.67*	0.000
10	**Coping with stress**	20.80	31.80	11.00	3.29	12.92*	0.000
11	**Total Life skills**	227.06	329.00	101.93	14.32	27.56	0.000
12	**Sociability**	25.66	30.46	4.80	3.21	5.78*	0.000
13	**Dominance**	25.73	48.00	22.27	5.68	15.16*	0.000
14	**Extraversion**	24.80	24.53	0.27	2.73	0.37	0.712
15	**Self-concept**	6.33	10.13	3.80	1.52	9.67*	0.000
16	**Conventionality**	26.53	27.60	1.07	1.57	2.61*	0.020
17	**Mental toughness**	28.46	47.26	18.80	8.85	8.22*	0.000

18	**Emotional stability**	26.66	42.93	16.27	6.71	9.38*	0.000
19	**Coping with adversity**	6.66	10.00	3.33	2.02	6.37*	0.000
20	**Coachability**	6.26	9.86	3.60	2.09	6.67*	0.000
21	**Concentration**	6.86	9.46	2.60	1.35	7.44*	0.000
22	**Confidence and achievement motivation**	6.33	10.13	3.80	1.52	9.67*	0.000
23	**Goal setting and mental preparation**	6.40	11.53	5.13	1.80	11.00*	0.000
24	**Peeking under pressure**	6.53	12.33	5.80	2.51	8.93*	0.000
25	**Freedom from worry**	6.20	10.80	4.60	1.72	10.33*	0.000
26	**Tension anxiety**	18.33	10.73	7.60	2.79	10.52*	0.000
27	**Depression**	18.93	6.13	12.80	7.14	6.94*	0.000
28	**Anger hostility**	17.60	16.66	0.94	3.33	1.08	0.296
29	**Vigor-activity**	18.00	18.26	0.26	2.57	0.40	0.695
30	**Fatigue**	11.80	10.73	1.07	4.09	1.00	0.330
31	**Confusion bewilderment**	12.60	7.26	5.34	2.09	9.86*	0.000
32	**Total Mood disturbance**	55.26	33.33	21.93	19.97	4.25	0.001
33	**Tennis Performance**	24.66	31.06	6.40	5.48	4.51*	0.000

Table 6 shows the pre and post mean, mean difference, standard deviation, t-value and p-value of the variable obtained from Blended Group on life skills, sports specific personality, athletic coping skills, profile of mood states and Tennis Performance among amateur tennis players. Further the collected data was statistically

analyzed by paired 't' test to find out the significant difference if any between pre and post test data. The following variables such as Self-Awareness, Effective Communication, Inter-Personal Relationship, Creative Thinking, Decision Making, Problem Solving, Coping with Emotions, Coping with Stress, Total Life Skills, Sociability, Dominance , Self-Concept, Mental-Toughness, Emotional Stability, Coping with Adversity, Mental Toughness, Emotional Stability, Coahability, Concentration, Confidence and Achievement Motivation, Goal Setting and Mental Preparation, Peeking Under Pressure, Freedom from Worry, Tension, Anxiety, Depression, Confusion, Total Mood Disturbance and Tennis Performance of the Blended Group have 'p' value less than 0.05. The obtained 'p' value was less than 0.05 indicates to reject the null hypothesis at 0.5% los. Hence, there was a difference between the pre and post test means among amateur tennis players on the above said Blended Training variables was effective.

The remaining variables such as empathy, critical thinking, Extraversion, Conventionality, anger hostility, vigor-activity and Fatigue were greater than 0.05 of the 'p' value. This indicates that week evidence against the null hypothesis to reject the null hypothesis at 5% los. Hence, Blended training was not effective for the remaining variables.

It was concluded that Blended group training among amateur tennis players on selected variables produced significant improvement. Thus the formulated hypothesis No.3 was partially accepted.

Table 7

Between Pre and Post Test Scores of Control Group

S. No	Variables	Pre Test Mean	Post Test Mean	MD	Std. Dev.(±)	't' Ratio	'p' value
1	**Self-awareness**	22.60	22.46	0.14	1.06	0.48	0.634
2	**Empathy**	23.13	24.53	1.40	4.38	1.23	0.237
3	**Effective communication**	23.33	24.93	1.60	4.46	1.38	0.187
4	**Inter-personal relationship**	24.13	24.60	0.47	2.09	0.86	0.404
5	**Creative thinking**	21.93	21.53	0.40	1.29	1.93	0.253
6	**Critical thinking**	23.06	21.86	1.20	0.56	8.29	0.000
7	**Decision making**	22.06	21.93	0.93	2.23	0.23	0.820
8	**Problem solving**	22.40	22.20	0.20	3.32	0.23	0.819
9	**Coping with emotions**	20.93	20.80	0.13	1.35	0.38	0.709
10	**Coping with stress**	21.93	21.73	0.20	2.11	0.37	0.719
11	**Total Life skills**	224.46	233.53	9.06	9.36	3.74	0.002
12	**Sociability**	21.00	28.80	7.80	4.12	7.32*	0.000
13	**Dominance**	24.60	25.66	1.06	9.98	1.65	0.120
14	**Extraversion**	22.46	22.60	0.14	3.94	0.13	0.898
15	**Self-concept**	5.93	6.06	0.13	1.50	0.34	0.737
16	**Conventionality**	24.66	25.40	0.74	3.88	0.73	0.476
17	**Mental toughness**	26.60	24.73	1.87	3.62	1.99	0.066

18	**Emotional stability**	24.06	24.20	0.14	2.35	0.21	0.830
19	**Coping with adversity**	6.33	6.26	0.07	2.01	0.12	0.900
20	**Coachability**	5.93	7.46	1.53	0.51	11.50*	0.000
21	**Concentration**	7.46	7.93	0.47	1.80	1.00	0.334
22	**Confidence and achievement motivation**	6.86	7.66	0.80	1.78	1.74	0.104
23	**Goal setting and mental preparation**	6.80	7.53	0.73	1.53	1.85	0.085
24	**Peeking under pressure**	7.00	7.33	0.33	1.44	0.89	0.388
25	**Freedom from worry**	6.73	7.33	1.40	1.54	1.50	0.156
26	**Tension anxiety**	17.73	18.53	0.80	2.90	1.06	0.305
27	**Depression**	18.06	18.26	0.20	2.48	0.31	0.760
28	**Anger hostility**	18.26	18.53	0.27	3.36	0.30	0.764
29	**Vigor-activity**	18.46	17.66	0.80	2.59	1.19	0.253
30	**Fatigue**	13.13	12.53	0.60	1.72	1.34	0.199
31	**Confusion bewilderment**	13.33	13.40	0.07	1.62	0.15	0.876
32	**Total Mood disturbance**	62.06	63.60	1.53	5.09	1.16	0.263
33	**Tennis Performance**	25.60	25.80	0.20	4.32	0.17	0.861

Table 7 shows the pre and post mean, mean difference, standard deviation, t-value and p-value of the variable obtained from Control Group on life skills, sports specific personality, athletic coping skills, profile of mood states and Tennis Performance among amateur tennis players. Further the collected data was statistically

analyzed by paired't' test to find out the significant difference if any between pre and post test data. The following variables such as Critical Thinking, Total Life Skills, Sociability and Coachability of the Control Group have 'p' value less than0.05. The obtained 'p' value was less than 0.05 indicates to reject the null hypothesis at 5% los. Hence, there was a difference between the pre and post test means among amateur tennis players on the above said Control Group was effective.

The remaining variables such as Self-Awareness, Empathy, Effective Communication, Inter-Personal Relationship, Creative Thinking, Decision Making, Problem Solving, Coping with Emotions, Coping with Stress, Dominance , Extraversion , Self-Concept, Conventionality , Mental Toughness, Emotional Stability, Coping with Adversity, Concentration, Confidence and Achievement Motivation, Goal Setting and Mental Preparation, Peeking under Pressure, Freedom from Worry, Tension Anxiety, Depression, Anger, Hostility, Vigor-Activity, Fatigue, Confusion Bewilderment, Total Mood Disturbance and Tennis Performance were greater than 0.05 of the 'p' value. This indicates that week evidence against the null hypothesis to reject the null hypothesis at 5% los. Hence, control group was not effective for the remaining variables.

It was concluded that Control Group among amateur tennis players on selected variables produced significant improvement. Thus the formulated hypothesis No.4 was partially accepted.

COMPUTATION OF ANCOVA

Psychological Counseling Need

The pre and post test scores of Psychological Counseling Need variables was also recorded based on the questionnaire response given by the subjects and the scores were subjected to statistical treatment. The results on the effect of 12 weeks treatment among amateur tennis players were presented in the following tables.

Table 8

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Psychological Counseling Need among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	94.73	99.13	97.07	98.33	BG	166.05	3.00	55.35	2.36
					WG	7316.93	56.00	130.66	
Post Test	54.47	56.47	52.80	99.33	BG	22635.53	3.00	7545.18	**66.89***
					WG	6317.20	56.00	112.81	
Adjusted	55.49	55.74	52.90	98.93	BG	22008.10	3.00	7336.03	**78.17***
					WG	5161.89	55.00	93.85	
Mean Gain	40.27	42.67	44.27	1.00					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 8 indicated that the pre test mean of amateur tennis players on psychological counseling need among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 94.73, 99.07, 97.07 and 98.33 respectively. The obtained F- ratio value of 2.36 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on psychological counseling need among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 54.47, 56.47, 52.80 and 99.33 respectively. The obtained post-test F-ratio of 66.89 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Psychological Counseling Need was statistically significant, since they were found as higher than the required critical values. It was concluded, that the experimental treatment produced significant change in psychological counseling need among amateur tennis players.

The adjusted post-test means amateur tennis players on Psychological Counseling Need among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 55.49, 55.74, 52.90 and 98.93 respectively. The obtained 'F' ratio of 78.17 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test means of the subjects on psychological counseling need was significantly reduced in amateur tennis players during the treatment period due to experimental training.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 9

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Psychological Counseling Need

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
55.49	-	-	98.93	**43.44***	10.22
55.49	55.74	-	-	0.25	
55.49	-	52.90	-	2.59	
-	55.74	-	98.93	**43.18***	
-	-	52.90	98.93	**46.03***	
-	55.74	52.90	-	2.85	

As shown in table 9 exhibited that significant mean differences existed between treatment groups on psychological counseling need. The mean difference between Counseling group and Control Group, Life Skills Training group and Control Group and Blended Group, and Control Group were 43.44, 43.18 and 46.03 respectively which was higher than the confidence interval value 10.22. Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Life Skills Training group, Counseling group and Blended Group, and Life Skills Training and Blended Group were 0.25, 2.59 and 2.85 respectively which was lesser than the confidence interval value 10.22. Hence, it was exhibited that all the training groups had a

similar modification by reducing the need of psychological counseling among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 4

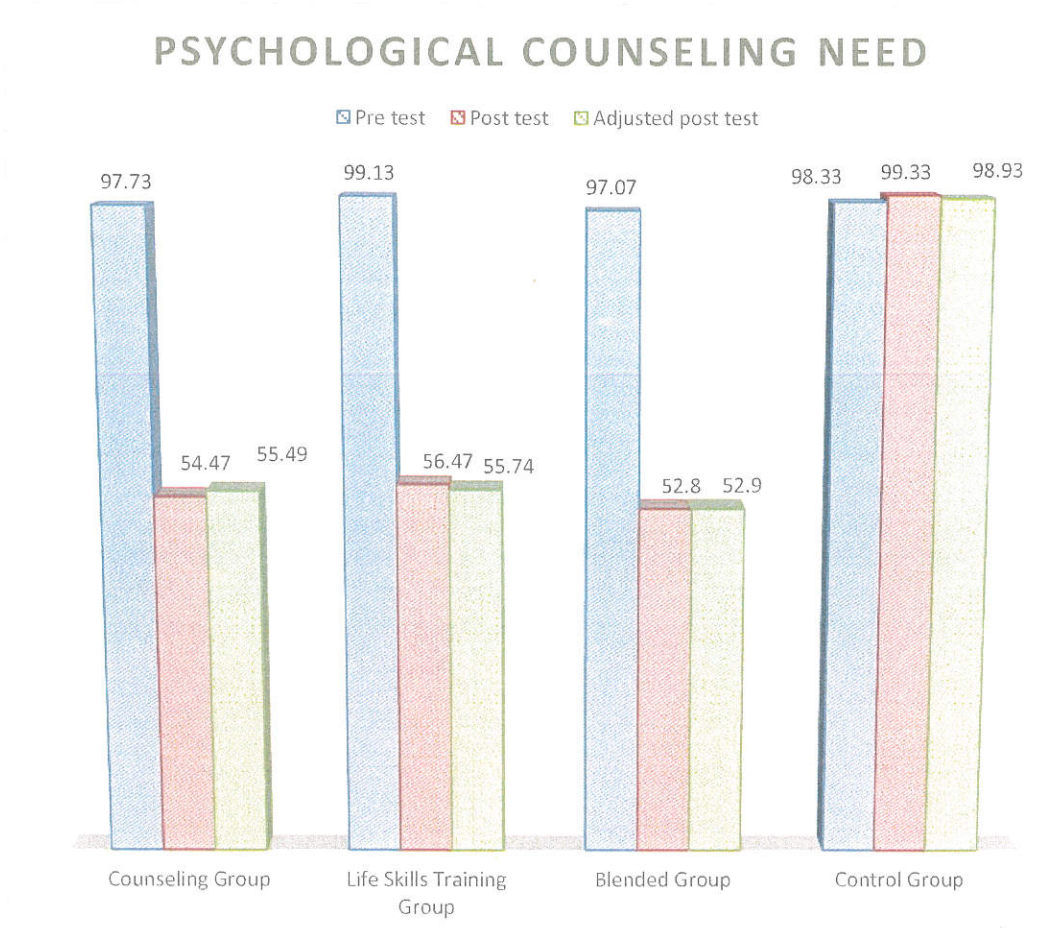

***Figure 4.*Showing the pre post and adjusted post test mean values on psychological counseling need of different groups**

Discussion on findings

Taking in to consideration of the above research findings the results of the study suggested that due to twelve weeks of intervention, Counseling, Life skills training and Blended training have shown significant decrease on psychological counseling need than the Control group at 0.05 level. Hence, the hypothesis 5 was accepted at 0.05 level for the above said variable.

The result of the present study is also in conformity with the findings of the previous research studies Sricharoen (2013) stated that counseling significantly increased motivation among intervention group when compared to the control group. The present finding was supported by Broughton & Elizabeth (2001) identified the comprehensive approach of counseling can benefited on academics, life-skills development and athletic endeavor among the student athletes and institutions of higher learning. Proper et al. (2003) indicated that Individual face-to-face counseling based on Patient-centered Assessment and Counseling for Exercise and Nutrition program (PACE) protocols positively influenced physical activity levels and some components of physical fitness. Broughton (2001) identified that a college athlete requires 10% serious counseling. Based on the developmental model and holistic approach, student athletes can success in academics, personal development, and athletic endeavors. This comprehensive approach can benefit both the student athletes and institutions of higher learning. Hinkle (1994) suggested that athletes can benefit from integrated programs provided by sport psychologists (SPs) and sports counselors may improve athletes' performance by working with a Sport Psychologist, and educational programs and counseling can help with prevention, coping skills, relaxation training, decision-making skills, crisis

intervention, and life management. Longstaff & Gervis (2016) stated that counseling principles and skills play a significant role in the development of practitioner-athletes

Life Skills

The pre and post test scores of the life skills variables such as Self-Awareness, Empathy, Effective Communication, Interpersonal Relationship, Creative Thinking, Critical Thinking, Decision Making, Problem Solving, Coping with Emotions, Coping with Stress and Total Life Skills was also recorded based on the questionnaire response given by the subjects and the scores were subjected to statistical treatment. The results on the effect of 12 weeks treatment among amateur tennis players were presented in the following tables.

Table 10

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Self Awareness among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	24.13	22.47	24.27	22.60	BG	41.93	3.00	13.98	2.22
					WG	1740.00	56.00	31.07	
Post Test	35.13	33.87	47.13	22.47	BG	4576.72	3.00	1525.57	**102.32***
					WG	834.93	56.00	14.91	
Adjusted	34.88	34.16	46.84	22.72	BG	4312.78	3.00	1437.59	**122.47***
					WG	1854.96	55.00	33.73	
Mean Gain	11.00	11.40	22.87	0.13					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 10 indicated that the pre test mean of amateur tennis players on Self Awareness among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 24.13, 22.47, 24.27 and 22.60 respectively. The obtained F- ratio value of the pre test 2.22 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus, the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Self Awareness among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 35.13, 33.87, 47.13 and 22.47 respectively. The obtained post-test F-ratio of 102.32 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Self-Awareness was statistically significant, since they were found as higher than the required critical values. It was concluded, that the experimental treatment produced significant improvement in self-awareness among amateur tennis players.

The adjusted post-test means amateur tennis players on Self Awareness among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 34.88, 34.16, 46.84 and 22.72 respectively. The obtained adjusted post 'F' ratio of 122.47 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test means of the subject on Self Awareness level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

3511

Since significant differences were observed, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 11

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Self Awareness

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
34.88	-	-	22.72	**12.16***	3.61
34.88	34.16	-	-	0.72	
34.88	-	46.84	-	**11.96***	
-	34.16	-	22.72	**11.44***	
-	-	46.84	22.72	**24.12***	
-	34.16	46.84	-	**12.67***	

The table 11 predicts that significant mean differences existed between treatment groups on Self Awareness. The mean difference between counseling group and control group, counseling group and blended group, life skills training group and control group, life skills training group and blended group and blended group and control group were 12.16, 11.96, 11.44, 24.12 and 12.67 respectively was higher than the confidence interval value of 3.61. Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between counseling group and life skills training group which was lesser than the confidence interval value 3.61. Hence, it was exhibited that Counseling and Life Skills Training groups had a similar improvement on Self Awareness among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 5.

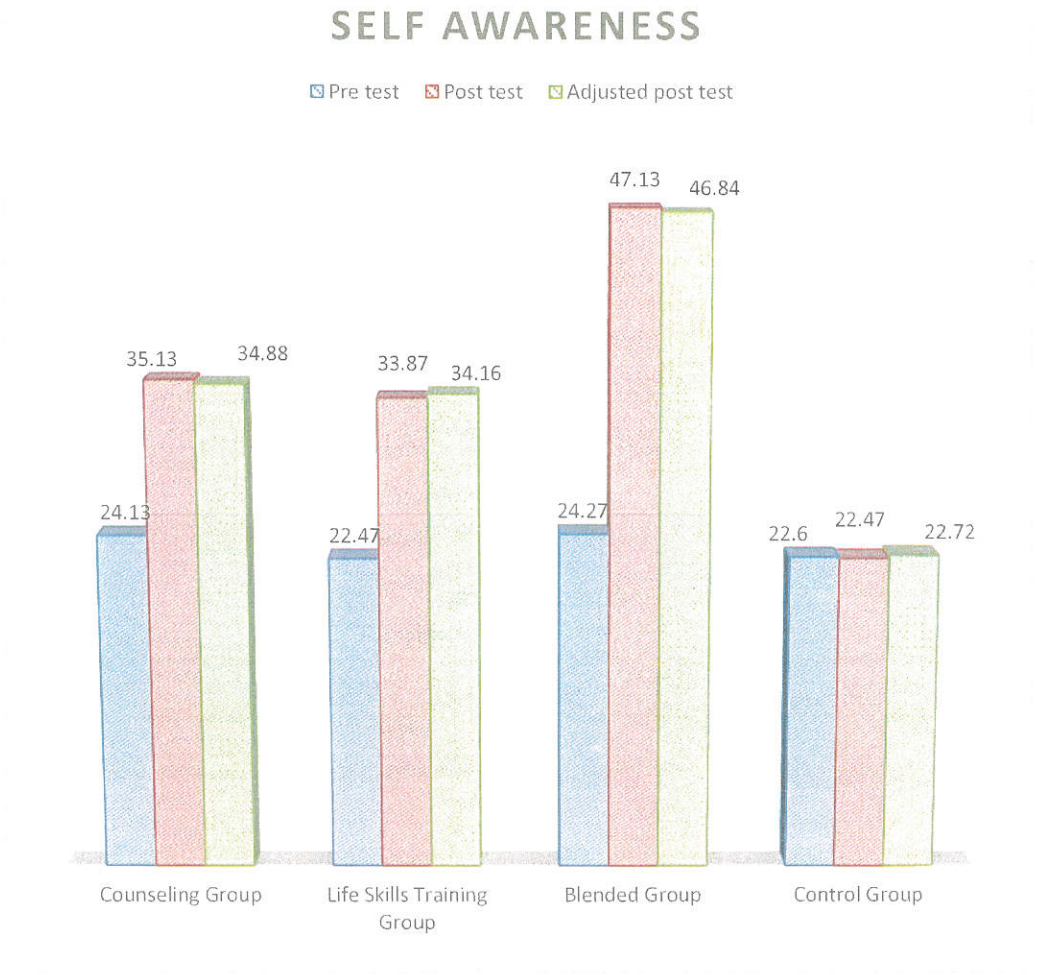

***Figure 5.*Showing the pre post and adjusted post test mean values on Self Awareness of different groups**

Table 12

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Empathy among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	22.20	22.47	24.93	23.13	BG	68.18	3.00	22.73	1.35
					WG	1718.80	56.00	30.69	
Post Test	25.47	25.80	28.60	25.87	BG	95.27	3.00	31.76	1.02
					WG	1809.47	56.00	32.31	
Adjusted	26.11	26.27	27.45	25.90	BG	21.07	3.00	7.02	2.76
					WG	1066.74	55.00	19.40	
Mean Gain	3.27	3.33	3.67	2.73					

An examination of table – 12 indicated that the pre test mean of amateur tennis players on empathy among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 22.20, 22.47, 24.93 and 23.13 respectively. The obtained F- ratio value of the pre test 1.35 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on empathy among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 25.47, 25.80, 28.60 and 25.87 respectively. The obtained post-test F-ratio of 1.02 was lesser than the required table F- ratio of 2.78. Hence, the obtained F-ratio on empathy was statistically significant, since they were found as lesser than the required critical values. It was concluded that the experimental treatment produced no significant improvement in empathy among amateur tennis players.

The adjusted post-test means amateur tennis players on Empathy among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 26.11, 26.27, 27.45 and 25.90 respectively. The obtained adjusted post test 'F' ratio of 2.76 was lesser than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence on Empathy. During the training period there was no significant improvement on Empathy among amateur tennis players on Counseling, Life Skills Training and Blended Training.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 6.

