

INFLUENCE OF VARIED YOGIC PRACTICES IMPROVE THE SELF-CONFIDENCE PERFORMANCE OF TEENAGE GIRLS

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ABSTRACT

Introduction: Yogic practices involving controlled breathing, prescribed body positions and meditation, with the goal of attaining a state of deep spiritual insight and tranquility. A system of stretching and positional exercises derived from this discipline to promote good health, fitness, and control of the mind. Purpose of the study: To find out Yogic Practices Improve the Self-Confidence Performance of Teen Age Girls. Hypotheses: 1. It was hypothesized that Experimental group I was better than control group –c for influence of varied yogic practices improve the self confidence performance of teen age girls. 2. It was hypothesized that Experimental group II was better than control group –c for influence of varied yogic practices improve the self confidence performance of teen age girls. Methodology: 60 subjects were randomly choosing in Alagapp University under garageate courses. Experimental group I act as Yogic Practices Group -A (n = 20) underwent Swami SatyanandaSaraswati yogic training, Experimental group II act as Yogic Practices Group –B (n= 20) underwent BKS Iyengar Yogic training and Group - C (n = 20) remained as the control group. Before the training the initial test will be taken to collect the data after the training the final data was collected and computing Analysis of Covariance to find out the value of F ratio if the F ratio. if the F ratio greater than table value scheffe post hoc test was used to find out the Significance of the study.

KEY -WORDS: *Yogic Practices, Self-Confidence and Meditation*

INTRODUCTION

Teenagers can be facing lot of challenges during this time the child transitions to young adulthood. In this stage the development of intellectual, psychological, physical, and social abilities characteristics. There are so many changes occurring during this time that the child can feel overwhelmed and unable to cope with all that is required. Yoga practice has been shown to have a large number of beneficial effects on the psychological, emotional, and physical health of the individual and is helpful in the treatment of mental and physical illness. The acceptance of yoga practice has spread from the home and yoga studios to its application with children in schools. Studies of these school programs have found that yoga practice produces a wide variety of positive psychosocial and physical benefits. These include improved mood state, self-control, social abilities, self-regulation, emotion regulation, self-esteem, and ability to focus. In addition, yoga practice produces improvements in student grades and academic performance. They have also shown that the yoga practice produces lower levels of anxiety, depression, general distress, rumination, and intrusive thoughts. Yoga is a practical physiological training, which if practiced can exalt man to the ‘supra Mundane level’. Yoga asana are Indian’s unique contribution to physical education. Yoga and physical education may be compared to two bullocks hitched to shaft as they are for the judicious blending of the education of the body and the mind. There is no denial of the fact that yoga and physical education attach importance by gaining the benefits of physical health, mental health, physical fitness and peace of mind through their regular practices. Physical education concerns with anatomical aspects of the physique with its physiological reactions for a given activity. The ultimate aim of which is to enjoy a good health and optimum fitness. Yoga is providing a multidimensional development and it has now become an adjunct to physical education. *“Although teen’s frontal lobe activity is still developing well into their twenties, they do have frontal lobes. Mindfulness practices can help teens engages their frontal lobes, and slow down and weigh the outcome of their actions.” – (Donna Torney 15 August 2017).*

PURPOSE OF THE STUDY

Yoga practice may be helpful to adolescent’s girls in the development of their self-confidence. So the purpose of research was the varied yogic practices improve and develop the self confidence of teen age girls.

METHODOLOGY

Yogic Practices was stretching and, positional exercises derived from this discipline to promote good health fitness, and control of the mind and also Improve the Self-Confidence Performance of Teen Age Girls. In this

research I selected 60 subjects were randomly choosing in Alagapp University under garageate courses. Experimental group I act as Yogic Practices Group -A (n = 20) underwent Swami SatyanandaSaraswati yogic training, Experimental group II act as Yogic Practices Group –B (n= 20) underwent BKS Iyengar Yogic training and Group - C (n = 20) remained as the control group. Before the training the initial test will be taken to collect the data after the training the final data was collected.

INDEPENDED VARIABLE

- Yogic Practices Group –A (Swami SatyanandaSaraswati yogic training)
- Yogic Practices Group –B (BKS Iyengar Yogic training)

DEPENDED VARIABLE

- Self-confidence

The selected psychological variable of self-confidence the data collected prior to and after the experimental period. The self-confidence level tested in Yogic practices group - A, Yogic practices group - B and control group are analysed and presented in Table –I

**Table –I ANALYSIS OF COVARIANCE ON SELF-CONFIDENCE OF VARIED
YOGIC PRACTICES GROUPS AND CONTROL GROUP**

	Yogic Practices Group-A	Yogic Practices Group-B	Control Group	SOV	Sum of Squares	df	Mean Square	F ^{cc} ratio
Pre-test Mean	27.10	27.47	27.10	B:	1.837	2	0.918	
S.D.	0.995	0.772	1.071	W:	52.346	57	0.918	1.00
Post-test Mean	29.76	28.89	26.35	B:	127.501	2	63.751	
S.D.	1.091	0.809	1.424	W:	74.149	57	1.301	49.006*
Adjusted Post-test Mean	29.854	28.70	26.439	B:	122.803	2	61.401	
				W:	44.004	56	0.786	78.139*

*Significant at 0.05 level of confidence.(The table value required for significance at 0.05 level of confidence with df 2 and 57 and 2 and 56 were 3.16 and 3.17 respectively).

