



## EFFECT OF BHARAMARI PRANAYAMA ON THE LEVEL OF SELF-ESTEEM AMONG INSTITUTIONALIZED ADOLESCENT GIRLS: A PRE EXPERIMENTAL STUDY

**Swathy Sekhar MR** Lecturer, Malik Deenar College of Nursing, Kasargod, Kerala – 671122.

### ABSTRACT

A pre-experimental one group pretest posttest study was conducted to evaluate the effect of Bhramari Pranayama on the level of self-esteem among institutionalized adolescent girls. Sixty samples were selected by purposive sampling technique. Pretest level of self-esteem had been assessed using self-esteem inventory developed by Dr. Immanuel Thomas and Dr. H. Sam Sanandaraj. Bhramari Pranayama was provided for 15 minutes per day over a period of 20 days. After one week from the last day of intervention, the level of self-esteem was again assessed by using the same Self Esteem Inventory. The collected data were analyzed by using descriptive and inferential statistics. The results of the study showed that the mean posttest score (53.25) was significantly greater than the mean pretest score (48.31) of self-esteem, hence the study concluded that Bhramari Pranayama was effective in improving the level of self-esteem among institutionalized adolescent girls.

**KEYWORDS :** Self-esteem; Institutionalized adolescent girls; Bhramari Pranayama

### INTRODUCTION

Adolescence is the transitional phase of growth and development between childhood and adulthood. The World Health Organization defines an adolescent as any person between ages 10-19. Today, every fifth person in India is an adolescent (10-19 years) and every third – a young person (10-24 years).

Self-esteem has been viewed both as a trait (reflecting stability over a period of time), and a state (reflecting response to situations or life events, or a response to cues from other people, such as a “looking glass” orientation). The development of self-esteem exhibits discontinuities rather than a smooth course especially at times of school transition. When someone has low self-esteem they tend to avoid situations where they think there's risk of failure, embarrassment or making mistakes. These may include school work, making friends, and trying new activities, which are all important parts of a healthy teenage life.

Bhramari is the Sanskrit word for “Honey Bee”. The bee produces a humming sound and in this pranayama, produce sounds and vibrations to connect to mind, regulate the breath and achieve higher levels of concentration. The Bhramari Pranayama breathing technique derives its name from the black Indian bee called Bhramari. Bhramari Pranayama is effective in instantly calming down the mind. It is one of the best breathing exercises to free the mind of low self-esteem, agitation, frustration or anxiety and get rid of anger to a great extent. Bhramari Pranayama is a simple technique; it can be practiced anywhere - at work or home. In Bhramari Pranayama the ear is closed by thumb, eye is blocked by fingers and forehead is pressed to vibrate with higher amplitude. So, the resonance of mind is enhanced. Bhramari forms vibrations in the brain. By these vibrations the cerebral cortex sends impulses directly to the hypothalamus, which controls the pituitary gland or the master gland.

A study on yoga improves attention and self-esteem in under privileged girl students. Sixty low income high school girls in the age range of 14-17 years from under privileged and lower income sections of urban community were selected for the study. Rosenberg self-esteem scale was used for self-esteem measurement. The design used in this study was single group pretest - posttest. Results revealed that five days of Integrated Yoga Module (IYM) including yogic postures, yogic breathing practices and yogic relaxation techniques found to show significant improvement in the attention and self-esteem in high school girl students.

### MATERIALS AND METHODS

A pre-experimental one group pretest posttest study was

conducted to evaluate the effect of Bhramari Pranayama on the level of self-esteem among institutionalized adolescent girls. Sixty samples were selected by purposive sampling technique. Pretest level of self-esteem had been assessed using self-esteem inventory developed by Dr. Immanuel Thomas and Dr. H. Sam Sanandaraj. Bhramari Pranayama was provided for 15 minutes per day over a period of 20 days. Written permission for data collection was obtained from the authorities of Balikamandir, Cheruvarakkonam to conduct the study. The researcher introduced herself and established a rapport with the adolescent girls. The researcher explained the purpose of the study and reassured that the data collected would be kept confidential. After that the researcher obtained assent from the adolescent girls. The researcher assessed the level of self-esteem by administering the Self Esteem Inventory. A total of 60 adolescent girls with low and moderate level of self-esteem were selected as samples. Then Bhramari Pranayama has been given. The investigator provided Bhramari Pranayama for 15 minutes per day for the period of 20 days in the evening. After one week from the last day of intervention, the level of self-esteem was again assessed by using the same Self Esteem Inventory.

### RESULTS

#### Sample characteristics

- Majority (43.3%) of the adolescent girls belongs to the age group of 13-15 years, 40% of them belongs to the age group of 16-19 years and 16.7% belongs to the age group of 10-12 years.
- Majority (43.3%) of the adolescent girls were studying in 8<sup>th</sup>-10<sup>th</sup> standard, 18.3% of them studied in Diploma, 16.7% of them studied in 5<sup>th</sup> -7<sup>th</sup> standard, 16.7% of them studied in 11<sup>th</sup> -12<sup>th</sup> standard and only 5% of them studied in Degree.
- Majority (78.3%) of the adolescent girls resides in institution due to financial problem, 16.7% of them reside in institution due to homeless and 5% of them reside in institution due to orphan hood.
- Majority (56.7%) of the adolescent girls were staying in institution for more than 6 years and 43.3% of them were staying in the institution for 5-6 years.
- Majority (61.7%) of the adolescent girls had mother only, 20% of them had father only, 13.3% of them had both parents and the other 5% had none of them.
- Most (35%) of the adolescent girls had one sibling, 30% of them had none of them, 20% of them had two siblings and 15% of them had more than two siblings.
- All the adolescent girls (100%) were having less frequent parent or sibling visit.
- All the adolescent girls (100%) were having interest in practicing any form of Yoga or Pranayama.