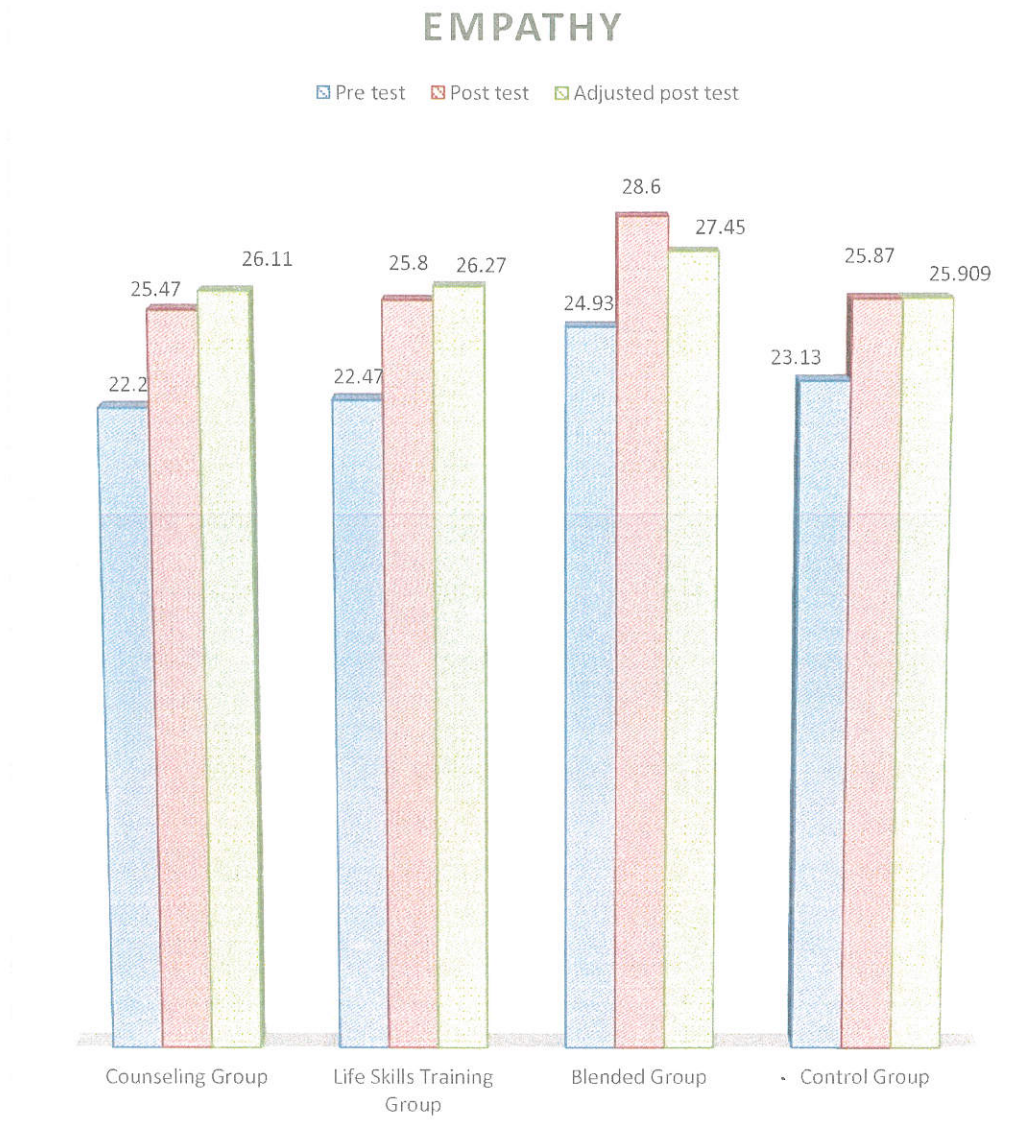

Figure 6. **Showing the pre post and adjusted post test mean values on Empathy of different groups**

Table 13

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Effective Communication among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	23.27	21.73	21.40	22.93	BG	36.93	3.00	12.31	2.49
					WG	1714.40	56.00	30.61	
Post Test	34.20	33.27	36.33	27.53	BG	635.93	3.00	211.98	**11.66***
					WG	1018.40	56.00	18.19	
Adjusted	33.68	33.60	36.85	27.20	BG	731.60	3.00	243.87	**27.25***
					WG	492.20	55.00	8.95	
Mean Gain	10.93	11.53	14.93	4.60					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 13 indicated that the pre test mean of amateur tennis players on Effective Communication among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 23.27, 21.73, 21.40 and 22.93 respectively. The obtained F- ratio value of the pre test 2.49 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Effective Communication among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 34.40, 33.27, 36.33 and 27.53 respectively. The obtained post-test F-ratio of 11.66 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Effective Communication was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Effective Communication among amateur tennis players.

The adjusted post-test means amateur tennis players on Effective Communication among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 33.68, 33.60, 36.85 and 27.20 respectively. The obtained adjusted post 'F' ratio of 27.25 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Effective Communication level were

significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 14

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Effective Communication

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
33.68	-	-	27.20	**6.48***	3.15
33.68	33.60	-	-	0.08	
33.68	-	36.85	-	**3.17***	
-	33.60	-	27.20	**6.40***	
-	-	36.85	27.20	**9.56***	
-	33.60	36.85	-	**3.25***	

The table 14 predicts that significant mean differences existed between treatment groups on effective communication. The mean difference between Counseling group and Control Group, Counseling group and Blended Group, Life skills Training Group and Control Group and Blended group and Control Groupwere6.48, 3.17, 6.40, 9.56 and 3.25 respectively was higher than the confidence interval value of 3.15. Hence,it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Life skills Training Group which was lesser than the confidence interval value 3.15. Hence, it

was showed that Counseling and Life skills training groups had a similar improvement on Effective Communication among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 7.

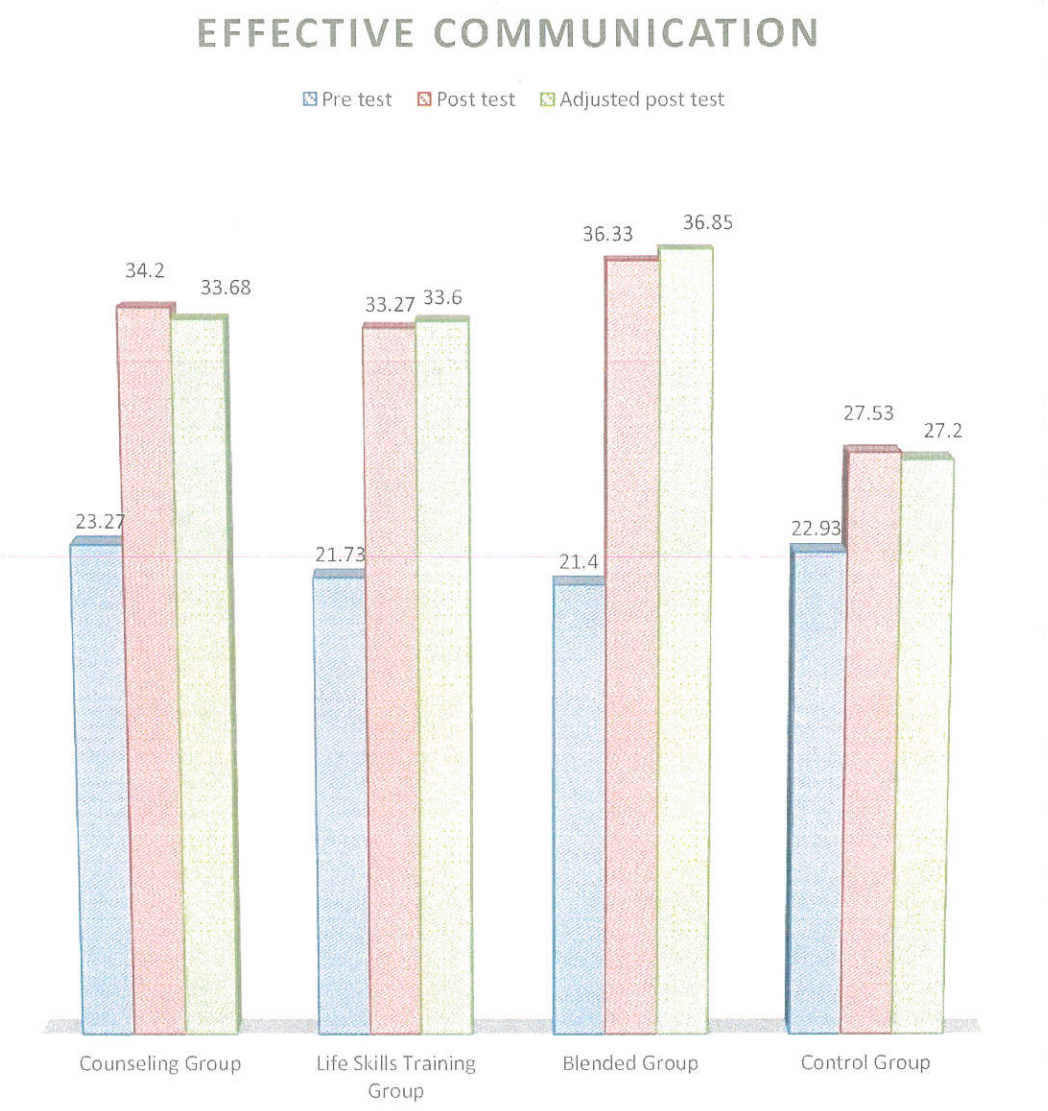

***Figure 7.*Showing the pre post and adjusted post test mean values on Effective Communication of different groups**

Table 15

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Inter Personal Relationship Among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	23.27	19.87	21.47	24.13	BG	162.85	3.00	54.28	1.81
					WG	1676.13	56.00	29.93	
Post Test	30.80	28.67	31.20	24.60	BG	411.25	3.00	137.08	**4.19***
					WG	1833.73	56.00	32.75	
Adjusted	30.02	30.35	31.72	23.19	BG	629.72	3.00	209.91	**12.11***
					WG	953.68	55.00	17.34	
Mean Gain	7.53	8.80	9.73	0.47					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 15 indicated that the pre test mean of amateur tennis players on inter personal relationship among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 23.27, 19.87, 21.47 and 24.13 respectively. The obtained F- ratio value of the pre test 1.81 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Inter Personal Relationship among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 30.80, 28.67, 31.20 and 24.60 respectively. The obtained post-test F-ratio of 4.19 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on inter personal relationship was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in inter personal relationship among amateur tennis players.

The adjusted post-test means of amateur tennis players on Inter Personal Relationship among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 30.02, 30.35, 31.72 and 23.19 respectively. The obtained adjusted post 'F' ratio of 12.11 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Inter Personal

Relationship level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 16

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Inter Personal Relationship

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
30.02	-	-	23.19	6.83*	4.39
30.02	30.35	-	-	0.33	
30.02	-	31.72	-	1.70	
-	30.35	-	23.19	7.16*	
-	-	30.35	23.19	8.53*	
-	30.35	30.35	-	1.37	

The table 16 predicts that significant mean differences existed between treatment groups on Inter personal relationship. The mean difference between Counseling group and control group, Life skills Training group and Control Group and Blended Group and Control group were 6.83, 7.16 and 8.53 respectively. This was higher than the confidence interval value of 4.39. Hence, it was showed that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Life skills Training Group, Counseling Group and Blended Group and Life Skills training and Blended Group were 0.33, 1.70 and 1.37 respectively was lesser than the confidence

interval value of 4.39. Hence, it was exhibited that all the training groups had a similar improvement on inter personal relationship among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 8.

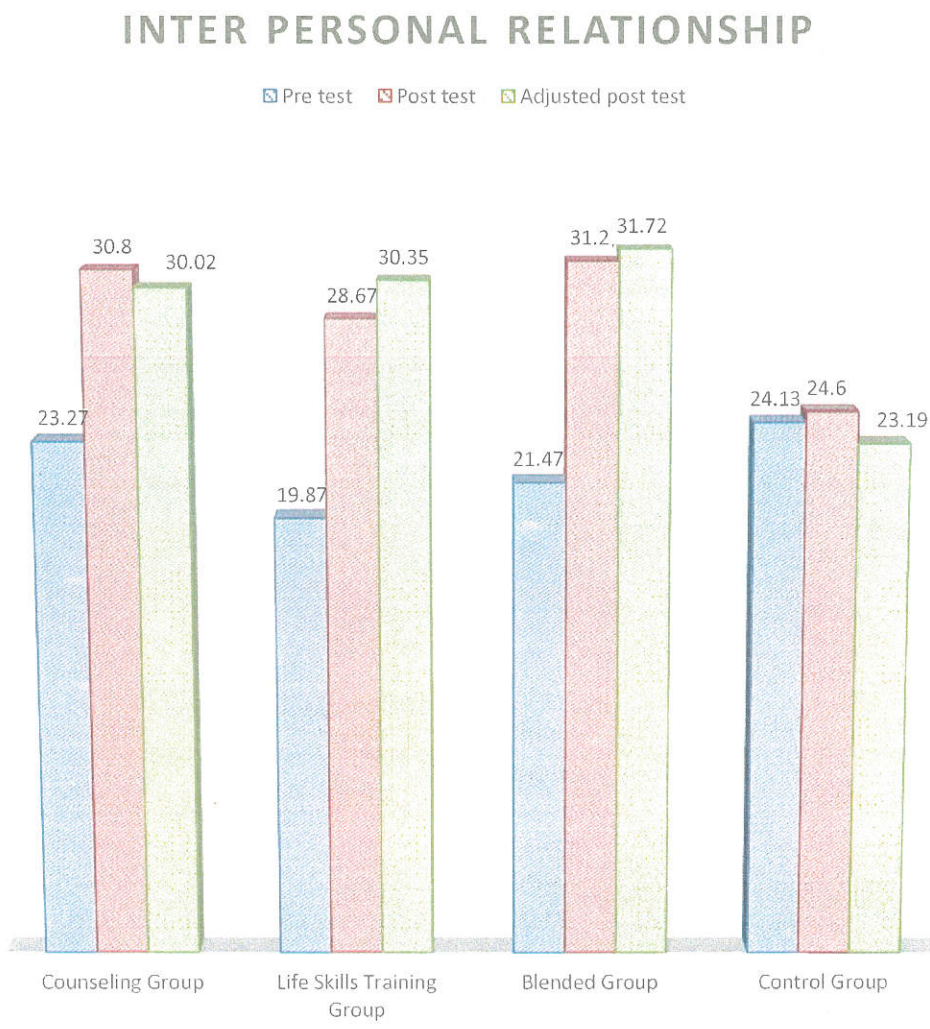

***Figure8.*Showing the pre post and adjusted post test mean values on Inter Personal Relationship of different groups**

Table 17

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Creative Thinking among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	23.73	22.20	24.60	21.93	BG	72.32	3.00	24.11	1.04
					WG	1293.87	56.00	23.10	
Post Test	26.40	26.13	29.13	24.00	BG	199.52	3.00	66.51	**2.93***
					WG	1269.07	56.00	22.66	
Adjusted	26.14	26.52	28.51	24.50	BG	118.06	3.00	39.35	**2.08**
					WG	1041.18	55.00	18.93	
Mean Gain	2.67	3.93	4.53	2.07					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) are 2.78.

An examination of table – 17 indicated that the pre test mean of amateur tennis players on Creative Thinking among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 23.73, 22.20, 24.60 and 21.93 respectively. The obtained F- ratio value of the pre test 1.04 was statistically not significant, since they failed to reach the critical value of 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Creative Thinking among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 26.40, 26.13, 29.13and 24.00 respectively. The obtained post-test F-ratio of 2.93 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Creative Thinking was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement on creative thinking among amateur tennis players.

The adjusted post-test means amateur tennis players on Creative Thinking among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 26.14, 26.52, 28.51 and 24.50 respectively. The obtained 'F' ratio of 2.08 was lesser than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence on Creative Thinking.

Since there is no significant differences were recorded, the results were not subjected to post hoc analysis.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 9.

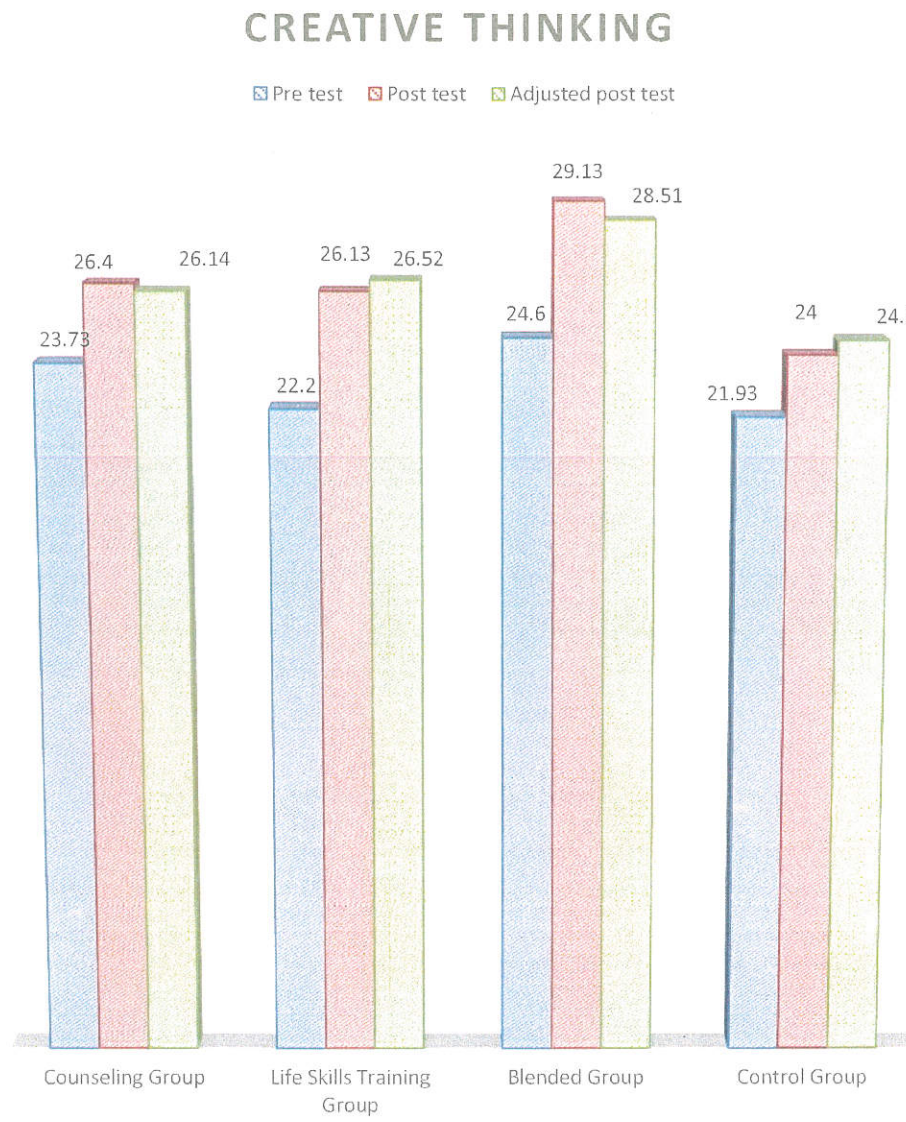

Figure 9. **Showing the pre post and adjusted post test mean values on Creative thinking of different groups**

Table 18

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Critical Thinking among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	22.07	24.27	24.47	23.07	BG	56.40	3.00	18.80	1.83
					WG	1922.53	56.00	34.33	
Post Test	23.60	26.20	26.67	21.87	BG	229.52	3.00	76.51	**2.96***
					WG	1447.07	56.00	25.84	
Adjusted	24.66	25.59	25.91	22.71	BG	128.16	3.00	42.72	**6.82***
					WG	344.29	55.00	6.26	
Mean Gain	1.53	1.93	2.20	1.20					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 18 indicated that the pre test mean of amateur tennis players on Critical Thinking among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 22.07, 24.27, 24.47 and 23.07 respectively. The obtained F- ratio value of the pre test1.83 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Critical Thinking among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 23.60, 26.20, 26.67 and 21.87 respectively. The obtained post-test F-ratio of 2.96 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on critical thinking was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in critical thinking among amateur tennis players.

The adjusted post-test means amateur tennis players on Critical Thinking among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 24.66, 25.59, 25.91 and 22.17 respectively. The obtained adjusted post 'F' ratio of 6.82 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Critical Thinking level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table

Table 19

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Critical Thinking

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
24.66	-	-	22.17	2.49	2.64
24.66	25.59	-	-	0.93	
24.66	-	25.91	-	1.25	
-	25.59	-	22.17	**3.42***	
-	-	25.91	22.17	**3.74***	
--	25.59	25.91	-	0.32	

The table 19 predicts that significant mean differences existed between treatment groups on Critical Thinking. The mean difference between Life Skills Training group and Control Group and Blended Group, and Control Group were, 3.42 and 3.74 respectively was higher than the confidence interval value of2.64. Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Control Group, Counseling Group and Life Skills Training group, Counseling Group and Blended group and Life Skills Training Group and Blended group were 2.49, 0.93, 1.25 and 0.32 respectively which was lesser than the confidence interval value of 2.64. Hence, it was exhibited that all the training groups had a similar improvement on Critical Thinking among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 10.

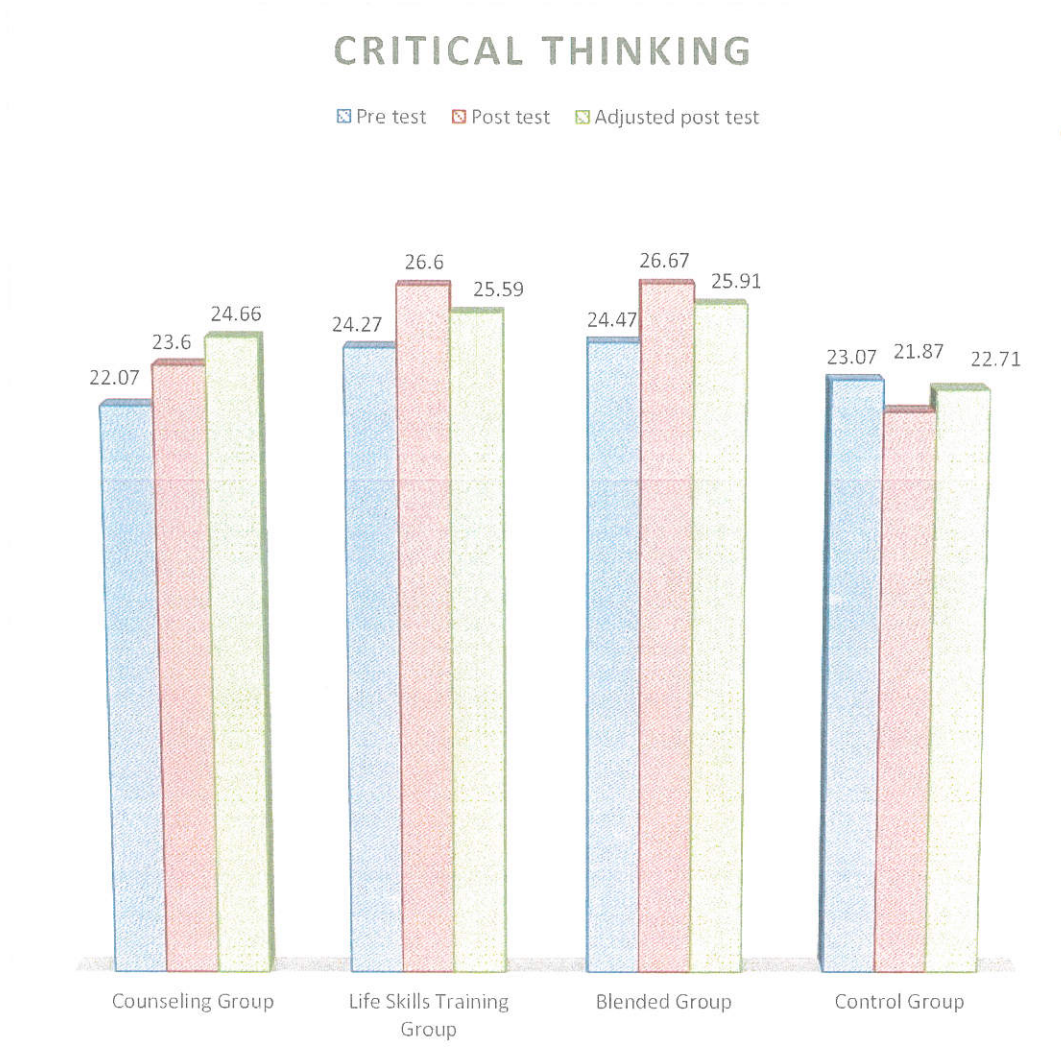

Figure 10. **Showing the pre post and adjusted post test mean values on critical thinking of different groups**

Table 20

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Decision Making Among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	22.20	23.53	23.80	22.07	BG	35.93	3.00	11.98	2.52
					WG	1689.47	56.00	30.17	
Post Test	29.07	29.67	30.93	21.93	BG	739.27	3.00	246.42	**9.14***
					WG	1510.13	56.00	26.97	
Adjusted	29.64	29.15	30.19	22.62	BG	516.13	3.00	187.04	**28.24***
					WG	364.32	55.00	6.62	
Mean Gain	6.87	6.13	7.13	0.13					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 20 indicated that the pre test mean of amateur tennis players on Decision Making among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 22.20, 23.53, 23.80 and 22.07 respectively. The obtained F- ratio value of the pre test 2.52 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Decision Making among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 29.07, 29.67, 30.93 and 21.93 respectively. The obtained post-test F-ratio of 9.14 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Decision Making was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Decision Making among amateur tennis players.