Table – I shows that the pre-test means on self-confidence of Yogic Practices Group - A, Yogic Practices Group - B and control groups were between –within was 27.10 - 0.995, 27.47 - 0.772 and 27.10- 1.071 respectively. The obtained F' ratio value of 1.00 for pre-test score of Yogic Practices Group -A, Yogic Practices Group -B and control groups on self-confidence was less than the required table value of 3.16 for significance with df 2 and 57 at 0.05 level of confidence. Group -A, Yogic Practices Group -B and control groups was greater than the required table value of 3.16 for significance with df 2 and 57 at 0.05 level of confidence. The adjusted post-test mean values of Yogic Practices Group -A, Yogic Practices Group - B and control groups were 29.854, 28.70 and 26.439 respectively. The obtained F' ratio value of 78.139 for adjusted post-test scores of Yogic Practices Group -A, Yogic Practices Group -B and control groups was greater than the required table value of 3.17 for significance with df 2 and 56 at 0.05 level of confidence.

The above statistical analysis indicates that there is a significant improvement in self-confidence after the respective experimental programme. Further to determine which of the paired means has a significant improvement, Scheffe's test was applied. The result of the follow-up test is presented in Table - II.

**Table-II: SCHEFFE'S TEST FOR THE DIFFERENCE BETWEEN THE
ADJUSTED POST-TEST MEAN OF SELF-CONFIDENCE**

Adjusted Post-test Mean				
Yogic Practices Group A	Yogic Practices Group-B	Control group	Mean Difference	Confidence interval at 0.05 level
29.854		26.439	3.415*	0.705
29.854	28.70		1.154*	0.705
	28.70	26.439	2.261*	0.705

*Significant at 0.05 level of Confidence Table - II shows that the adjusted post-test mean difference in self-confidence between Yogic Practices Group -A and control group, Yogic Practices Group –B and control group were 3.415, 1.154 and 2.261 which were significant at 0.05 level of confidence. It may be concluded from the result of the study that the Yogic practices group - A, Yogic practices group - B have a significant improvement the self-confidence after the respective training programmes. The mean values on self-confidence of Yogic practices group - A, Yogic practices group- B and control groups are graphically Represented in figure - I.

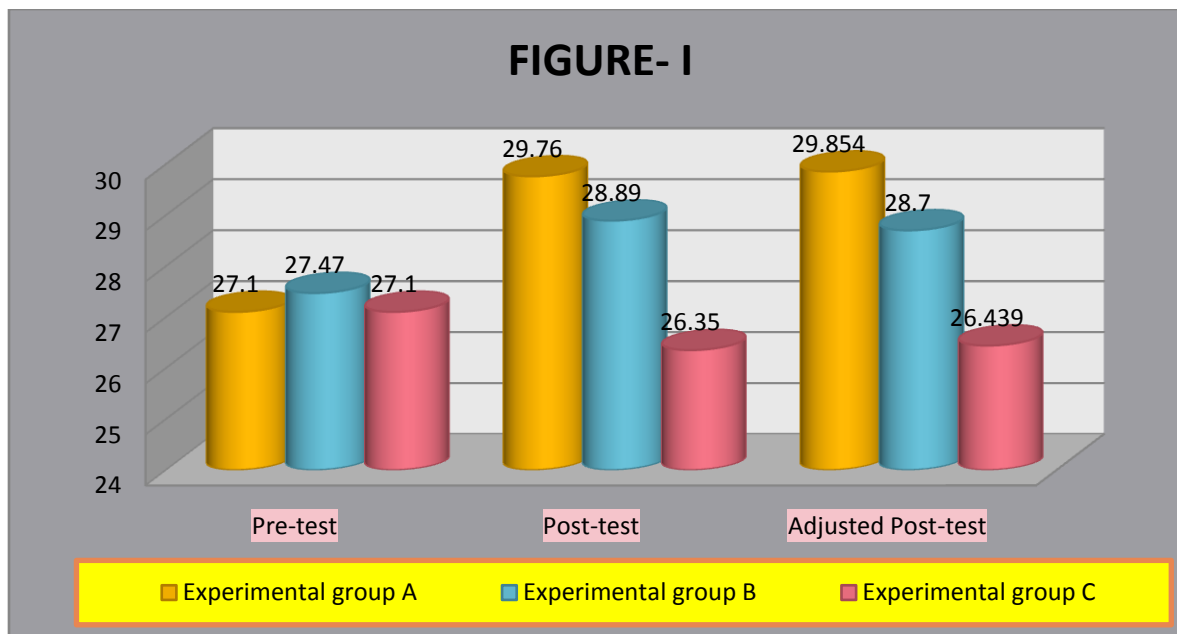


Figure1- Bar diagram showing the mean values of yogic practices group a Yogic practices Group B and control group on self confidence

RESULTS

The result of the study also shows that there is a significant improvement in self-confidence after the experimental period, i.e., yogic practice group - A and yogic practice group – B, when compared with the control group. The result of the study also shows that there is a significant difference between the experimental groups on self-confidence, in which, yogic practice group - A is better improvement in self-confidence than the yogic practice group – B

CONCLUSION

1. It was concluded that Experimental group I was better than control group –c for influence of varied yogic practices improve the self confidence performance of teen age girls.
2. It was concluded that Experimental group II was better than control group –c for influence of varied yogic practices improve the self confidence performance of teen age girls.
3. It was concluded that yogic practice group - A is better improvement in self-confidence of than the yogic practice group – B and control group.

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