**Effect of Bhramari Pranayama on the level of self-esteem among institutionalized adolescent girls**

**Table 1: Mean, SD, t and p value**

(n=60)

Variable	Mean	Standard Deviation	t	p
Pretest	48.31	15.26	6.275	0.042*
Post Test	53.25	15.01		

\*Significant at p <0.05 level

**DISCUSSION**

Paired 't' test was done to find out the effect of Bhramari Pranayama on the level of self-esteem among institutionalized adolescent girls. The mean pre-test score is 48.31 and the mean post test score is 53.25. The mean post test score (53.25) was greater than the mean pre-test score (48.31). Hence it has been found that Bhramari Pranayama was effective in improving self-esteem among institutionalized adolescent girls. The standard deviation pre-test score is 15.2 and the standard deviation post test score is 15.01. The "t" value is 6.275 and the p value is 0.042 at 0.05 level. The calculated "t" value is greater than the tabulated value which shows that the research hypothesis was accepted. Paired t test revealed that there is an improvement on the level of self-esteem after the practice of Bhramari Pranayama among institutionalized adolescent girls.

This was supported by a study conducted to assess the effect of Yoga on the level of self-esteem in school going children in Haridwar, India. Yoga practice involved Pranayama for 12 minutes (Yoga breathing techniques included Bhastrika, Anulom-vilom and Bhramari), Asanas for 20 minutes (Physical postures included sitting, standing, prone and supine postures) and relaxation technique for 3 minutes included Shavasana and feeling the effects of Yoga practices) for a total of 35 minutes daily for 6 days a week for one month. Forty four participants are ranged between 10 and 12 years were randomized to a yoga group and a control group. The results show that this Yoga group showed a significant increase in the level of overall, general and social self-esteem. Findings of the study showed that majority of the institutionalized adolescent girls were experiencing low self-esteem in pretest. Hence practicing Bhramari Pranayama was effective in improving the level of self-esteem among institutionalized adolescent girls.

**REFERENCES**

1. Adolescence. Cleveland Clinic. [Internet] Available from: <https://my.clevelandclinic.org/health/articles/7060-adolescent-development>
2. Child and adolescent health and development. World Health Organization. [Internet] Available from: [http://www.searo.who.int/entity/child\\_adolescent/topics/adolescent\\_health/en/](http://www.searo.who.int/entity/child_adolescent/topics/adolescent_health/en/)
3. Census of India. A Profile of Adolescence and Youth in India. United Nations Population Fund. 2011. Available from: <https://india.unfpa.org/sites/default/files/pub-pdf/AProfileofAdolescentsandYouthinIndia-0.pdf>
4. Development and the next generation. World development report. 2007. Social protection. Available from: <https://www.usp2030.org/gimi/ShowResource.action;jsessionid=3yV0X-MIQHczVtdr56Ss8GiHYEjhsW9k5uH9SJ0PyhZ8zggcldxG!2015759462?id=19945>
5. Youth in India. Central Statistics Office, Ministry of Statistics and Programme Implementation, Government of India (Social Statistics Division). 2017. Available from: [http://mospi.nic.in/sites/default/files/publication\\_reports/Youth\\_in\\_India-2017.pdf](http://mospi.nic.in/sites/default/files/publication_reports/Youth_in_India-2017.pdf)
6. The World's Children: Country Statistics. UNICEF Census Report: 2012. Available from: [https://www.unicef.org/infobycountry/india\\_statistics.html](https://www.unicef.org/infobycountry/india_statistics.html)
7. India Now Home to 20 Million Orphans. SOS Children's Villages. Canada. Available from: <https://www.soschildrensvillages.ca/india-now-home-20-million-orphans-study-finds>.
8. Ravneet Kaur, Archana Vinnakota, Sanjibani Panigrahi, RV Manasa. A descriptive study on behavioral and emotional problems in orphans and other vulnerable children staying in institutional homes. Indian Journal of Psychological Medicine. Volume: 40. Issue: 2. 2018. Page No.161-168. [Cited on March 1 2018]. Available from: <http://www.ijpm.info/article.asp?issn=0253-7176;year=2018;volume=40;issue=2;spage=161;epage=168;aulast=Kaur>
9. Orphanage. [Internet]. Wikipedia. Available From: <https://en.wikipedia.org/wiki/Orphanage>
10. Self-esteem. [Internet] Wikipedia. Available from: <https://en.wikipedia.org/wiki/Self-esteem>
11. Michael H. Kernis. Toward a Conceptualization of Optimal Self-Esteem. Psychological Inquiry. Volume. 14. No. 1.2003, Page No. 1-26. Available from:

<https://www.jstor.org/stable/1449033>

12. Martin V. Covington. Self-Esteem and Failure in School: Analysis and Policy Implications. University of California Press. Available from: <https://publishing.cdlib.org/ucpressebooks/view?docId=ft6c6006v5&chunk.id=d0e2728&toc.id=&brand=ucpress>
13. Self-esteem and teenagers. [Internet]. Available from: <https://parents.au.reachout.com/common-concerns/everyday-issues/self-esteem-and-teenagers>
14. Bhramari Pranayama: The Practice, Health Benefits. Soulguru Holistic Living. [Internet]. Available from: <http://soulguru.com/bhramari-pranayama/>
15. Jaspal Kaur Sethi, H.R. Nagendra and Tikhe Sham Ganpat, Yoga Improves Attention and Self-esteem in Underprivileged girl students. Journal of Education and Health Promotion. PMCID: PMC3826026. DOI: 10.4103/2277-9531.119043 [Cited: 2013 September 30]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3826026/>