The adjusted post-test means amateur tennis players on Decision Making among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 29.64, 29.15, 30.19 and 22.62 respectively. The obtained adjusted post 'F' ratio of 28.24 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This showed that the difference between the adjusted post-test mean of the subjects on Decision Making level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table

Table 21

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Decision Making

Counseling Group	Life Skills Training Group	Counseling & Life Skills Training Group	Control Group	Mean Difference	Confidence Interval
29.64	-	-	22.62	**7.02***	2.71
29.64	29.15	-	-	0.50	
29.64	-	30.19	-	0.55	
-	29.15	-	22.62	**6.53***	
-	-	30.19	22.62	**7.57***	
-	29.15	30.19	-	1.05	

The table 21 predicts that significant mean differences existed between treatment groups on decision making. The mean difference between Counseling group and control group, Life Skills Training group and control group and Blended Group, and control group were 7.02 6.53 and 7.57 respectively which was higher than the confidence interval value 2.71. Hence, it was exhibited hat there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling group and Life Skills Training group, Counseling group and blended group, and Life Skills Training and Blended group were 0.50, 0.55 and 1.05 respectively was lesser than the confidence interval value 2.71. Hence, it was exhibited that all the training groups had a similar improvement on Decision Making among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 11.

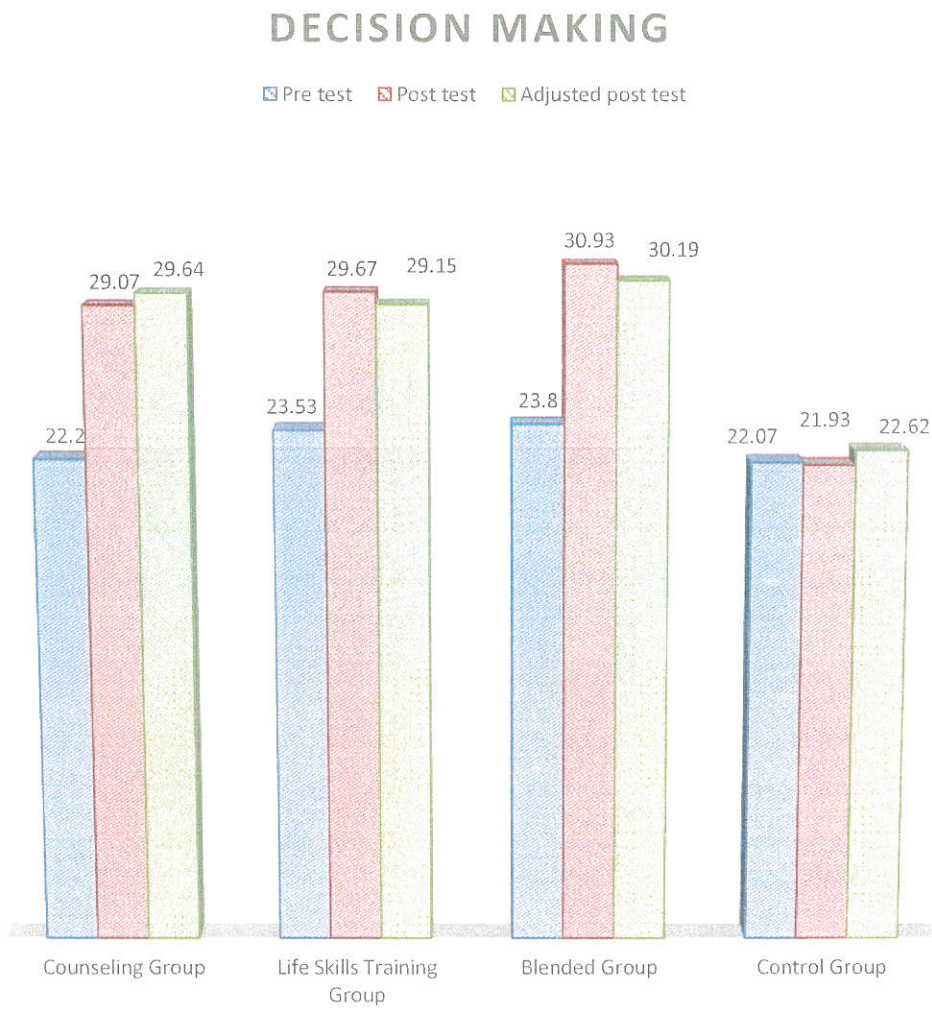

Figure 11. **Showing the pre post and adjusted post test mean values on Decision Making of different groups**

Table 22

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Problem Solving Among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	22.40	23.33	22.13	24.07	BG	35.38	3.00	11.79	2.40
					WG	1585.60	56.00	28.31	
Post Test	33.00	34.67	34.73	22.60	BG	1525.38	3.00	508.46	**20.11***
					WG	1415.87	56.00	25.28	
Adjusted	33.34	34.46	35.23	21.96	BG	1726.92	3.00	575.64	**36.55***
					WG	866.16	55.00	15.75	
Mean Gain	10.60	11.33	2.60	1.47					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 22 indicated that the pre test mean of amateur tennis players on Problem Solving among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 22.40, 23.33, 22.13 and 24.07 respectively. The obtained F- ratio value of the pre test2.40 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Problem Solving among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 33.00, 34.67, 34.73 and 22.60 respectively. The obtained post-test F-ratio of 20.11 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Problem Solving was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Problem Solving among amateur tennis players.

The adjusted post-test means amateur tennis players on Problem Solving among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 33.34, 34.46, 35.23 and 21.96respectively. The obtained adjusted post 'F' ratio of 36.55 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Problem Solving level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 23

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Problem Solving

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
33.34	-	-	21.96	**11.38***	4.18
33.34	34.46	-	-	1.12	
33.34	-	35.23	-	1.89	
-	34.46	-	21.96	**12.50***	
-	-	35.23	21.96	**13.27***	
-	34.46	35.23	-	0.77	

Table 23 predicts that significant mean differences existed between treatment groups on problem solving. The mean difference between Counseling group and Control Group, Life Skills Training group and Control Group and Blended Group, and Control Group were 11.38, 12.50 and 13.27 respectively was higher than the confidence interval value 4.18. Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Life Skills Training group, Counseling group and Blended Group, and Life Skills Training and Blended Group were 1.12, 1.89 and 0.77 respectively which was lesser than the confidence interval value 4.18. Hence, it was showed that all the training groups had a similar improvement on Problem Solving among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 12.

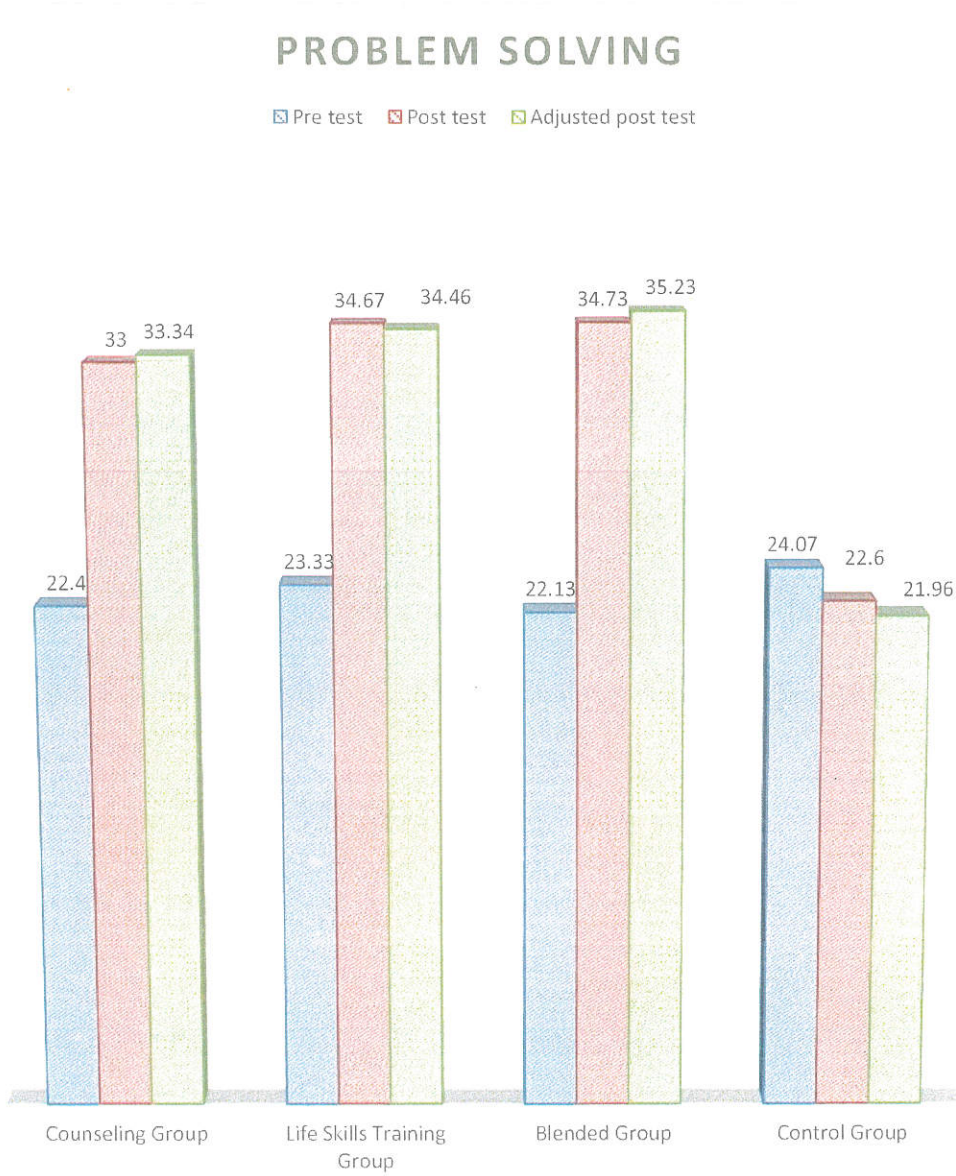

Figure 12. Showing the pre post and adjusted post test mean values on Problem Solving of different groups

Table 24

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Coping with Emotions among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	22.27	23.27	23.60	20.93	BG	64.58	3.00	21.53	1.42
					WG	1706.40	56.00	30.47	
Post Test	29.67	29.87	31.27	20.80	BG	1031.00	3.00	343.67	**11.32***
					WG	1700.40	56.00	30.36	
Adjusted	29.87	29.26	30.39	22.09	BG	665.96	3.00	221.99	**21.26***
					WG	574.21	55.00	10.44	
Mean Gain	7.40	6.60	7.67	-0.13					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 24 indicated that the pre test mean of amateur tennis players on Coping with Emotions among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 22.27, 23.27, 23.60 and 20.93 respectively. The obtained F- ratio value of the pre test1.42 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Coping with Emotions among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 29.67, 29.87, 31.27 and 20.80 respectively. The obtained post-test F-ratio of 11.32 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Coping with Emotions was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Coping with Emotions among amateur tennis players.

The adjusted post-test means amateur tennis players on Coping with Emotions among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 29.87, 29.26, 30.39 and 22.09 respectively. The obtained adjusted post 'F' ratio of 21.26 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Coping with Emotions level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 25

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Coping with Emotion

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
29.87	-	-	22.09	**7.78***	3.41
29.87	29.26	-	-	0.61	
29.87	-	30.39	-	0.52	
-	29.26	-	22.09	**7.71***	
-	-	30.39	22.09	**8.30***	
-	29.26	30.39	-	1.13	

The table 25 showed that significant mean differences existed between treatment groups on coping with emotion. The mean difference between Counseling group and control group, Life Skills Training Group and Control Group and Blended Group, and Control Group were 7.78, 7.71 and 8.30 respectively which was higher than the confidence interval value 3.41. Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Life Skills Training group, Counseling group and Blended Group, and Life Skills Training and Blended Group were 0.61, 0.52 and 1.13 respectively was lesser than the confidence interval value 3.41. Hence, it was exhibited that all the training groups had a similar improvement on Coping with Emotions amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 13.

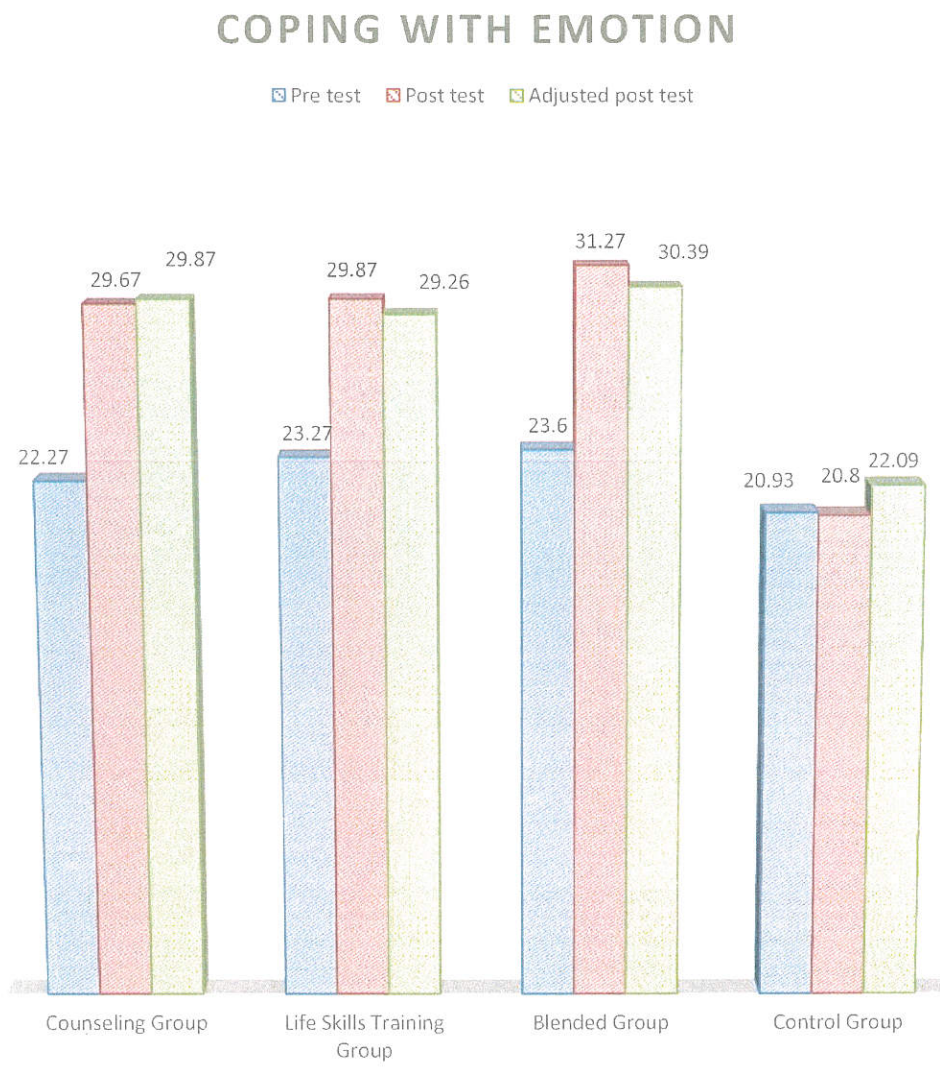

Figure 13. **Showing the pre post and adjusted post test mean values on Coping with Emotions of different groups**

Table 26

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Coping with Stress among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	22.47	21.60	20.80	22.73	BG	34.73	3.00	11.58	2.34
					WG	1516.67	56.00	27.08	
Post Test	30.67	29.67	31.80	21.73	BG	940.93	3.00	313.64	**12.39***
					WG	1418.00	56.00	25.32	
Adjusted	30.27	29.88	32.57	21.15	BG	1119.43	3.00	373.14	**30.35***
					WG	676.23	55.00	12.30	
Mean Gain	8.20	8.07	11.00	1.00					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 26 indicated that the pre test mean of amateur tennis players on coping with stress among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 22.47, 21.60, 20.80 and 22.73 respectively. The obtained F- ratio value of 2.34was statistically not significant, since they failed to reach the critical value of 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on coping with stress among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 30.67, 29.67, 31.80 and 21.73respectively. The obtained post-test F-ratio of 12.39 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on coping with stress was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in coping with stress among amateur tennis players.

The adjusted post-test means amateur tennis players on coping with stress among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 30.27, 29.88, 32.57 and 21.15 respectively. The obtained 'F' ratio of 30.35 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on coping with stress level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 27

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Coping with Stress

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
30.27	-	-	21.15	**9.12***	3.70
30.27	29.88	-	-	0.39	
30.27	-	32.57	-	2.30	
-	29.88	-	21.15	**8.73***	
-	-	32.57	21.15	**11.42***	
-	29.88	32.57	-	2.69	

The table 27 predicts that significant mean differences existed between treatment groups on coping with stress. The mean difference between Counseling group and control group, Life Skills Training group and Control Group and Blended Group, and Control group were 9.12, 8.73 and 11.42 respectively which was higher than the confidence interval value 3.70. Hence, it was showed that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling group and Life Skills Training group, Counseling group and Blended Group, and Life Skills Training and Blended group were 0.39, 2.30 and 2.69 respectively which was lesser than the confidence interval value 3.55. Hence, it was exhibited that all the training groups had a similar improvement on coping with stress amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 14.

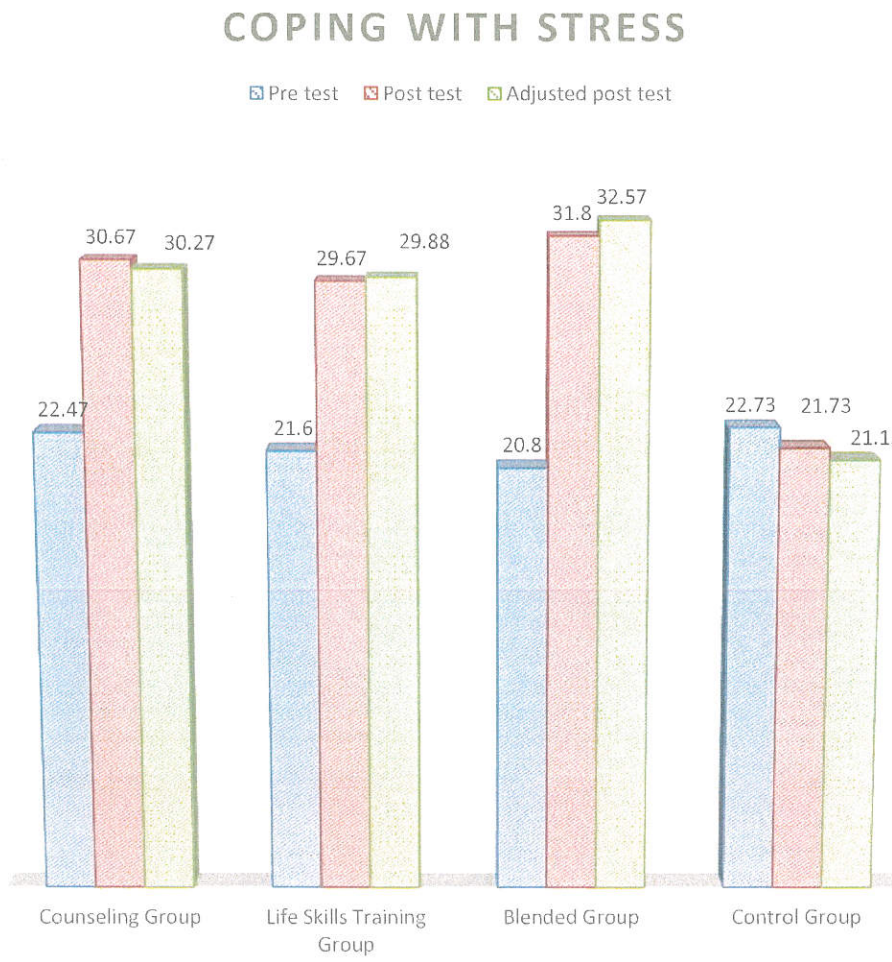

Figure 14. **Showing the pre post and adjusted post test mean values on Coping with Stress of different groups**

Table 28

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Total Llife Skills among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	222.20	213.87	227.07	224.47	BG	1468.60	3.00	489.53	2.04
					WG	55832.80	56.00	997.01	
Post Test	307.33	302.67	329.00	233.53	BG	76966.53	3.00	25655.51	**35.57***
					WG	40392.40	56.00	721.29	
Adjusted	307.13	308.18	325.45	231.77	BG	78438.15	3.00	26146.05	**102.33***
					WG	14052.77	55.00	255.50	
Mean Gain	85.13	88.80	101.93	9.07					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 28 indicated that the pre test mean of amateur tennis players on Total Life Skills among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 222.20, 213.87, 227.07 and 224.47 respectively. The obtained F- ratio value of the pre test2.04 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Total Life Skills among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 307.33, 302.67, 329.00 and 233.53 respectively. The obtained post-test F-ratio of 35.57 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Total Life Skills was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Total Life Skills among amateur tennis players.

The adjusted post-test means amateur tennis players on Total Life Skills among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 307.13, 308.18, 325.45 and 231.77 respectively. The obtained adjusted post 'F' ratio of 102.33 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Total Life Skills level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 29

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Total Life Skills

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
307.13	-	-	231.77	**75.36***	16.86
307.13	308.18	-	-	1.06	
307.13	-	325.45	-	**18.32***	
-	308.18	-	231.77	**76.41***	
-	-	325.45	231.77	**93.68***	
-	308.18	325.45	-	**17.27***	

The table 29 predicts that significant mean differences existed between treatment groups on Total life skills. The mean difference between Counseling Group and Control Group, Counseling Group and Blended Group, Life Skills Training Group and Control Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were 75.36, 18.32, 76.41, 93.68 and 17.27respectively was higher than the confidence interval value 16.86 Hence, it was showed that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling group and Life Skills Training group, were 1.06 which was lesser than the confidence interval value 16.86. Hence, it was exhibited that the training group had a similar improvement on Total Life Skills among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 15.

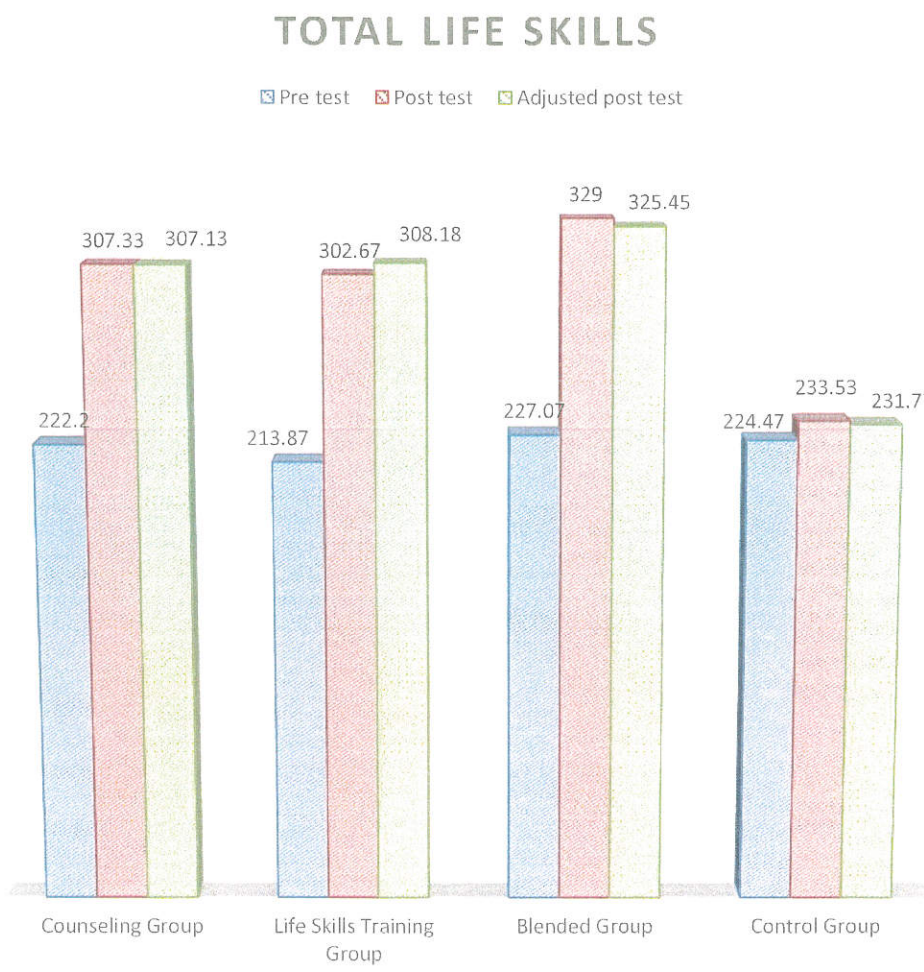

*Figure 15.***Showing the pre post and adjusted post test mean values on Total Life Skills of different groups**

3511

Discussion on findings for life skills training

Taking in to consideration of the above research findings the results of the study suggested that due to twelve weeks of intervention of Counseling, Life skills training and Blended training have shown significant improvement on Self-Awareness, Effective Communication, Inter-Personal Relationship, Decision Making, Problem Solving, Coping With Emotions and Coping With Stress than the Control group at 0.05 level.

Further it is exhibited that there was no significant difference between Counseling group, life skills training group, Blended Group and Control Group on Empathy and Creative thinking. Hence, the hypothesis No. 6 was partially accepted at 0.05 level.

The result of the present study is also in conformity with the findings of the previous research studies Pierce, Gould and Camire (2010) proposed that sport is a learning environment with distinctive demands. It was, therefore, an individual's life skills which gives him/her the ability to interact with the environment to produce positive or negative skill outcomes. Pesce, Caterina (2016) showed that the students with the life skills program showed marked positive performances in aerobic fitness, in- sport passing skills and they were able to make decisive behavioural changes. Therefore, it was deduced that life skills training is beneficial to the fitness dimension of physical and the cognitive dimension of mental health. Cope (2016) reported that the development of life skills has been associated with participation in sport. The environment that the coaches need to recreate to extract the best potential out of the athlete is important. It was also important to look into the formal education of the coaches and his/her life skills knowledge. Hardcastle S.J. et al (2015) perceived effectiveness of life skills program to

improve performance among young athletes. Super, Verkooyen & Koelen (2016) recognized that sport had the potential to enhance the personal development of socially vulnerable youth. Creating meaningful sporting experiences could develop into a skill that could be beneficial over a lifetime. In addition to that, immersive life skills programs may provide a favorable environment for social interaction, autonomy and personal growth which was suggested by (McIherson et al. 2016)

Sports Specific Personality

The pre and post test scores of the Sports Specific Personality variables such as Sociability, Dominance, Extraversion, Self-concept, Conventionality, Mental Toughness and Emotional Stability was also recorded based on the questionnaire response given by the subjects and the scores were subjected to statistical treatment. The results on the effect of 12 weeks treatment among amateur tennis players were presented in the following tables.

Table 30

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Sociability among Experimental and Control Group

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	24.67	23.93	23.80	22.87	BG	24.58	3.00	8.19	2.37
					WG	1086.40	56.00	19.40	
Post Test	30.00	29.60	30.93	24.80	BG	399.40	3.00	113.13	**3.32***
					WG	1910.93	56.00	34.12	
Adjusted	29.65	29.55	30.94	25.19	BG	280.00	3.00	93.33	**2.97***
					WG	1728.66	55.00	31.43	
Mean Gain	5.33	5.67	7.13	1.93					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 30 indicated that the pre test mean of amateur tennis players on Sociability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 24.67, 23.93, 23.80 and 22.87 respectively. The obtained F- ratio value of the pre test2.37 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Sociability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 30.00, 29.60, 30.93 and 24.80respectively. The obtained post-test F-ratio of 3.32 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Sociability was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Sociability among amateur tennis players.

The adjusted post-test means amateur tennis players on Sociability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 29.65, 29.55, 30.94 and 25.19respectively. The obtained adjusted post 'F' ratio of 2.97 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Sociability level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 31

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Sociability

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
29.65	-	-	25.19	4.46	
29.65	29.55	-	-	0.10	
29.65	-	30.94	-	1.29	5.61
-	29.55	-	25.19	4.26	
-	-	30.94	25.19	**5.75***	
-	29.55	30.94	-	1.39	

The table 31 predicts that significant mean differences existed between treatment groups on Sociability. The mean difference between Blended Group and Control Group were 5.75was higher than the confidence interval value 5.61. Hence, it was showed that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Control Group, Counseling Group and Life Skills Training Group, Counseling Group and Blended Group, Life Skills Training Group and Control Group and Life Skills Training Group and Blended Group were 4.46, 0.10, 1.29, 4.36 and 1.39 respectively which was lesser than the confidence interval value 5.61 Hence, it was exhibited that all the training groups had a similar improvement on Sociability among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 16.

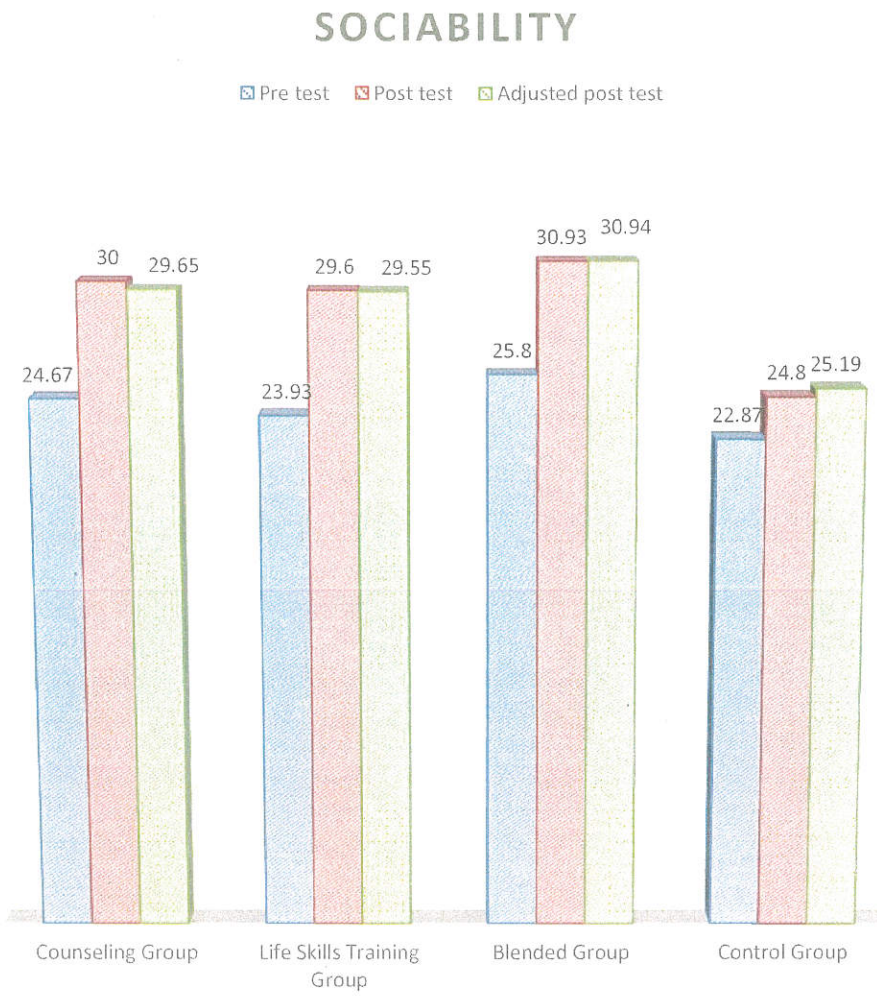

***Figure 16.*Showing the pre post and adjusted post test mean values on Sociability of different groups**

Table 32

COMPUTATION OF ANALYSIS OF COVARIANCE OF PRE, POST AND ADJUSTED POST TEST ON DOMINANCE AMONG EXPERIMENTAL AND CONTROL GROUPS

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	29.33	28.47	25.73	25.93	BG	147.00	3.00	49.00	2.66
					WG	1030.93	56.00	18.41	
Post Test	35.80	32.87	45.27	25.67	BG	2965.00	3.00	988.33	**20.42***
					WG	2710.40	56.00	48.40	
Adjusted	34.44	32.11	46.40	26.66	BG	3099.03	3.00	1033.01	**25.63***
					WG	2216.36	55.00	40.30	
Mean Gain	6.47	4.40	19.53	-0.27					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 32 indicated that the pre test mean of amateur tennis players on Dominance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 29.33, 28.47, 25.73 and 25.93respectively. The obtained F- ratio value of the pre test2.66 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Dominance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 35.80, 32.87, 45.27 and 25.67respectively. The obtained post-test F-ratio of 20.42 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Dominance was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Dominance among amateur tennis players.

The adjusted post-test means amateur tennis players on Dominance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 34.44, 32.11, 46.40 and 26.66respectively. The obtained adjusted post 'F' ratio of 25.63 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Dominance level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 33

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Dominance

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
34.44	-	-	26.66	**7.78***	6.69
34.44	32.11	-	-	2.33	
34.44	-	46.40	-	**11.96***	
-	32.11	-	26.66	5.45	
-	-	46.40	26.66	**19.74***	
-	32.11	46.40	-	**14.29***	

The table 33 predicts that significant mean differences existed between treatment groups on Dominance. The mean difference between Counseling Group and Control Group, Counseling Group and Blended Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were 7.78, 11.96, 19.74 and 14.29 respectively was higher than the confidence interval value of6.69 Hence, it was showed that there was a significant difference between the training groups and control group.

However, there was no significant difference between, counseling group and Life Skills Training Group and Life Skills Training Group and Control Group, were 2.33 and 5.45 respectively. This was lesser than the confidence interval value 6.69. Hence, it was exhibited that all the training groups had a similar improvement on Dominance among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 17.

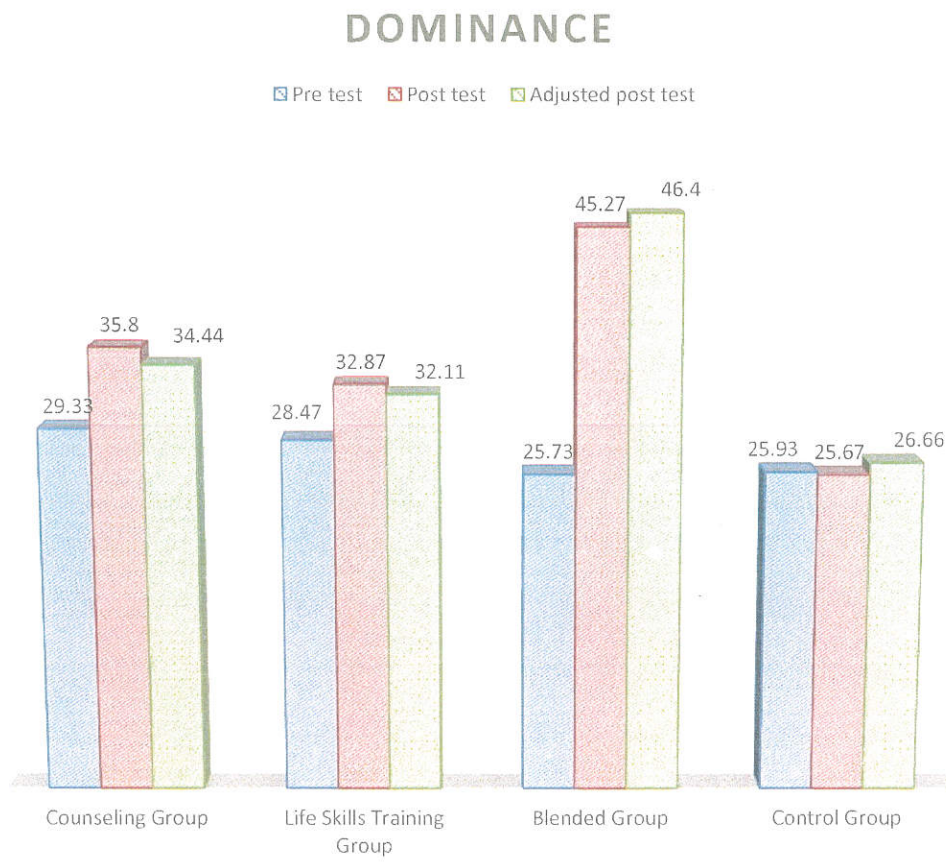

***Figure 17.*Showing the pre post and adjusted post test mean values on Dominance of different groups**

Table 34

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Extraversion among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	26.13	22.87	24.80	22.47	BG	132.13	3.00	44.04	1.73
					WG	1429.60	56.00	25.53	
Post Test	24.73	22.60	24.93	22.60	BG	75.12	3.00	25.04	1.13
					WG	1583.07	56.00	28.27	
Adjusted	23.02	23.59	24.33	23.93	BG	13.50	3.00	4.50	2.43
					WG	601.92	55.00	10.94	
Mean Gain	1.40	0.27	0.13	0.13					

An examination of table – 34 indicated that the pre test mean of amateur tennis players on Extraversion among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 26.13, 22.87, 24.80 and 22.47 respectively, and it also cleared from the table that the obtained F ratio of pre-test was 1.73 which was lesser than the table value of 2.78 with degrees of freedom 3.56. Hence, from the table it was exhibited that the random assignment of the subjects were successful.

It was evident from the table that the post test mean of amateur tennis players on Extraversion among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 24.73, 22.60, 24.93 and 22.60 respectively, and it also cleared from the table that the obtained F ratio of post-test was 1.13 which was lesser than the table value of 2.78 with degrees of freedom 3.56. Hence, from the table it was exhibited that there was no significant modification in Extraversion due to twelve weeks of counseling and life skills training among amateur tennis players.

It was evident from the table that the adjusted post-test value of amateur tennis players on Extraversion among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 23.02, 23.59, 24.33 and 23.93 respectively and it also cleared from the table that the obtained F ratio of post test was 2.43 which was lesser than the table value of 2.78 with degrees of freedom 3, 55. Hence, from the table it was exhibited that there was no significant difference among the training groups namely counseling, life skill trailing, and blended training and control groups.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 18

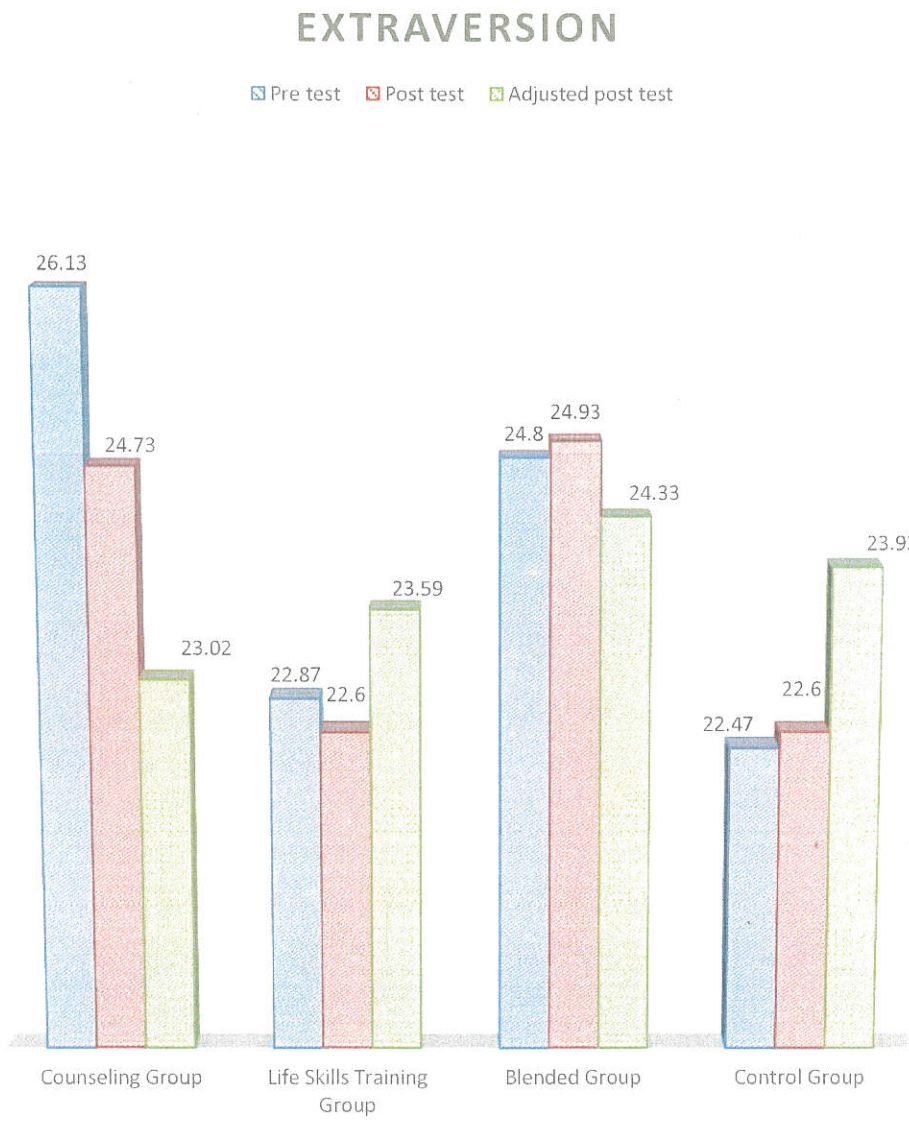

Figure 18. **Showing the pre post and adjusted post test mean values on Extraversion of different groups**

Table 35

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Self Concept among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	6.20	5.87	6.33	5.93	BG	2.18	3.00	0.73	2.37
					WG	96.40	56.00	1.72	
Post Test	9.60	6.80	10.13	6.07	BG	182.98	3.00	60.99	**37.67***
					WG	90.67	56.00	1.62	
Adjusted	9.55	6.90	10.02	6.14	BG	162.30	3.00	54.00	**42.83***
					WG	69.47	55.00	1.26	
Mean Gain	3.40	0.93	3.80	0.13					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 35 indicated that the pre test mean of amateur tennis players on Self Concept among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 6.20, 5.87, 6.33 and 5.93 respectively. The obtained F-ratio value of the pre test2.37 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Self Concept among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 9.60, 6.80, 10.13 and 6.07 respectively. The obtained post-test F-ratio of 37.67 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Self Concept was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Self Concept among amateur tennis players.

The adjusted post-test means amateur tennis players on Self Concept among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 9.55, 6.90, 10.02 and 6.14 respectively. The obtained adjusted post 'F' ratio of 42.83 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Self Concept level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 36

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Self Concept

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
9.55	-	-	6.14	**3.41***	1.19
9.55	6.90	-	-	**2.64***	
9.55	-	10.02	-	0.47	
-	6.90	-	6.14	0.76	
-	-	10.02	6.14	**3.88***	
-	6.90	10.02	-	**3.11***	

The table 36 predicts that significant mean differences existed between treatment groups on Self Concept. The mean difference between Counseling group and Control Group, Counseling Group and Life Skills Training Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were and 3.14, 2.64, 3.88 and 3.11 respectively was higher than the confidence interval value of1.19 Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Blended Group and Life Skills Training Group and Control Group were 0.47, 0.76. This was lesser than the confidence interval value 1.19. Hence, it was showed that all the

training groups had a similar improvement on Self Concept among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 19.

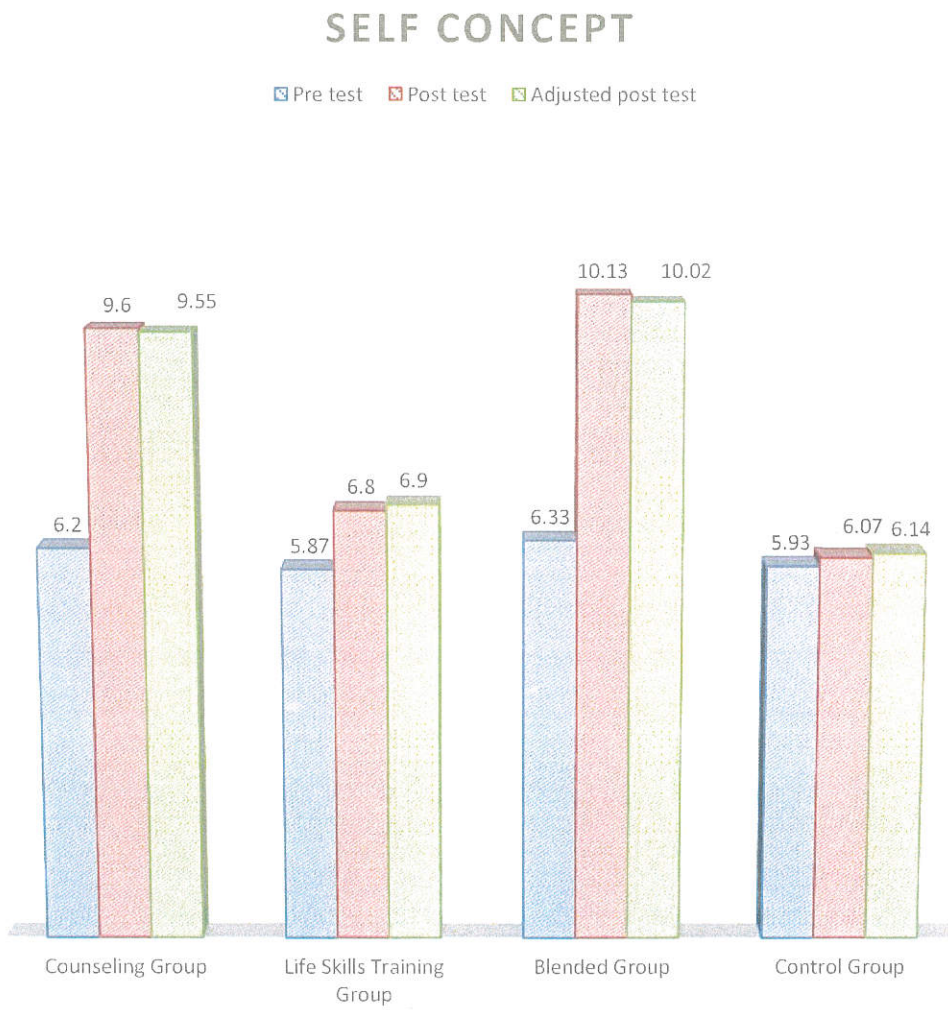

Figure 19. **Showing the pre post and adjusted post test mean values on Self Concept of different groups**

Table 37

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Conventionality among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	27.27	25.93	26.53	24.67	BG	54.47	3.00	18.16	1.20
					WG	1222.93	56.00	21.84	
Post Test	28.13	25.13	27.60	25.40	BG	104.07	3.00	34.69	1.85
					WG	1052.67	56.00	18.80	
Adjusted	27.29	25.25	27.29	26.44	BG	41.28	3.00	13.76	1.83
					WG	412.51	55.00	7.50	
Mean Gain	0.87	0.80	1.07	0.73					

An examination of table – 37 Indicated that the pre test mean of amateur tennis players on Conventionality among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 27.27, 25.93, 26.53 and 24.67 respectively, and it also cleared from the table that the obtained F ratio value of pre-test was 1.20 which was lesser than the table value of 2.78 with degrees of freedom 3.56. Hence, from the table it was exhibited that the random assignment of the subjects were successful.

It was evident from the table that the post test mean of amateur tennis players on Conventionality among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 28.13, 25.13, 27.60 and 25.40 respectively, and it also cleared from the table that the obtained F ratio of post-test was 1.85 which was lesser than the table value of 2.78 with degrees of freedom 3.56. Hence, from the table it was exhibited that there was no significant modification in Conventionality due to twelve weeks of counseling and life skills training among amateur tennis players.

It was evident from the table that the adjusted post-test value of amateur tennis players on Conventionalit among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 27.29, 25.25, 27.29 and 26.44 respectively and it also cleared from the table that the obtained adjusted post 'F' ratio of post test was 1.83 which was lesser than the table value of 2.78 with degrees of freedom 3, 55. Hence, from the table it was showed that there was no significant difference among the training groups.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 20

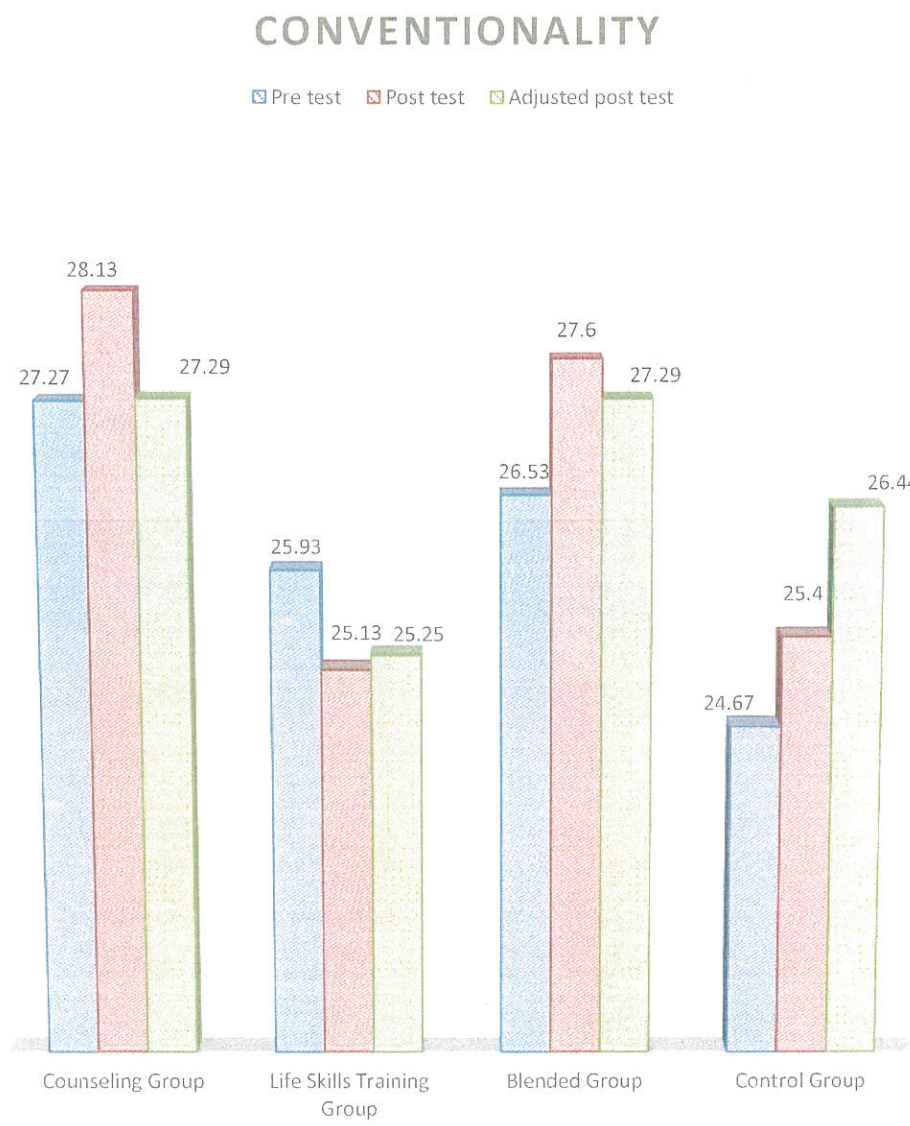

Figure 20. **Showing the pre post and adjusted post test mean values on Conventionality of different groups**

Table 38

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Mental Toughness among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	32.20	29.53	28.47	26.60	BG	246.13	3.00	82.04	2.65
					WG	1731.47	56.00	30.92	
Post Test	29.53	32.20	47.27	24.73	BG	4256.73	3.00	1418.91	**36.99***
					WG	2148.00	56.00	38.36	
Adjusted	29.08	32.15	47.38	25.13	BG	4260.28	3.00	1420.09	**37.06***
					WG	2107.65	55.00	38.32	
Mean Gain	2.67	2.67	18.80	1.87					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 38 indicated that the pre test mean of amateur tennis players on Mental Toughness among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 32.20, 29.53, 28.47 and 26.60 respectively. The obtained F- ratio value of the pre test 2.65 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Mental Toughness among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 29.53, 32.20, 47.27 and 24.73 respectively. The obtained post-test F-ratio of 36.99 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Mental Toughness was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Mental Toughness among amateur tennis players.

The adjusted post-test means amateur tennis players on Mental Toughness among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 29.08, 32.15, 47.38 and 25.13 respectively. The obtained adjusted post 'F' ratio of 37.06 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Mental Toughness level were significantly improved in amateur tennis players during the treatment period due to experimental treatments. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table 39.

Table 39

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Mental Toughness

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
29.08	-	-	25.13	3.95	6.53
29.08	32.15	-	-	0.07	
29.08	-	47.38	-	**18.30***	
-	32.15	-	25.13	**7.02***	
-	-	47.38	25.13	**22.25***	
-	32.15	47.38	-	**15.23***	

The table 39 predicts that significant mean differences existed between treatment groups on mental toughness. The mean difference between Counseling Group and Blended Group, Life Skills Training Group and Control Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were 18.30, 7.02, 22.25 and 15.23 respectively. This was higher than the confidence interval value 6.53 hence; it was showed that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Control Group and Counseling Group and Life Skills Training were 3.95 and 0.07 This was lesser than the confidence interval value 6.53. Hence, it was exhibited that all the training groups had a similar improvement on Mental Toughness among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 21.

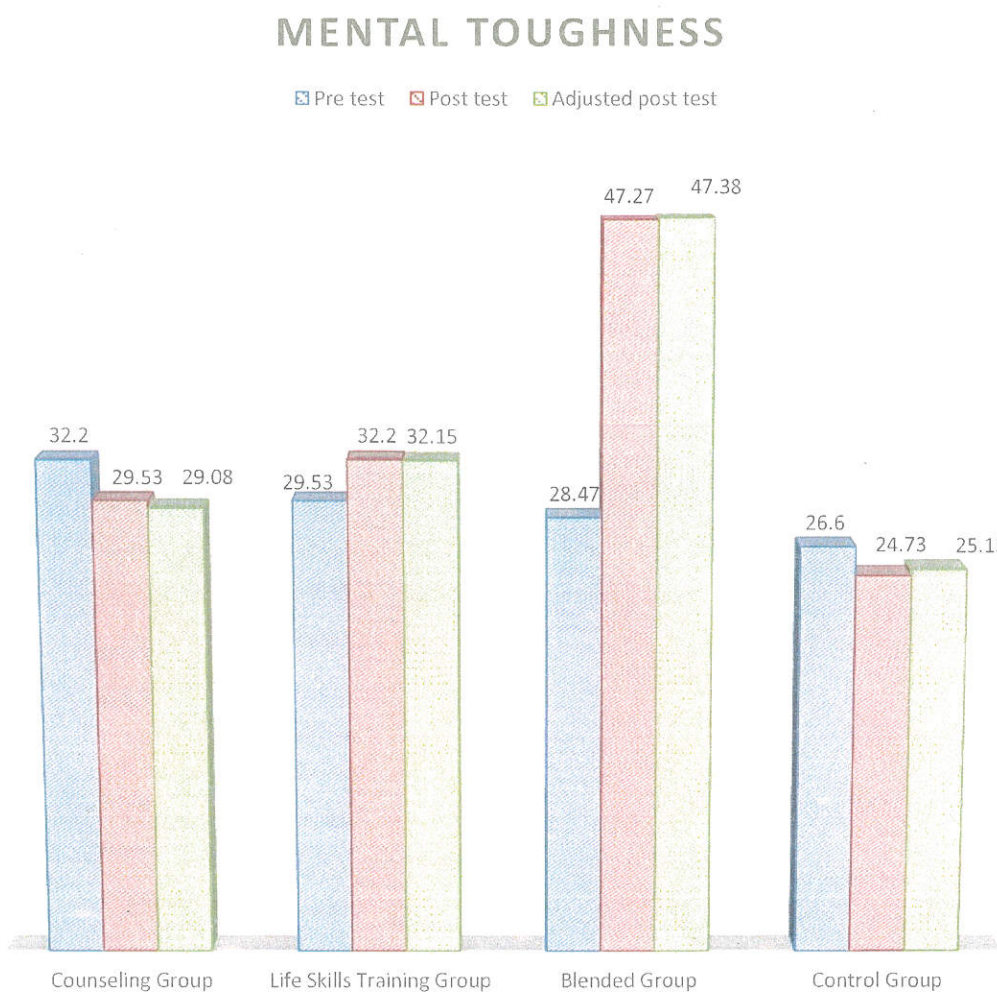

***Figure 21.*Showing the pre post and adjusted post test mean values on Mental Toughness of different groups**

Table 40

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Emotional Stability among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	26.40	23.67	26.67	24.07	BG	108.40	3.00	36.13	2.25
					WG	901.20	56.00	16.09	
Post Test	41.40	28.67	42.27	24.20	BG	3712.67	3.00	1237.56	**95.95***
					WG	722.27	56.00	12.90	
Adjusted	41.14	28.99	41.95	24.44	BG	3125.38	3.00	1041.79	**84.10***
					WG	681.33	55.00	12.39	
Mean Gain	15.00	5.00	15.60	0.13					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 40 indicated that the pre test mean of amateur tennis players on Emotional Stability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 26.40, 23.67, 26.67 and 24.07 respectively. The obtained F- ratio value of 2.25 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Emotional Stability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 41.40, 28.67, 42.27 and 24.20 respectively. The obtained post-test F-ratio of 95.95 was greater than the required table F- ratio of 2.78. Hence, the obtained f-ratio on Emotional Stability was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Emotional Stability among amateur tennis players.

The adjusted post-test means amateur tennis players on Emotional Stability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 41.14, 28.99, 41.95 and 24.44 respectively. The obtained 'F' ratio of 84.10 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Emotional Stability level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 41

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Emotional Stability

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
41.14	-	-	24.44	**16.70***	3.71
41.14	28.99	-	-	**12.15***	
41.14	-	41.95	-	0.81	
-	28.99	-	24.44	**4.55***	
-	-	41.95	24.44	**17.51***	
-	28.99	41.95	-	**12.96***	

The table 41 predicts that significant mean differences existed between treatment groups on emotional stability. The mean difference between Counseling Group and Control Group, Counseling Group and Life Skills Training Group, Life Skills Training Group and Control Group, Blended Group and Control Group and Life skills Training Group and Blended Group were16.70, 12.15, 4.55, 17.51 and 12.96 respectively was higher than the confidence interval value 3.71Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, counseling group and blended group were 0.81. This was lesser than the confidence interval value 3.71. Hence, it was showed that counseling group and blended group, and life skills training group and

control group had a similar improvement on Emotional Stability among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 22.

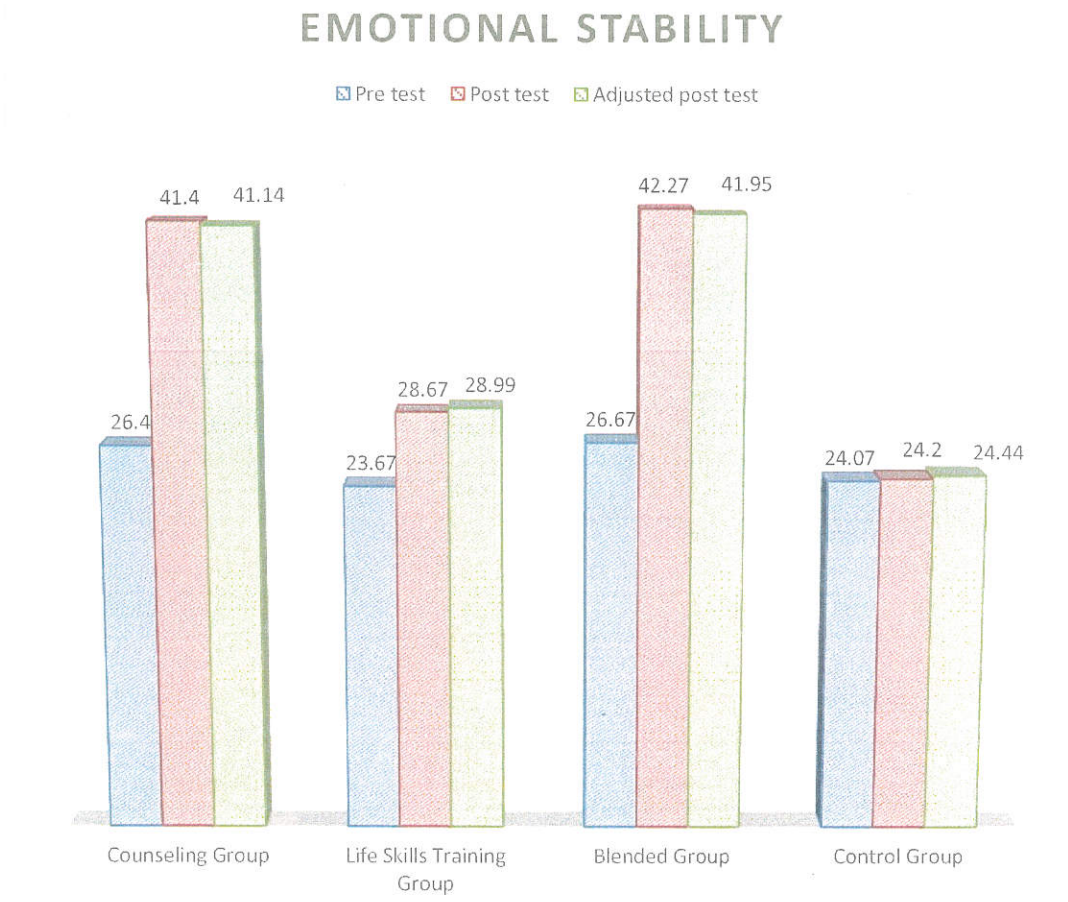

*Figure 22.***Showing the pre post and adjusted post test mean values on Emotional Stability of different groups**

Discussion on findings

Taking in to consideration of the above research findings the results of the study suggested that due to twelve weeks of intervention of Counseling, Life skills training and Blended training have shown significant improvement on Sociability, Dominance , Self-concept, Mental Toughness and Emotional Stability than the Control group at 0.05 level.

Further it is exhibited that there was no significant difference between Counseling Group, Life Skills Training Group, Blended Group and Control Group on Extraversion and Conventionality. Hence, the hypothesis No.7 was partially accepted.

The result of the present study is also in conformity with the findings of the previous research studies. Robert N. Singer (2013) examined baseball and tennis players on the Edwards Personal Preference Schedule there was no major personality variation in the profiles of the highest 20 and the lowest 20 ranked baseball players. The intermediate group of players displayed distinct traits in achievement, intraception and Dominance. Sheri L. Paterson (2013) stated that women who participated in individual sports scored higher in the Personality factors of Dominance, Adventurousness, Sensitivity, Introversion, Radicalism and Self-sufficiency. Franken (1994) indicated that the females when compared to the males were more interested in sports like gymnastics and figure skating; whereas more males were keen on hockey, football, baseball, basketball, golf, tennis and boxing. Except for Expressivity, male students scored higher than their female counterparts in all the personality measures. Caroline Davis (1995) determined that it is important to take into account the individual differences in efforts to understand the motivators that engaged in exercise activities.

Diano (1985) revealed that male tennis players had higher will-to-win scores and lower obsession scores than the controls. The female tennis players displayed higher scores on Extraversion and will-to-win scores and lower scores on neuroticism, anxiety, Depression and somatization than the controls. PawelRasmus, Josef Kocur (2006) identified tennis players exhibited higher Extraversion and Competitive Adjective Profile. They also exhibited to be more resilient, committed, patient, realistic, challenged, focused, motivated and physically fit compared to the participants of the control group.

Athletic Coping Skills

The pre and post test scores of the Athletic Coping Skills variables such as Coping with adversity, Coachability , Concentration, Confidence and achievement motivation, Goal setting and mental preparation, Peeking under pressure and Freedom from Worry was also recorded based on the questionnaire response given by the subjects and the scores were subjected to statistical treatment. The results on the effect of 12 weeks treatment among amateur tennis players were presented in the following tables.

Table 42

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Coping with Adversity among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	6.73	6.27	6.93	6.47	BG	3.87	3.00	1.29	2.09
					WG	150.53	56.00	2.69	
Post Test	9.67	7.27	10.00	6.27	BG	149.40	3.00	49.80	**33.52***
					WG	83.20	56.00	1.49	
Adjusted	9.66	7.28	9.98	6.27	BG	144.65	3.00	48.22	**32.03***
					WG	82.80	55.00	1.51	
Mean Gain	2.93	1.00	3.07	0.20					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 42 indicated that the pre test mean of amateur tennis players on Coping with Adversity among Counseling Group, Life Skills Training Group, Blended Group and Control Group were6.73, 6.27, 6.93and 6.47 respectively. The obtained F- ratio value of 2.09 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Coping with Adversity among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 9.67, 7.27, 10.00 and 6.27respectively. The obtained post-test F-ratio of the pre test33.52 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Coping with Adversity was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in coping with Adversity among amateur tennis players.

The adjusted post-test means amateur tennis players on Coping with Adversity among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 9.66, 7.28, 9.98 and 6.27respectively. The obtained adjusted post 'F' ratio of 32.03 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Coping with Adversity level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 43

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Coping with Adversity

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
9.66	-	-	6.27	**3.39***	1.29
9.66	7.28	-	-	**2.38***	
9.66	-	9.98	-	0.32	
-	7.28	-	6.27	1.01	
-	-	9.98	6.27	**3.31***	
-	7.28	9.98	-	**2.70***	

The table 43 predicts that significant mean differences existed between treatment groups on Coping with Adversity. The mean difference between Counseling group and control group, Life Skills Training group and control group, blended group, and control group and Life Skills Training Group and Blended Group were 3.39, 2.38, 3.31 and 2.70 respectively which was higher than the confidence interval value 1.29 Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling group and blended group, and Life Skills Training and Control Group were 0.32 and 1.01 respectively which was lesser than the confidence interval value 1.29. Hence,it was

showed that all the training groups had a similar improvement on Coping with Adversity among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 23.

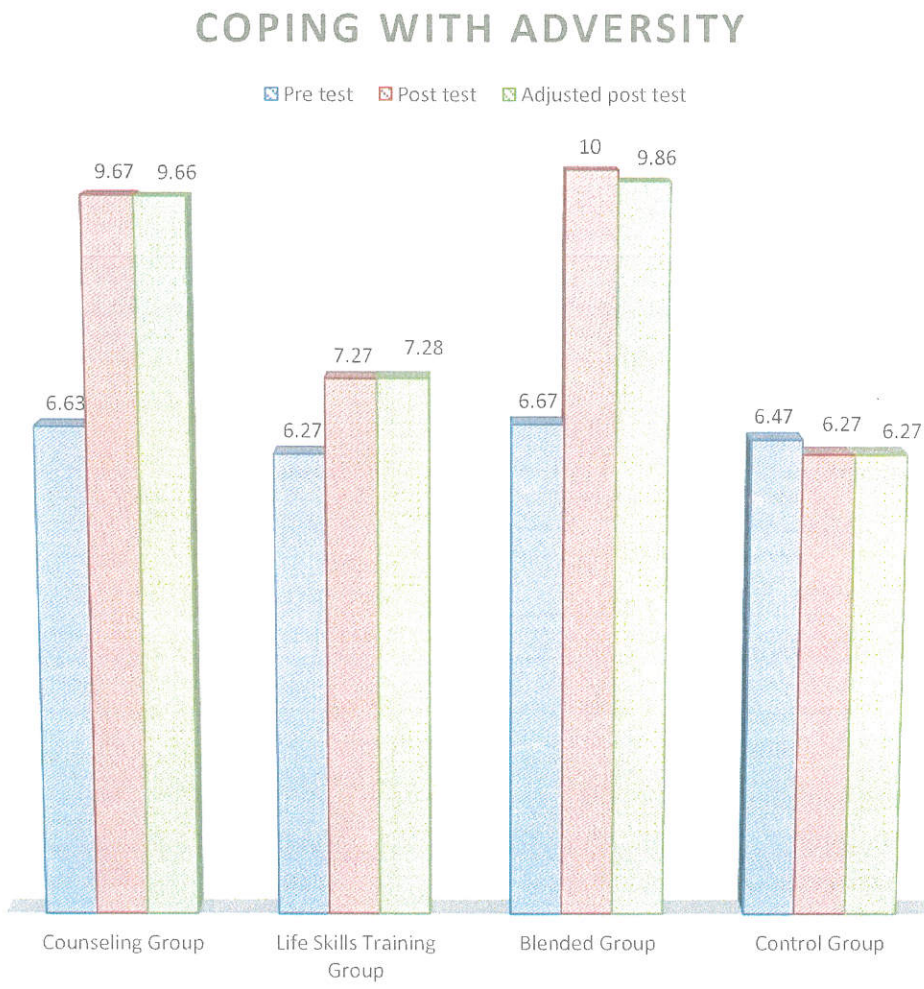

***Figure 23.*Showing the pre post and adjusted post test mean values on Coping with Adversity of different groups**

Table 44

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Coachability among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	7.67	6.07	6.27	6.60	BG	22.85	3.00	7.62	2.69
					WG	158.80	56.00	2.84	
Post Test	8.47	7.27	9.87	7.47	BG	63.60	3.00	21.20	**12.89***
					WG	92.13	56.00	1.65	
Adjusted	8.16	7.44	9.98	7.48	BG	63.69	3.00	21.23	**15.09***
					WG	77.38	55.00	1.41	
Mean Gain	0.80	1.20	3.60	0.87					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 44 indicated that the pre test mean of amateur tennis players on Coachability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 7.67, 6.07, 6.27 and 6.60 respectively. The obtained F-ratio value of 2.69 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Coachability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 8.47, 7.27, 9.87 and 7.47 respectively. The obtained post-test F-ratio of the pre test 12.89 was greater than the required table F- ratio of 2.78. Hence, the obtained f-ratio on Self-awareness was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Coachability among amateur tennis players.

The adjusted post-test means amateur tennis players on Coachability among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 8.16, 7.44, 9.98and 7.48respectively. The obtained adjusted post 'F' ratio of 15.09 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Coachability level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 45

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Coachability

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
8.61	-	-	7.48	0.67	1.25
8.61	7.44	-	-	0.71	
8.61	-	9.98	-	**1.83***	
-	7.44	-	7.48	0.04	
-	-	9.98	7.48	**2.50***	
-	7.44	9.98	-	**2.54***	

The table 45 predicts that significant mean differences existed between treatment groups on Coachability . The mean difference between Counseling group and Blended Group, Blended Group and control group and Life Skills Training Group and Blended Group were 1.83, 2.50 and 2.54 respectively was higher than the confidence interval value 1.25 Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling Group and Control Group, Counseling group and Life Skills Training group, Life Skills Training and Control group were 0.67, 0.71, and 0.04respectively which were lesser than the confidence interval value 1.25. Hence, it was showed that all the training groups had a similar improvement on Coachability among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 24.

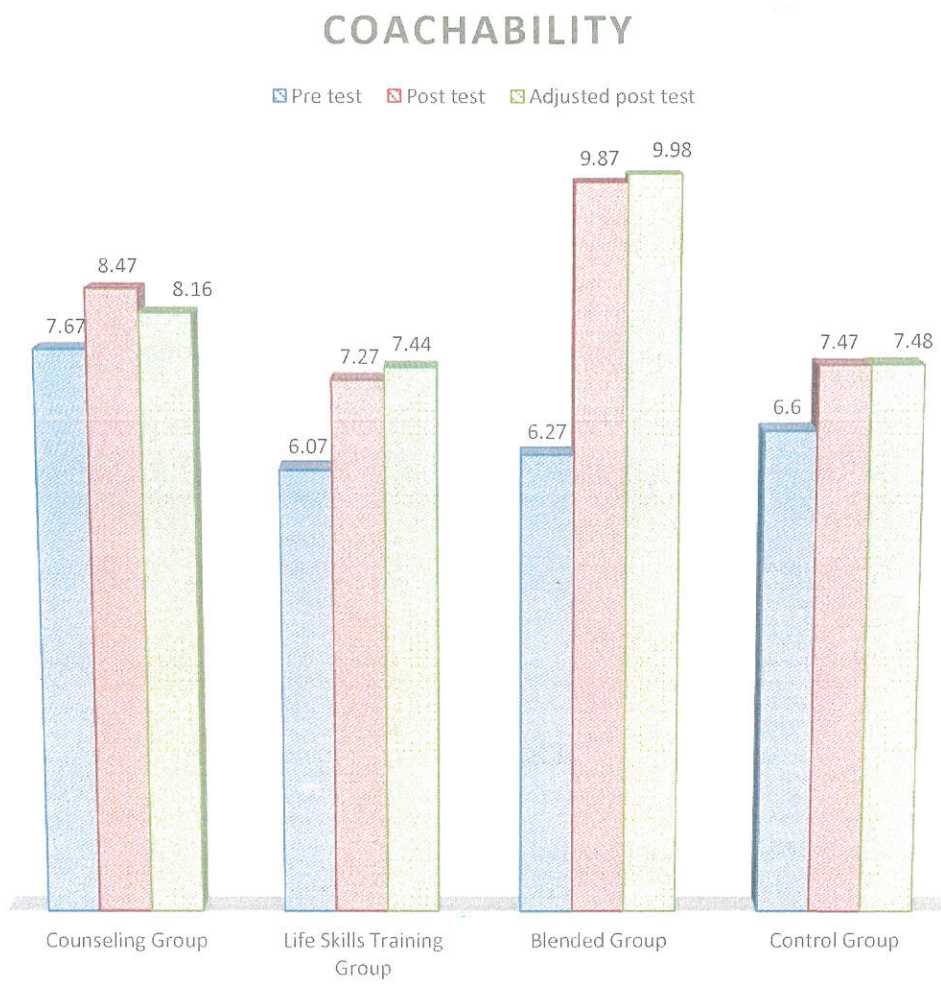

***Figure 24.*Showing the pre post and adjusted post test mean values on Coachability of different groups**

Table 46

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Concentration among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	7.47	7.73	6.87	7.47	BG	6.05	3.00	2.02	1.70
					WG	192.13	56.00	3.43	
Post Test	8.00	8.40	9.47	7.93	BG	22.58	3.00	7.53	**4.67***
					WG	90.27	56.00	1.61	
Adjusted	7.96	8.24	9.70	7.90	BG	31.68	3.00	10.56	**11.62***
					WG	49.96	55.00	0.91	
Mean Gain	0.53	0.67	2.60	0.47					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 46 indicated that the pre test mean of amateur tennis players on Concentration among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 7.47, 7.73, 6.87 and 7.47 respectively. The obtained F-ratio value of 1.70 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Concentration among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 8.00, 8.40, 9.47 and 7.93 respectively. The obtained post-test F-ratio of the pre test 4.67 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Concentration was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Concentration among amateur tennis players.

The adjusted post-test means amateur tennis players on Concentration among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 7.96, 8.24, 9.70 and 7.90respectively. The obtained adjusted post 'F' ratio of 11.62 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Concentration level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 47

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Concentration

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
7.96	-	-	7.90	0.07	1.01
7.96	8.24	-	-	0.28	
7.96	-	9.70	-	**1.74***	
-	8.24	-	7.90	0.34	
-	-	9.70	7.90	**1.81***	
-	8.24	9.70	-	**1.46***	

The table 47 showed that significant mean differences existed between treatment groups on Concentration. The mean difference between Counseling group and Blended Group, Blended Group and Control Group and Life Skills Training group and Blended Group were 1.74, 1.81 and 1.46 respectively which was higher than the confidence interval value 1.01 Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling group and Control Group, Counseling Group and Life Skills Training group and Counseling group and Control group were 0.07, 0.28 and 0.34 respectively which was lesser than the confidence interval value 1.01. Hence, it was showed that all the training groups had a similar improvement on Concentration among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 25.

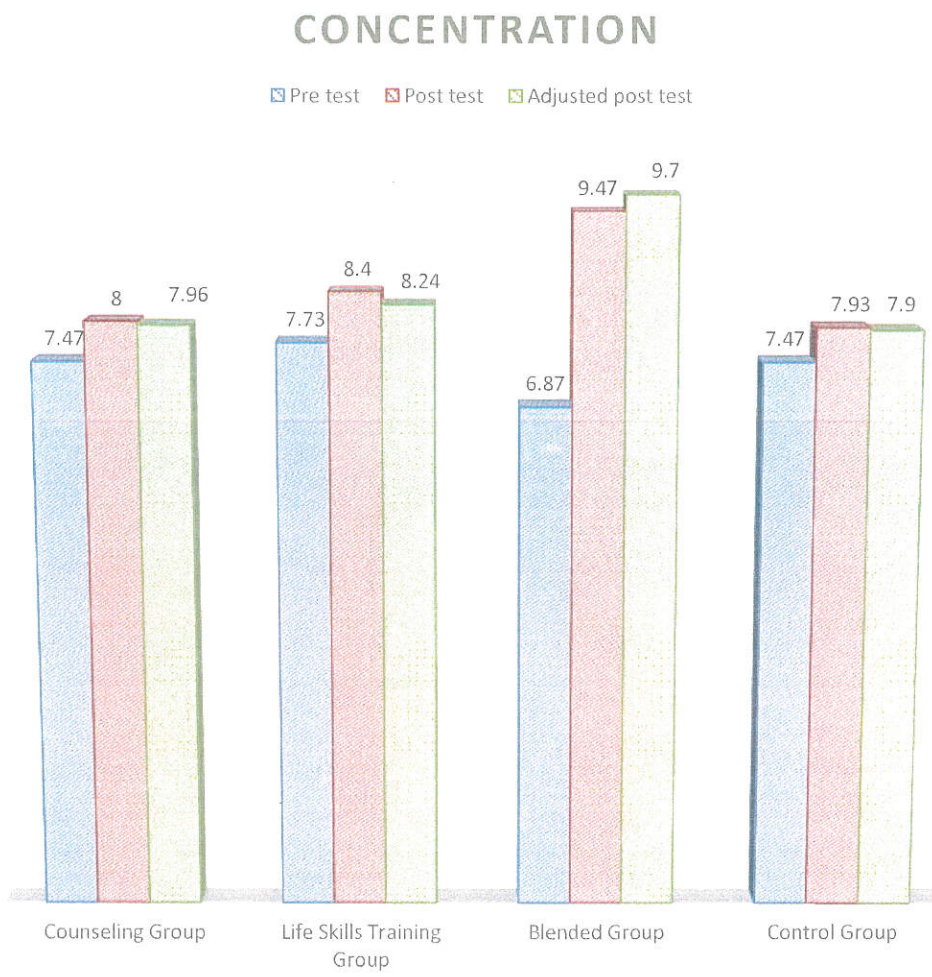

Figure 25. **Showing the pre post and adjusted post test mean values on Concentration of different groups**

Table 48

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Confidence and Achievement Motivation among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	6.20	6.53	6.33	6.87	BG	3.78	3.00	1.26	1.49
					WG	105.20	56.00	1.88	
Post Test	9.60	7.33	10.13	7.53	BG	91.25	3.00	30.42	**22.29***
					WG	76.40	56.00	1.36	
Adjusted	9.68	7.32	10.17	7.43	BG	97.37	3.00	32.46	**26.08***
					WG	68.44	55.00	1.24	
Mean Gain	3.40	0.80	3.80	0.67					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 48 indicated that the pre test mean of amateur tennis players on Confidence and Achievement Motivation among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 6.20, 6.53, 6.33 and 6.87 respectively. The obtained F- ratio value of the pre test1.49 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Confidence and Achievement Motivation among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 9.60, 7.33, 10.13 and 7.53 respectively. The obtained post-test F-ratio of the pre test 22.29 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Confidence and Achievement Motivation was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Confidence and Achievement Motivation among amateur tennis players.

The adjusted post-test means amateur tennis players on Confidence and Achievement Motivation among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 9.68, 7.32, 10.17 and 7.43 respectively. The obtained adjusted post 'F' ratio of 26.08 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Confidence and Achievement Motivation level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 49

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Confidence and Achievement Motivation

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
9.68	-	-	7.43	**2.25***	1.18
9.68	7.32	-	-	**2.36***	
9.68	-	10.17	-	0.50	
-	7.32	-	7.43	0.11	
-	-	10.17	7.43	**2.75***	
-	7.32	10.17	-	**2.86***	

The table 49 predicts that significant mean differences existed between treatment groups on confidence and achievement motivation. The mean difference between counseling group and control group, Counseling Group and life skills training group, Blended Group and control group and life skills training group and blended group were 2.25, 2.36, 2.75 and 2.86which was higher than the confidence interval value 1.18 Hence, it was showed that there was a significant difference between the training groups and control group.

However, there was no significant difference between counseling group and Blended Training group and Life Skills Training group and Control group were 0.50 and 0.11 respectively which was lesser than the confidence interval value 1.18 Hence, it was

exhibited that all the training groups had a similar improvement on Confidence and Achievement Motivation among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 26.

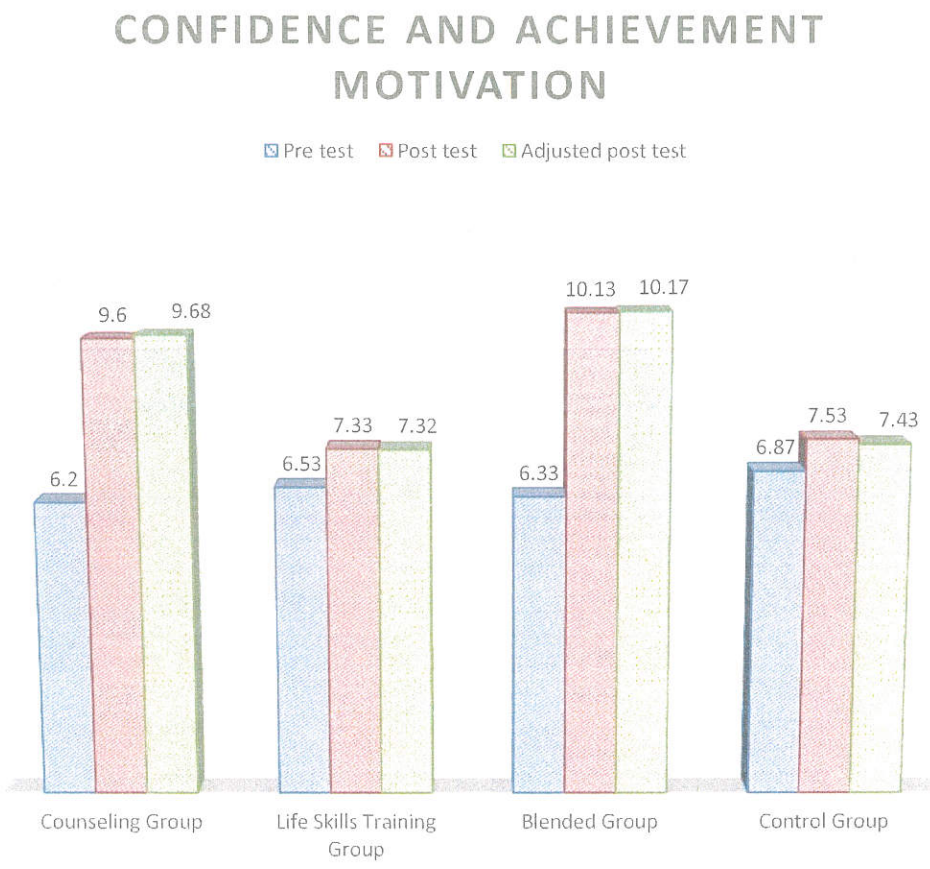

Figure 26. **Showing the pre post and adjusted post test mean values on Confidence and Achievement Motivation of different groups**

Table 50

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Goal Setting and Mental Preparation among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	6.40	5.93	6.40	6.80	BG	5.56	3.00	1.88	1.01
					WG	104.53	56.00	1.87	
Post Test	6.67	9.27	11.53	7.53	BG	207.52	3.00	69.17	**38.84***
					WG	99.73	56.00	1.78	
Adjusted	6.66	9.43	11.53	7.38	BG	214.59	3.00	71.53	**45.66***
					WG	86.16	55.00	1.57	
Mean Gain	0.27	3.33	5.13	0.73					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 50 indicated that the pre test mean of amateur tennis players on Goal Setting and Mental Preparation among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 6.40, 5.93, 6.40 and 6.80 respectively. The obtained F- ratio value of the pre test 1.01 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Goal Setting and Mental Preparation among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 6.67, 9.27, 11.53 and 7.53respectively. The obtained post-test F-ratio of 38.84 was greater than the required table F- ratio of 2.78. Hence, the obtained f-ratio on Goal Setting and Mental Preparation was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Goal Setting and Mental Preparation among amateur tennis players.

The adjusted post-test means amateur tennis players on Goal Setting and Mental Preparation among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 6.66, 9.43, 11.53 and 7.38 respectively. The obtained adjusted post 'F' ratio of 45.66was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Goal Setting and Mental Preparation level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 51

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Goal Setting and Mental Preparation

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
6.66	-	-	7.38	0.72	1.32
6.66	9.43	-	-	**2.77***	
6.66	-	11.53	-	**4.87***	
-	9.43		7.38	**2.05***	
-	-	11.53	7.38	**4.14***	
-	9.43	11.53	-	**2.10***	

The table 51 predicts that significant mean difference existed between the treatment groups on goal setting and mental preparation. The mean difference between Counseling Group and Life Skills Training Group, Counseling Group and Blended Group, Life Skills Training Group and Control Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were 2.77, 4.87, 2.05, 4.14 and 2.10 respectively was higher than the confidence interval value 1.32. Hence, it was exhibited that there was a significant difference between the training groups and control group.

The table 51 also showing that the mean difference between Counseling Group and Control Group were 0.72 which was lesser than the confidence interval value 1.32. Hence, it was showed that all the training groups had a similar improvement on Goal Setting and Mental Preparation among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 27.

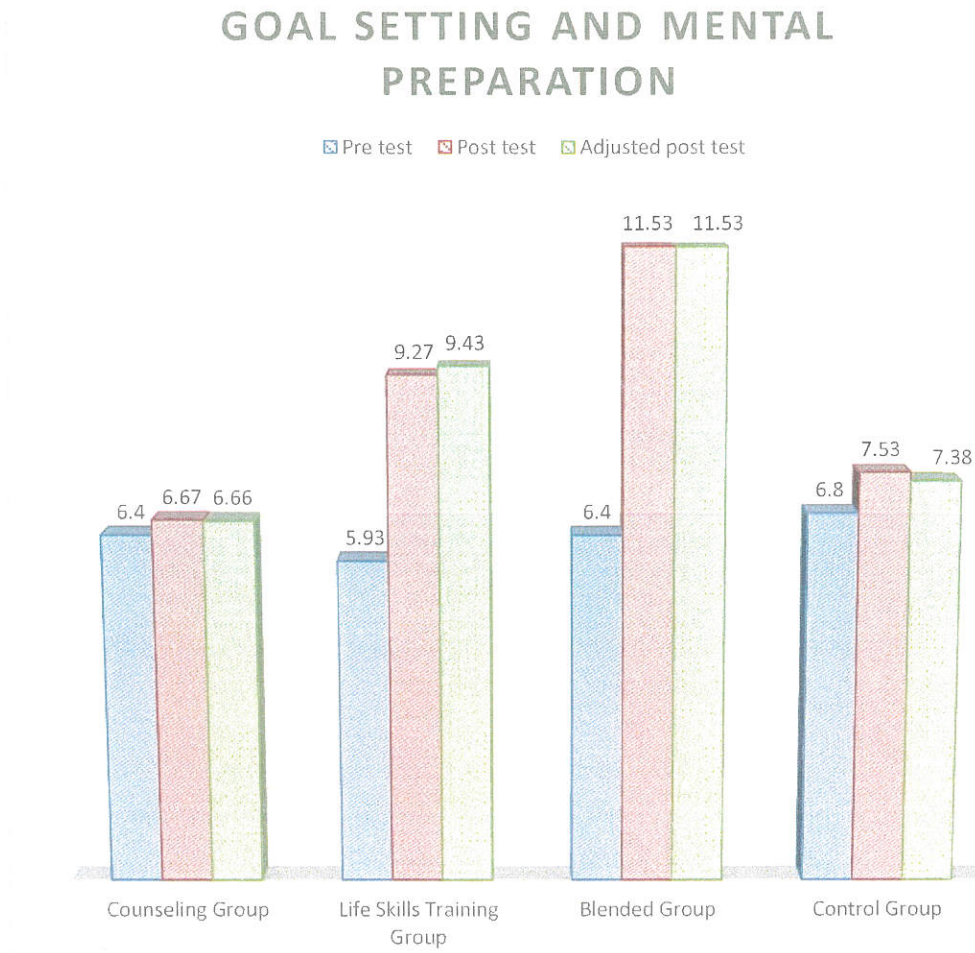

Figure 27. **Showing the pre post and adjusted post test mean values on Goal Setting and Mental Preparation of different groups**

Table 52

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Peeking Under Pressure among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	5.80	5.87	6.53	6.73	BG	9.93	3.00	3.31	1.25
					WG	148.80	56.00	2.66	
Post Test	10.67	7.53	12.33	7.33	BG	269.20	3.00	89.73	**31.46***
					WG	159.73	56.00	2.85	
Adjusted	10.77	7.62	12.26	7.21	BG	269.86	3.00	89.95	**32.73***
					WG	151.15	55.00	2.75	
Mean Gain	4.87	1.67	5.80	0.60					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 52 indicated that the pre test mean of amateur tennis players on Peeking under Pressure among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 5.80, 5.87, 6.53 and 6.73 respectively. The obtained F- ratio value of the pre test 1.25 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Peeking under Pressure among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 10.67, 7.53, 12.33 and 7.33 respectively. The obtained post-test F-ratio of 31.46 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Peeking under Pressure was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in peeking under pressure among amateur tennis players.

The adjusted post-test means amateur tennis players on Peeking under Pressure among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 10.77, 7.62, 12.26 and 7.21 respectively. The obtained adjusted post 'F' ratio of 32.73 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on peeking under pressure level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.53

Table 53

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Peeking under Pressure

Counseling Group	Life Skills Training Group	Counseling & Life Skills Training Group	Control Group	Mean Difference	Confidence Interval
10.77	-	-	7.21	**3.56***	1.75
10.77	7.62	-	-	**3.15***	
10.77	-	12.26	-	1.49	
-	7.62	-	7.21	0.41	
-	-	12.26	721	**5.05***	
-	7.62	12.26	-	**4.64***	

As shown in table 53 showed that significant mean differences existed between treatment groups on peeking under pressure. The mean difference between counseling group and control Group, Counseling Group and life skills training group, blended group and Control Group and life skills training group and control group were 3.56, 3.15, 5.50 and 4.64 respectively which was higher than the confidence interval value 1.75Hence,it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between Counseling Group and blended Group and Life Skills Training Group and Control Group were 1.49 and 0.41 respectively which was lesser than the confidence interval value 1.75. Hence, it was

showed that all the training groups had a similar modification on peeking under pressure among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 28.

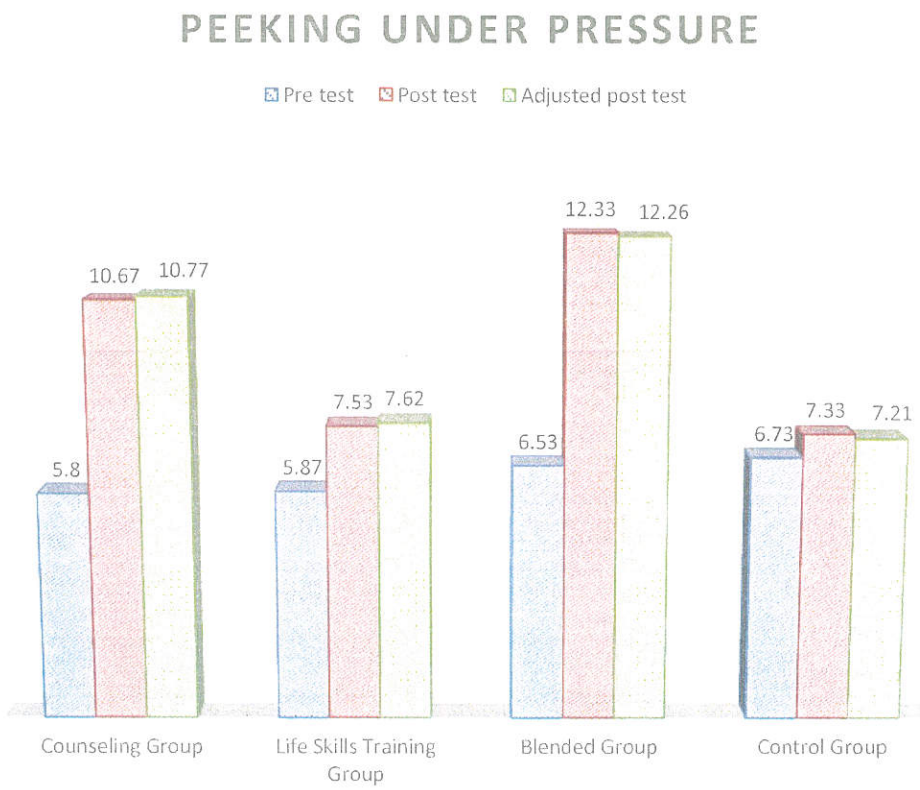

***Figure 28.*Showing the pre post and adjusted post test mean values on Peeking under Pressure of different groups**

Table 54

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Freedom from Worry among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	6.20	6.40	6.20	6.73	BG	2.85	3.00	0.95	2.06
					WG	109.33	56.00	1.95	
Post Test	10.07	7.13	10.80	7.00	BG	174.18	3.00	58.06	**37.34***
					WG	87.07	56.00	1.55	
Adjusted	10.08	7.13	10.82	6.97	BG	174.60	3.00	58.20	**37.20***
					WG	86.04	55.00	1.56	
Mean Gain	3.87	0.73	4.60	0.27					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 54 indicated that the pre test mean of amateur tennis players on Freedom from Worry among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 6.20, 6.40, 6.20 and 6.73 respectively. The obtained F- ratio value of the pre test 2.06 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Freedom from Worry among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 10.07, 7.13, 10.80 and 7.00respectively. The obtained post-test F-ratio of 37.34 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Freedom from Worry was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Freedom from Worry among amateur tennis players.

The adjusted post-test means amateur tennis players on Freedom from Worry among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 10.08, 7.13, 10.82 and 6.97 respectively. The obtained adjusted post 'F' ratio of 37.20 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Freedom from Worry level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 55

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Freedom from Worry

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
10.08	-	-	6.97	**3.12***	1.32
10.08	7.13	-	-	**2.95***	
10.08	-	10.82	-	0.73	
-	7.13	-	6.97	0.17	
-	-	10.82	6.97	**3.85***	
-	7.13	10.82	-	**3.69***	

The table 55 predicts that significant mean differences existed between treatment groups on freedom from worry. The mean difference between counseling group and control group, Counseling Group and life skills training group, blended group and control group and life skills training group and blended group were 3.12, 2.95, 3.85 and 3.69 respectively which was higher than the confidence interval value 1.32Hence,it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between counseling group and blended group and Life Skills Training Group and Control were 0.73 and 0.17 respectively which was lesser than the confidence interval value 1.32. Hence, it was

showed that all the training groups had a similar improvement on Freedom from Worry among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 29.

Figure 29. **Showing the pre post and adjusted post test mean values on Freedom from Worry of different groups**

Discussion on findings

Taking in to consideration of the above research findings the results of the study suggested that due to twelve weeks of intervention of Counseling, Life skills training and Blended training have shown significant improvement on Coping With Adversity, Coachability , Concentration, Confidence and Achievement Motivation, Goal Setting and Mental Preparation, Peeking Under Pressure and Freedom from Worry than the Control group at 0.05 level. Hence, the hypothesis No.8 was accepted.

The result of the present study is also in conformity with the findings of the previous research studies Meyers et al. (2008) revealed experienced athletes were more positive athletic and pain coping skills than younger, less experienced athletes, although athletes in skill positions requiring spontaneous decision-making skills and split-second adjustment in a constantly changing sport environment (forwards, midfielders) did not exhibit more positive athletic and pain coping skills than those positions requiring reaction and protection (defenders, goalkeepers). Ridnour & Hammermeister (2008) suggest that spiritual well-being may be a construct that is useful in developing enhanced coping aptitude necessary for excellence in sport. Nicholls & Polman (2007) reviewed coping effectiveness should be examined both in the short and long term, as a greater understanding of coping effectiveness has the potentional to make a significant impact on applied practice. Von Guenthner & Hammermeister (2007) reported that athletes scoring higher on the dimensions of wellness also scored significantly higher on athletic coping skills. Specifically, male athletes who scored higher on wellness also reported higher scores on coachability, concentration, goal setting/mental preparation, and peaking under

pressure, and female athletes who scored higher on wellness also reported higher scores in coping with adversity, coachability, concentration, goal setting/mental preparation, and freedom from worry. Various dimensions of wellness seem related to better performance by involving the athletic coping skills of intercollegiate athletes.

Profile of Mood States

The pre and post test scores of the Profile of Mood States variables such as Anxiety, Depression, Anger, Vigor, Fatigue, Confusion and Total Mood Disturbance was also recorded based on the questionnaire response given by the subjects and the scores were subjected to statistical treatment. The results on the effect of 12 weeks treatment among amateur tennis players were presented in the following tables.

Table 56

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Tension - Anxiety among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	17.87	17.67	18.93	17.73	BG	15.92	3.00	5.31	2.20
					WG	652.93	56.00	11.66	
Post Test	12.33	16.13	10.73	18.53	BG	567.00	3.00	189.00	**16.60***
					WG	637.73	56.00	11.39	
Adjusted	12.46	16.39	10.14	18.75	BG	660.89	3.00	220.30	**35.12***
					WG	344.99	55.00	6.27	
Mean Gain	5.53	1.53	8.20	0.80					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was 2.78.

An examination of table – 56 indicated that the pre test mean of amateur tennis players on Tension - Anxiety among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 17.87, 17.67, 18.93 and 17.73 respectively. The obtained F- ratio value of the pre test 2.20 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Tension - Anxiety among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 12.33, 16.13, 10.73 and 18.53 respectively. The obtained post-test F-ratio of 16.60 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Tension - Anxiety was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant reduction in Tension - Anxiety among amateur tennis players.

The adjusted post-test means amateur tennis players on Tension - Anxiety among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 12.46, 16.39, 10.14 and 18.75 respectively. The obtained adjusted post 'F' ratio of 35.12 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Tension – Anxiety level were significantly reduced in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 57

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Tension - Anxiety

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
12.46	-	-	18.75	**6.29***	2.64
12.46	16.39	-	-	**3.93***	
12.46	-	10.14	-	2.31	
-	16.39	-	18.75	2.36	
-	-	10.14	18.75	**8.60***	
-	16.39	10.14	-	**6.25***	

The table 57 predicts that significant mean difference exist between the treatment groups on tension-anxiety. The mean difference between Counseling Group and Control Group, Counseling Group and Life Skills Training Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were 6.29, 3.93, 8.60 and 6.25 respectively which was higher than the confidence interval value of 2.64. Hence, it was exhibited that there was a significant difference between the training groups and control group.

The table 57 also showing that the mean difference between Counseling Group and Blended Group and Life Skills Training Group and Control Group were 2.31 and 2.36 respectively which was lesser than the confidence interval value 2.64. Hence, it was

showed that all the training groups had a similar modification on tension-anxiety among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 30.

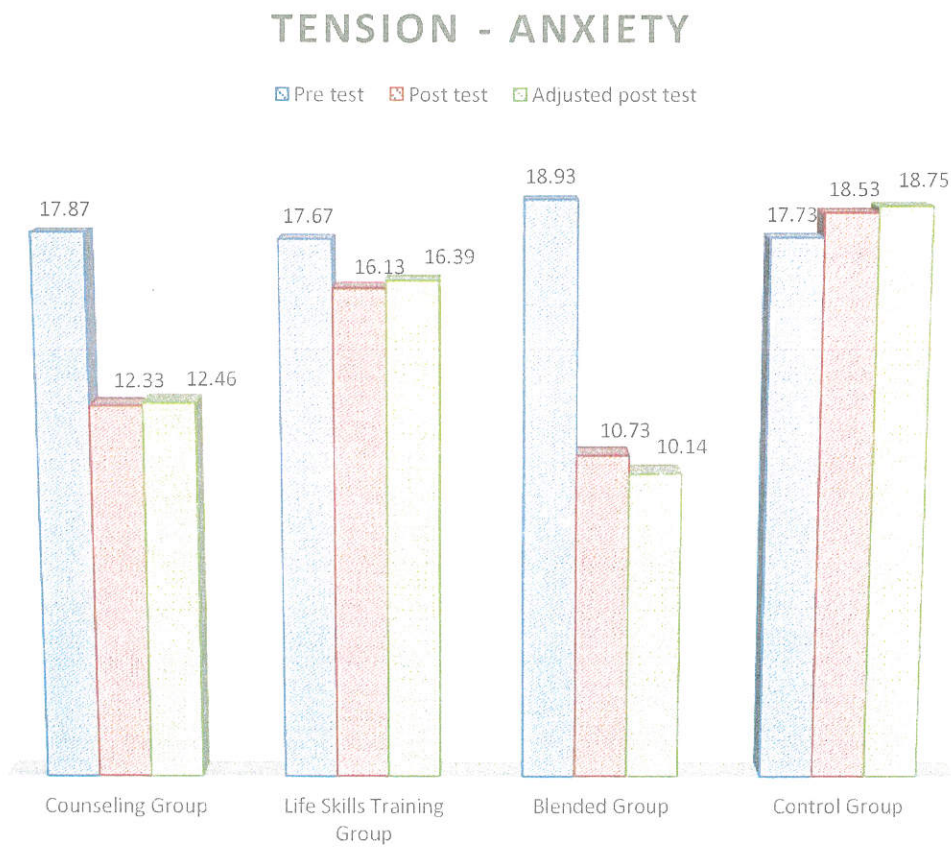

Figure 30. **Showing the pre post and adjusted post test mean values on Tension – Anxiety of different groups**

Table 58

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test on Depression among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	17.53	16.67	16.93	18.73	BG	38.00	3.00	12.67	2.34
					WG	1662.93	56.00	29.70	
Post Test	8.73	14.93	6.87	18.27	BG	1271.07	3.00	423.69	**18.76***
					WG	1264.53	56.00	22.58	
Adjusted	8.70	15.33	7.13	17.63	BG	1152.55	3.00	384.18	**24.93***
					WG	847.53	55.00	15.41	
Mean Gain	8.80	1.73	10.07	0.47					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 58 indicated that the pre test mean of amateur tennis players on Depression among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 17.53, 16.67, 16.93 and 18.73 respectively. The obtained F- ratio value of 2.34 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Depression among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 8.73, 14.93, 6.87 and 18.27 respectively. The obtained post-test F-ratio of 18.76 was greater than the required table F- ratio of the pre test 2.78. Hence, the obtained F-ratio on Depression was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant decrease in Depression among amateur tennis players.

The adjusted post-test means amateur tennis players on Depression among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 8.70, 15.33, 7.13 and 17.63 respectively. The obtained adjusted post 'F' ratio of 24.93 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Depression level were significantly reduced in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 59

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Depression

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
8.70	-	-	17.63	**8.93***	4.14
8.70	15.33	-	-	**6.63***	
8.70	-	7.13	-	1.57	
-	15.33	-	17.63	2.30	
-	-	7.13	17.63	**10.50***	
-	15.33	7.13	-	**8.20***	

The table 59 showing the mean difference between the treatment groups on Depression. The mean difference between Counseling Group and Control Group, Counseling Group and Life Skills Training Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were 8.93, 6.63, 10.50 and 8.20 respectively which was higher than the confidence interval value 4.14. Hence, it was exhibited that there was a significant difference between the training groups and control group.

The table 59 also showing that the mean difference between Counseling Group and Blended Group and Life Skills Training Group and Control Group were 1.57 and 2.30 respectively which was lesser than the confidence interval value 4.14. Hence, it was exhibited that all the training groups had a similar modification on Depression among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 31.

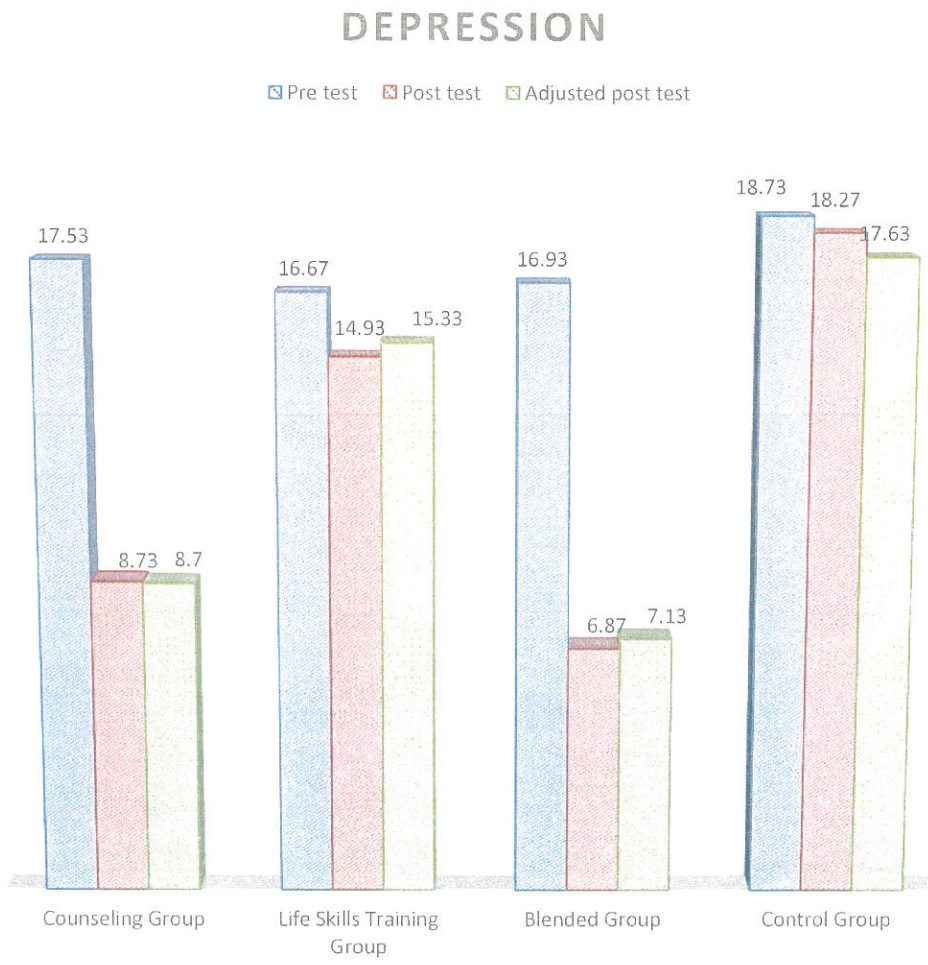

Figure 31. **Showing the pre post and adjusted post test mean values on Depression of different groups**

Table 60

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Anger - Hostility among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	17.13	17.73	18.60	18.27	BG	18.53	3.00	6.18	2.55
					WG	883.20	56.00	15.77	
Post Test	16.87	18.13	16.67	18.20	BG	29.73	3.00	9.91	1.92
					WG	1067.20	56.00	19.06	
Adjusted	17.53	18.30	16.12	17.92	BG	40.70	3.00	13.57	1.60
					WG	465.48	55.00	8.46	
Mean Gain	0.27	0.40	1.93	0.07					

An examination of table – 60 indicated that the pre test mean of amateur tennis players on Anger - Hostility among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 17.13, 17.73, 18.60 and 18.27 respectively. The obtained F- ratio value of the pre test 2.55 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Anger - Hostility among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 16.87, 18.13, 16.67 and 18.20 respectively. The obtained post-test F-ratio of 1.92 was lesser than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Anger - Hostility was statistically not significant since they were found as lesser than the required critical values. It was concluded that the experimental treatment produced no significant improvement in Anger - Hostility among amateur tennis players.

The adjusted post-test means amateur tennis players on Anger - Hostility among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 17.53, 18.30, 16.12 and 17.92 respectively. The obtained adjusted post 'F' ratio of 1.60 was lesser than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence on Anger - Hostility. Hence, there is no significant change on Anger – Hostility among all treatment and control groups.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 32

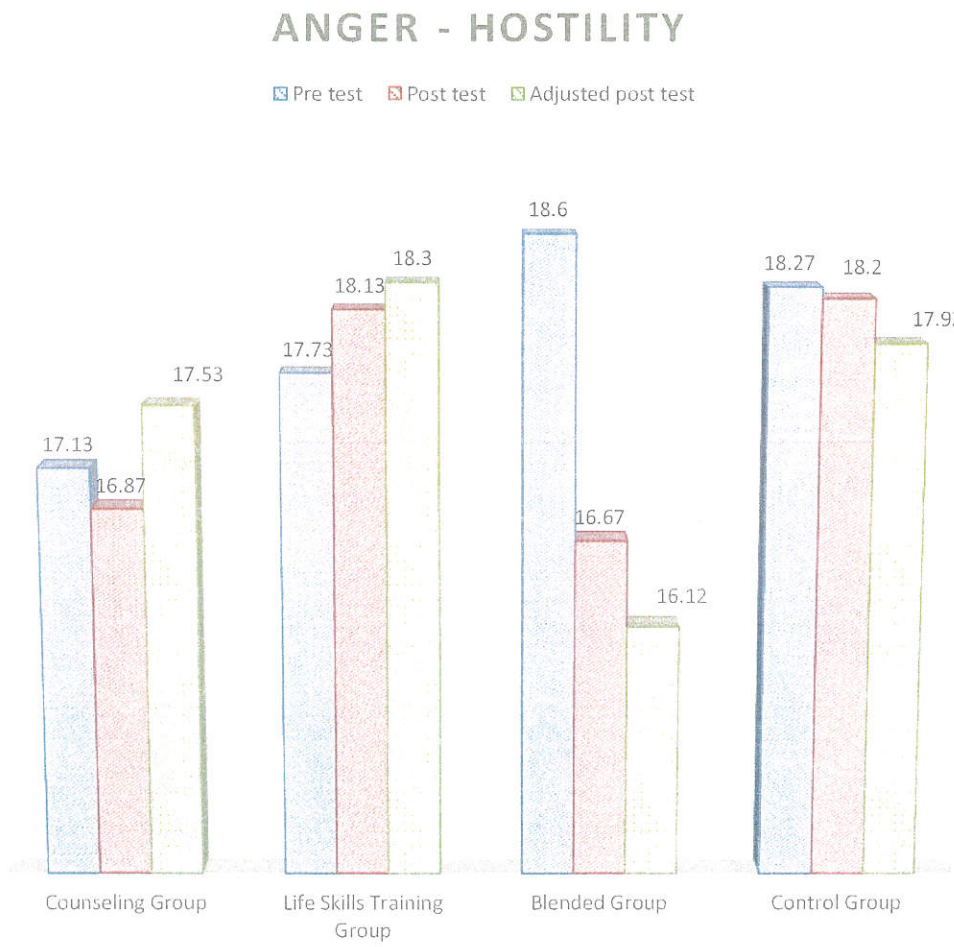

Figure 32. **Showing the pre post and adjusted post test mean values on Anger - Hostility of different groups**

Table 61

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Vigor - Activity among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	17.67	18.13	17.20	18.47	BG	13.73	3.00	4.58	2.24
					WG	575.20	56.00	10.27	
Post Test	18.20	18.07	18.73	17.40	BG	13.53	3.00	4.51	**2.49**
					WG	627.87	56.00	11.21	
Adjusted	18.35	17.87	19.22	16.96	BG	38.94	3.00	12.98	**2.21**
					WG	322.84	55.00	5.87	
Mean Gain	0.53	0.07	1.53	1.07					

An examination of table – 61 indicated that the pre test mean of amateur tennis players on Vigor - Activity among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 17.67, 18.13, 17.20 and 18.47 respectively. The obtained F- ratio value of 2.24 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Vigor - Activity among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 18.20, 18.07, 18.73 and 17.40 respectively. The obtained post-test F-ratio of 2.49 was lesser than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Vigor - Activity was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced no significant change in Vigor - Activity among amateur tennis players.

The adjusted post-test means amateur tennis players on Vigor - Activity among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 18.35, 17.87, 19.22 and 16.96 respectively. The obtained 'F' ratio of 2.21 was lesser than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence on vigor - activity. Hence, no significant change among experimental and control groups.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 33

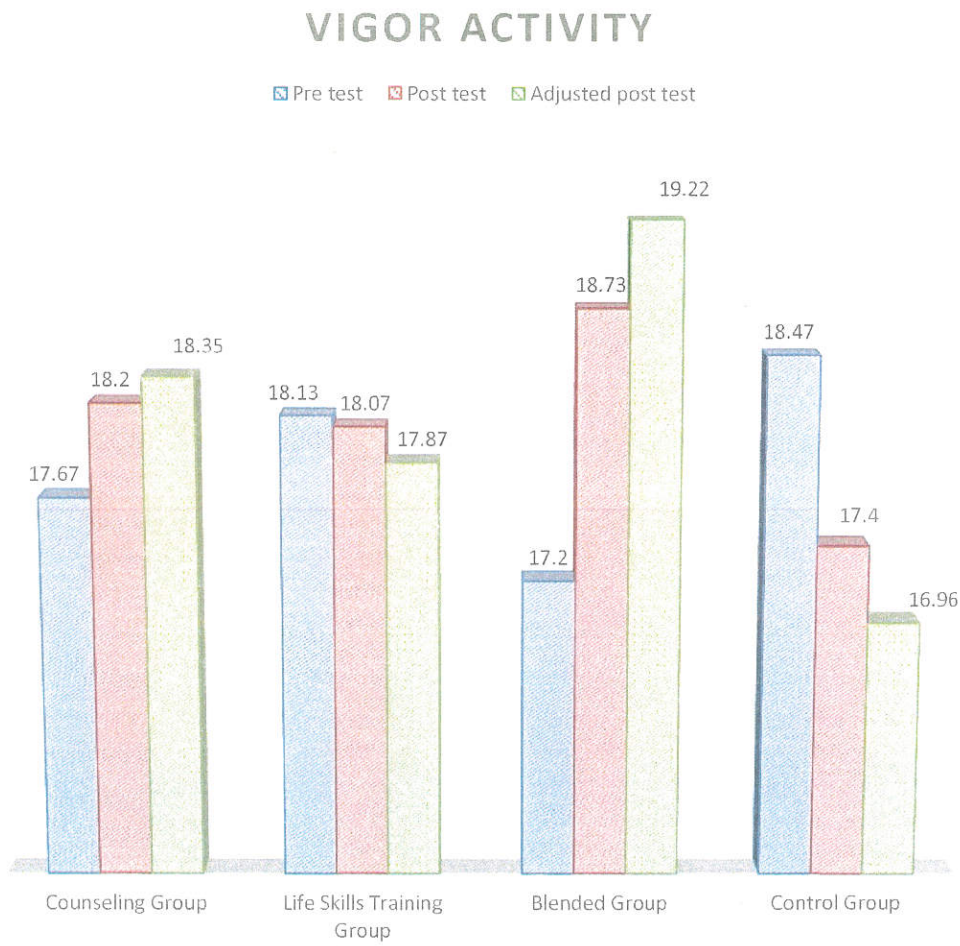

Figure 33. **Showing the pre post and adjusted post test mean values on Vigor – Activity of different groups**

Table 62

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Fatigue among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	11.53	12.53	11.80	13.07	BG	21.93	3.00	7.31	2.69
					WG	1100.80	56.00	19.66	
Post Test	12.33	12.60	10.73	12.00	BG	30.72	3.00	10.24	1.31
					WG	751.87	56.00	13.43	
Adjusted	12.76	12.42	11.00	11.49	BG	29.82	3.00	9.94	1.62
					WG	337.06	55.00	6.13	
Mean Gain	0.80	0.07	1.07	1.07					

An examination of table – 62 indicated that the pre test mean of amateur tennis players on Fatigue among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 11.53, 12.53, 11.80 and 13.07 respectively. The obtained F- ratio value of 2.69 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Fatigue among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 12.33, 12.60, 10.73 and 12.00 respectively. The obtained post-test F-ratio of 1.31 was lesser than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Fatigue was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant change in Fatigue among amateur tennis players.

The adjusted post-test means amateur tennis players on Fatigue among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 12.76, 12.42, 11.00 and 11.49 respectively. The obtained 'F' ratio of 1.62 was lesser than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence on Fatigue. Hence there was no significant change among experimental and control groups on Fatigue.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 34

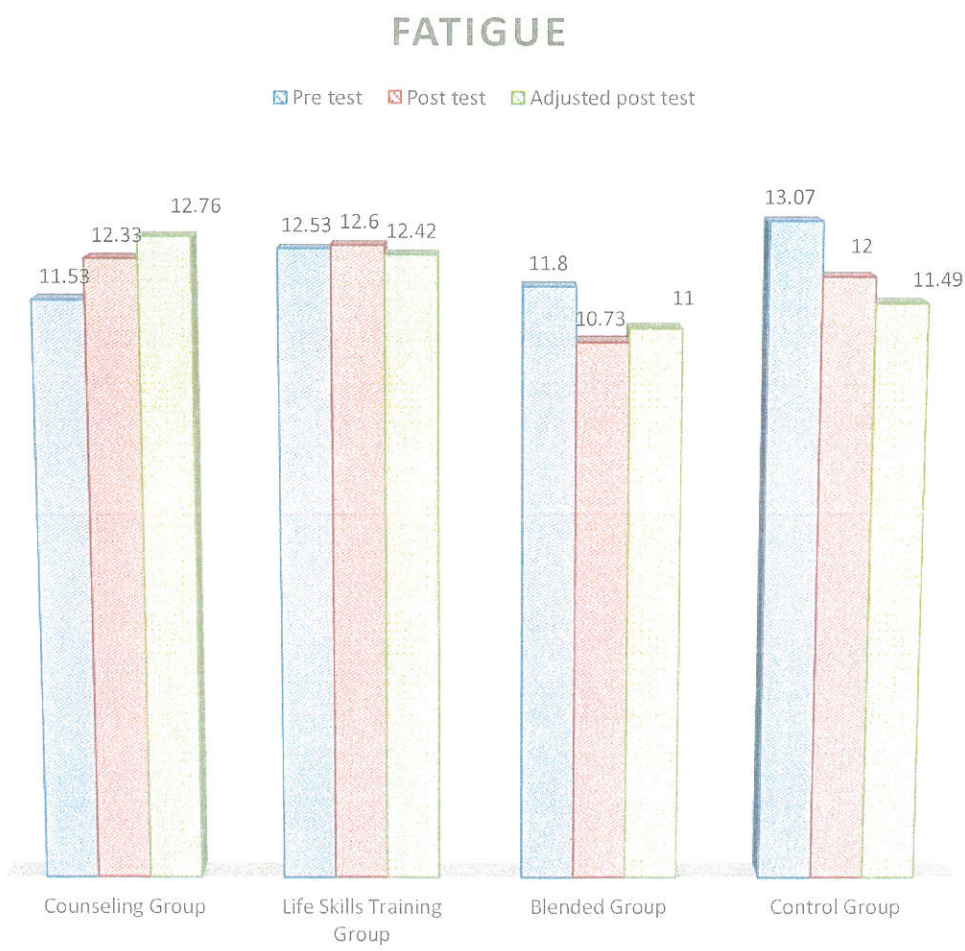

Figure 34. **Showing the pre post and adjusted post test mean values on Fatigue of different groups**

Table 63

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Confusion - Bewilderment among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	12.60	12.60	12.27	13.33	BG	9.13	3.00	3.04	2.03
					WG	345.47	56.00	6.17	
Post Test	8.93	10.93	7.27	13.40	BG	314.53	3.00	104.84	**21.40***
					WG	274.40	56.00	4.90	
Adjusted	9.00	11.00	7.56	12.97	BG	244.62	3.00	81.54	**39.69***
					WG	113.00	55.00	2.05	
Mean Gain	3.67	1.67	5.00	0.07					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 63 indicated that the pre test mean of amateur tennis players on Confusion – Bewilderment among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 12.60, 12.60, 12.27 and 13.33 respectively. The obtained F- ratio value of 2.03 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Confusion – Bewilderment among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 8.93, 10.93, 7.27 and 13.40 respectively. The obtained post-test F-ratio of 21.40 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Confusion – Bewilderment was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant change in Confusion – Bewilderment among amateur tennis players.

The adjusted post-test means amateur tennis players on Confusion – Bewilderment among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 9.00, 11.00, 7.56 and 12.97 respectively. The obtained 'F' ratio of 39.69 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This exhibited that the difference between the adjusted post-test mean of the subjects on Confusion – Bewilderment level were significantly reduced in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 64

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Confusion

Counseling Group	Life Skills Training Group	Counseling & Life Skills Training Group	Control Group	Mean Difference	Confidence Interval
9.00	-	-	12.97	**3.97***	1.51
9.00	11.00	-	-	**2.00***	
9.00	-	7.56	-	1.44	
-	11.00	-	12.97	**1.97***	
-	-	7.56	12.97	**5.40***	
-	11.00	7.56	-	**3.44***	

The table 64 showing the mean difference between the treatment groups on confusion. The mean difference between Counseling Group and Control Group, Counseling Group and Life Skills Training Group, Life Skills Training Group and Control Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were 3.97, 2.00, 1.97, 5.40 and 3.44 respectively which was higher than the confidence interval value 1.51. Hence, it was exhibited that there was a significant difference between the training groups and control group.

The table 64 also showing that the mean difference between Counseling Group and Blended Group were 1.44 which was lesser than the confidence interval value 1.51. Hence, it was exhibited that all the training groups had a similar modification on confusion among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 35.

Figure 35. **Showing the pre post and adjusted post test mean values on Freedom from Worry of different groups**

Table 65

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Total Mood Disturbance among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	53.80	55.07	55.27	62.07	BG	627.65	3.00	209.22	1.89
					WG	22143.20	56.00	395.41	
Post Test	40.33	50.27	33.33	63.60	BG	7760.98	3.00	2586.99	**12.92***
					WG	11215.20	56.00	200.27	
Adjusted	41.21	50.74	33.74	61.85	BG	6537.03	3.00	2179.01	**13.35***
					WG	8977.10	55.00	163.22	
Mean Gain	13.47	4.80	21.93	1.53					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 65 indicated that the pre test mean of amateur tennis players on Total Mood Disturbance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 53.80, 55.07, 55.27 and 62.07 respectively. The obtained F- ratio value of 1.89 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Total Mood Disturbance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 40.33, 50.27, 33.33 and 63.60 respectively. The obtained post-test F-ratio of 12.92 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Total Mood Disturbance was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant modification in Total Mood Disturbance among amateur tennis players.

The adjusted post-test means amateur tennis players on Total Mood Disturbance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 41.21, 50.74, 33.74 and 61.85 respectively. The obtained 'F' ratio of 13.35 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence on total mood disturbance.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 66

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Total Mood Disturbance

Counseling Group	Life Skills Training Group	Blended Group	Control Group	Mean Difference	Confidence Interval
41.21	-	-	61.85	**20.64***	13.47
41.21	50.74	-	-	9.53	
41.21	-	33.74	-	7.47	
-	50.74	-	61.85	11.11	
-	-	33.74	61.85	**28.10***	
-	50.74	33.74	-	**17.00***	

The table 66 showing the mean difference between the treatment groups on total mood disturbance. The mean difference between Counseling Group and Control Group, Blended Group and Control Group and Life Skills Training Group and Blended Group were20.64, 28.10 and 17.00 respectively which was higher than the confidence interval value 13.47. Hence, it was exhibited that there was a significant difference between the training groups and control group.

The table 66 also showing that the mean difference between Counseling Group and Life Skills Training Group, Counseling Group and Blended Group and Life Skills Training Group and Control Group were 9.53, 7.47 and 11.11 respectively which was lesser than the confidence interval value 13.47. Hence, it was exhibited that all the training groups had a similar modification on Total Mood Disturbance among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 36.

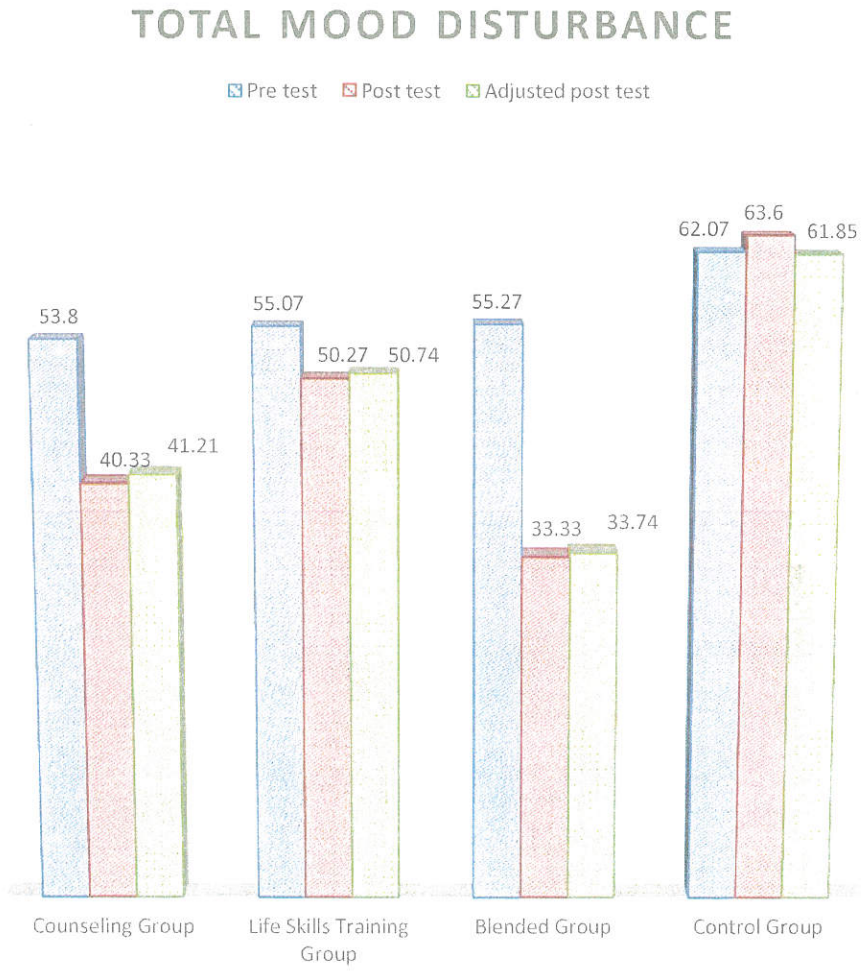

Figure 36. **Showing the pre post and adjusted post test mean values on Total Mood Disturbance of different groups**

Discussion on Findings

Taking in to consideration of the above research findings the results of the study suggested that due to twelve weeks of intervention of Counseling, Life skills training and Blended training have shown significantly reduced in the following dimensions Tension - Anxiety, depression and Confusion - Bewilderment than the Control group at 0.05 level. Further it is noticed that there was no significant difference between counseling group, life skills training group, Blended Group and Control Group on Anger - Hostility, vigor - Activity and Fatigue.

This research was also in line with the results of Reglin (1991) concluded that: 1) changes in specific mood states during training are similar between female and male swimmers, with the exception of tension, and 2) specific mood factors increase and decrease in accordance with alterations in training distance, with the exception of tension, which does not decrease in response to reductions in training. Cramer et al. (1991) explained that Profile of Mood States scores were not significantly related to exercise training, results of other studies that have reported improvement in general psychological well- being with exercise training. McGawan (1990) examined the relationship between highly experienced, experienced, moderately experienced and novice karate practitioners and transitory affect. Demonstrated that performance and transitory affect (mood states) are related. Analysis indicated that experienced competitors scored higher in precompetition fatigue-inertia than lower ranked competitors

Tennis Performance

The pre and post test scores of the Tennis Performance variable was also recorded based on the subjective rating by the researcher and other two tennis coaches and the scores were subjected to statistical treatment. The results on the effect of 12 weeks treatment among amateur tennis players were presented in the following tables.

Table 67

Computation of Analysis of Covariance of Pre, Post and Adjusted Post Test On Tennis Performance among Experimental and Control Groups

Test	Counseling group	Life Skills Training Group	Blended Group	Control Group	Source of Variance	Sum of Squares	Degree of Freedom	Mean Sum of Squares	Obtained 'F'
Pre Test	26.13	24.80	24.67	25.60	BG	21.53	3.00	7.18	1.36
					WG	545.07	56.00	9.73	
Post Test	31.93	30.40	31.07	25.80	BG	337.73	3.00	112.58	11.02*
					WG	571.87	56.00	10.21	
Adjusted	32.15	30.27	30.90	25.88	BG	335.08	3.00	111.69	11.49*
					WG	534.59	55.00	9.72	
Mean Gain	5.80	5.60	6.40	0.20					

* Significant at 0.05 level of confidence for df (3, 56) & (3, 55) was2.78.

An examination of table – 67 indicated that the pre test mean of amateur tennis players on Tennis Performance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 26.13, 24.80, 24.67 and 25.60 respectively. The obtained F- ratio value of the pre test 1.36 was statistically not significant, since they failed to reach the critical value 2.78 at 0.05 level. Thus the obtained results on pre test mean confirm the random assignment of subjects in to different groups was successful.

The post-test means of amateur tennis players on Tennis Performance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 31.93, 30.40, 31.07 and 25.80 respectively. The obtained post-test F-ratio of 11.02 was greater than the required table F- ratio of 2.78. Hence, the obtained F-ratio on Tennis Performance was statistically significant since they were found as higher than the required critical values. It was concluded that the experimental treatment produced significant improvement in Tennis Performance among amateur tennis players.

The adjusted post-test means amateur tennis players on Tennis Performance among Counseling Group, Life Skills Training Group, Blended Group and Control Group were 32.15, 30.27, 30.90 and 25.88 respectively. The obtained adjusted post 'F' ratio of 11.49 was greater than the table value of 2.78 for degree of freedom 3 and 55 required for significance at 0.05 level of confidence. This showed that the difference between the adjusted post-test mean of the subjects on Tennis Performance level were significantly improved in amateur tennis players during the treatment period due to experimental treatments.

Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table.

Table 68

Scheffe's Post Hoc Test for the Difference between Paired Means of Experimental and Control Groups on Tennis Performance

Counseling Group	Life Skills Training Group	Counseling & Life Skills Training Group	Control Group	Mean Difference	Confidence Interval
32.15	-	-	25.88	**6.27***	3.29
32.15	30.27	-	-	1.88	
32.15	-	30.90	-	1.25	
-	30.27		25.88	**4.39***	
-	-	30.90	25.88	**5.02***	
-	30.27	30.90	-	0.63	

As shown in table 68 exhibited that significant mean differences existed between treatment groups on tennis performance. The mean difference between Counseling group and Control Group, Life Skills Training group and Control Group and Blended Group and Control Group were 6.27, 4.39 and 5.02 respectively which was higher than the confidence interval value 3.29. Hence, it was exhibited that there was a significant difference between the training groups and control group.

However, there was no significant difference between, Counseling group and Life Skills Training group, Counseling group and Blended Group, and Life Skills Training and Blended group were 1.88, 1.25 and 0.63 respectively which was lesser than the confidence interval value 3.29. Hence, it was exhibited that all the training groups had a similar improvement on Tennis Performance among amateur tennis players.

For the better understanding of results the pre post and adjusted post test mean values are graphically represented in figure 37.

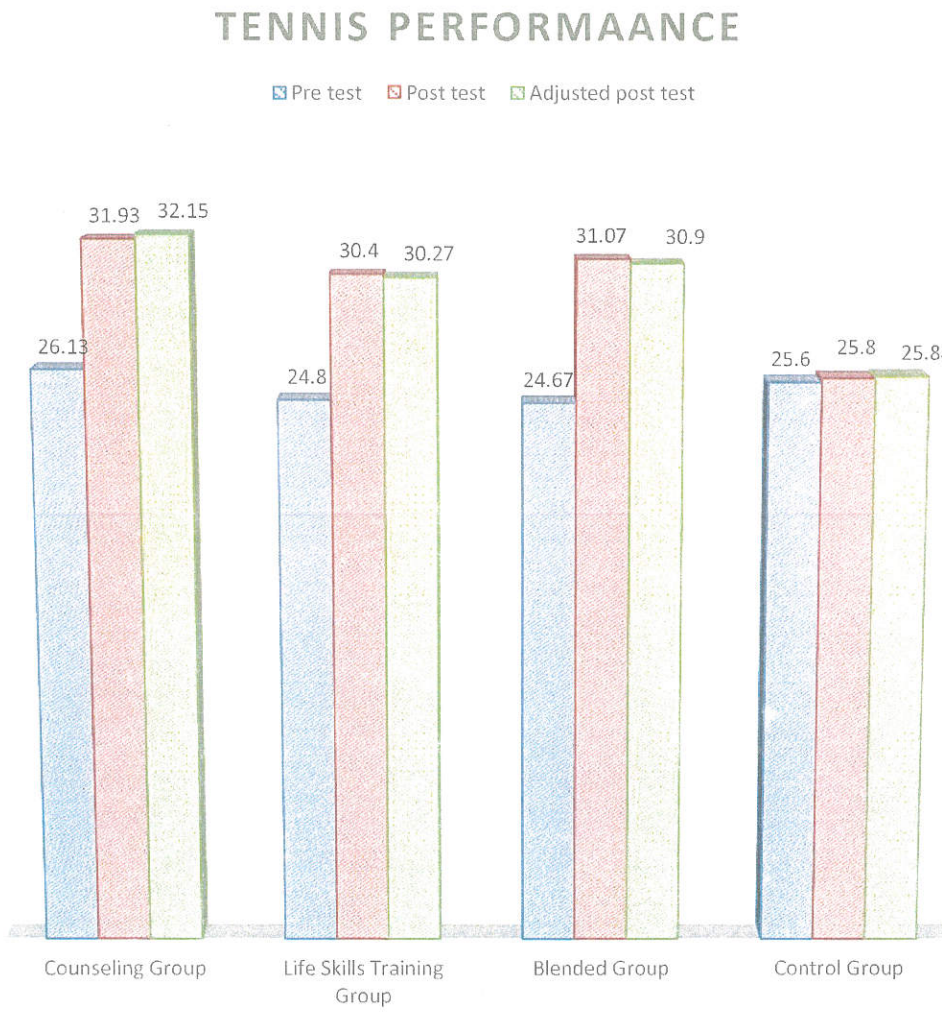

Figure 37. **Showing the pre post and adjusted post test mean values on Tennis Performance of different groups**

Discussion on findings

Taking in to consideration of the above research findings the results of the study suggested that due to twelve weeks of intervention of Counseling, Life skills training and Blended training have shown significant improvement on Tennis Performance than the Control group at 0.05 level. Hence, the hypothesis 10 was accepted.

The result of the present study is also in conformity with the findings of the previous research studies. Girard and Millet (2009) stated that physical attributes have a strong influence on tennis performance. By monitoring regularly such physical abilities during puberty, the conditioning program to compensate for the imbalances. This would in turn minimize the risks of injuries during this critical period. Mamassis & Doganis (2004) indicated that the intensity of self-confidence, as well as the overall tennis performance, was greater for all the participants after the Mental Training Program, which clearly demonstrate the effectiveness of the Mental Training Program in eliminating specific performance problems. Yoo (2003) stated that task-involving condition students decreased anxiety responses and increased tennis performance, whereas Ego-involving students who had low perception of their tennis competence maintained their anxiety responses and decreased their tennis performance. Davey, Thorpe, & Williams (2002) suggested that fatigue was accompanied by a decline in some but not all tennis skills.

OVER ALL DISCUSSION ON FINDINGS

It was seen from the scores that the Counseling training had significantly reduced the need for psychological counseling, the mood dimensions such as Tension-Anxiety,

Depression and Confusion -Bewilderment had showed significant improvement on Self Awareness, Effective Communication, Inter Personal Relationship, Decision Making, Problem Solving, Coping with Emotions, Coping with Stress, Total Life Skills, Dominance, Self Concept, Mental Toughness, Emotional Stability, Coping with Adversity, Coachability , Concentration, Confidence and Achievement Motivation, Goal Setting and Mental Preparation, Peeking Under Pressure, Freedom from Worry, Total Mood Disturbance and Tennis Performance.

There was a reduced need for psychological counseling. and the other mood dimensions such as Tension-Anxiety, Depression and Confusion -Bewilderment after they underwent Life Skills Training and the training had made an impact on Self Awareness, Effective Communication, Inter Personal Relationship, Critical Thinking, Decision Making, Problem Solving, Coping with Emotions, Coping with Stress, Total Life Skills, Dominance, Self Concept, Mental Toughness, Emotional Stability, Coping with Adversity, Coachability , Concentration, Confidence and Achievement Motivation, Goal Setting and Mental Preparation, Peeking Under Pressure, Freedom from Worry, Total Mood Disturbance, and Tennis Performance.

Blended training produced significant improvement on Self Awareness, Effective Communication, Inter Personal Relationship, Critical Thinking, Decision Making, Problem Solving, Coping with Emotions, Coping with Stress, Total Life Skills, Sociability, Dominance , Self Concept, Mental Toughness, Emotional Stability, Coping with Adversity, Coachability , Concentration, Confidence and Achievement Motivation, Goal Setting and Mental Preparation, Peeking Under Pressure, Freedom from Worry, Total Mood Disturbance and Tennis Performance. The other dimensions of mood

namely Tension-Anxiety, Depression Confusion –Bewilderment, and Psychological Counseling Need were significantly reduced.

Overall, there was a significant improvement on all the variables under study with regard to the subjects who were exposed to all the three training programs. It could also be noticed that the subjects in the Experimental Group III who underwent blended training with counseling and life skills training had noteworthy improvement on all the psycho-social aspects when compared to the subjects in Experiment Group I - counseling training and Experimental Group II Life Skills Training.