

Effect of Selected Yogic Asanas and Pranayams on Self Confidence of Professional Physical Education Students



Physical Education

KEYWORDS : Yogic practice, Asanas, Pranayams, Self Confidence

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ABSTRACT

The purpose of this study was to find out the effects of selected yogic Asanas and Pranayams on the Self Confidence of Professional Physical students. The study was conducted on 177 men students from G.M.V. Rampur Maniharan, Saharanpur (U.P.) whom randomly selected as subject. Then they were randomly assigned equally into two groups one controlled and other experimental. Each group will have 77 professional Physical Education. The pre-test, yogic practice and Post-test examination will conducted for nine weeks. In this nine weeks experimental and control subjects appeared for the Pre-test and Post-test. During Pre-test, Self confidence level of Professional Physical Education students were recorded and after this pre-test the practice of selected yogic Asanas and Pranayams for 9 weeks will be given to experimental group only. The subjects will exercise the yogic practice during morning and evening hours. They will exercise these yogic practice under proper guidance with the help of yoga coach and research. The present study have been analysed with the help of mean SD, SEM and the comparison between the groups were done with the help of the ratio on the basis of the analysis of data as given in table No. 1 is found that the subject of experimental group significantly improve the self-confidence after yogic practice. The level of confidence was fixed at 0.05 level.

INTRODUCTION

Health of the human body depends on healthy functioning of all the system of the body. Good health is the right of every human being. Yoga is recognized as one of most important and valuable heritage of India, whole world has liking towards yoga as cure of various problems. Yoga has proved to be useful for the persons and for the good of humanity. Let us first see "What is yoga".

"The union of Atman and Parmatma is yoga," "Says Swami Digambarji Satyapal (1987)", The word yoga is derived from the Sanskrit root "Yuj" which means union or merger, to bind, to the join and to attach, the merger of soul with God and experience of oneness, with him to Yoga". The word yoga occurs in Rigveda (1976) in various senses, such as yoking or harnessing or achieving the unachieved. The word yoga in sense of yoke to used in many places in the Rigveda and Brahman shritpath and this word with its derivation Yugya (carrier of the yoke and animals) is quite familiar in the later Sanskrit literature. There are many paths towards ultimate yoga catering to the needs of different persons of the society. Although, all the paths lead independently to the same goal the ultimate union with the divine consciousness (Samadhi). Some of them is mentioned are Jnana Yoa, Bhakti yoga, Karma Yoga, Raja Yoga/ Hath Yoga and Mantra Yoga.

Hath yoga and the Raja Yoga are the most usually practices. Hath Yoga works upon the body, purifying and Perfecting it and through the mind upon the body Patanjali list eight limbs of Rajayoga.

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|---------------|-----------------------------|
| 1. Yam | - the diciplines |
| 2. Niyam | - the injunction |
| 3. Asanas | - the posture of the body |
| 4. Pranayama | - the control of life force |
| 5. Pratyahara | - sense withdrawn |
| 6. Dharna | - Focusing of mind |
| 7., Dhayana | - de-concentration |
| 8. Samadhi | - Super consciousness |

Out of these eight limbs only selected asanas and pranayams are taken for the study convenience with self-confidence.

Self-confidence

In work or social life we usually do our best and receive encouragement when we are reasonably sure of our self and give that impression. Especially in human relationship, self-assurance and appropriate modesty are as essential to each other as are the blades of shear "Self-assurance buoys you up and fills your sail with lusty wind. It also make easy, holding to a course on a choppy sea. Without it, anyone is weak veered by every wind

some person lack confidence to the extent of being always hesitant. Such person develops tenseness that interferes with his thoughts if he gets a new idea. He dismisses it as worthless simply because it is his own, or fails to come forth with it for the lack of courage. Later he may found his own thought that he himself rejected is stated by someone else. Great work frequently includes what was often thought but never before communicated.

Some proud men have had notable political, military or religious careers. Their flattering opinions of themselves kept them performing at their maximum ability, and inspired confidence in them" In the present study yoga is mainly associated with the psychological fitness of professional Physical Education students. The Self-confidence is the important factors which determine the professional physical education students performance and in general the sports men with the lower level of self-confidence will have the lower level performance..

Purpose of the study

The purpose of the study was to find out the effects of selected yogic Asanas and Pranayams on Self-confidence of professional Physical Education students.

Hypothesis

In the light of earlier in the theoretical formulation pertaining to yoga, to ascertain the psychological fitness, the following hypothesis were formulated. Controlled and experimental groups are likely to differ on self-confidence of professional physical education students.

Methodology

The study was conducted on 154 boys proffered Physical students from G.M.V. Rampur Maniharan, Saharanpur (U.P.). The were randomly assigned equally into two groups one controlled and other experimental.

Sample

Sample was an important process in research work, especially where the researcher has to collect the data from limited or particular population. The group test do the ASCI Questionnaire by Agnihotri were used. In the present investigating experimental design was applied. The subject were pre and post tested to measure the effect of Asana and Paanayams on self-confidence . This design was included pre-post test with control groups treatment of yogic Asanas and Pranayams will be given to experimental group only. The training was important to control groups. But it was also pre and post test to know weather this difference would have occurred in the absence of intervention.

Pre and post test were conducted on the subject. Before the

experiment self-confidence level of the subjects were used in pre-test. Training of selected yogic asanas and pranayams was important to the subject up to 9 weeks.

Experimental group practiced following asanas and pranayams during the training.

Asanas: Sarvangasana, Halasana, Matsyasana, Chakrasana, Suptvazrasana, Padmasana,

Pranayams: Aulom Vilom Pranayam, Surya Bhedan Pranayam, Chandra Bhedan Pranayam, Shitali Pranayam

The data obtained through sampling was complied and tabulated group wise. To evaluate the result of the study t test was applied as a statistical tools to compare the mean value of control and experimental group. The level of confidence was fixed at 0.05 level should significant different among the groups.

Result and Discussion:

The main aim of the investigation is to find out the result of the study which can be done with help of t test. The main aim objectives are achieved and tested hypotheses were formulated. The data was collected for the study through questionnaire.

Table No. 1

Significance difference in pre test mean score of experimental, group and control group on variable self-confidence.

Pre Test	N	Mean	S.D	DF	t value
Experimental Group	77	32.65	6.60		0.16
Control Group	77	32.48	6.06		

Table No. 1 show the pre test score of experimental group and control group where the pre-test mean score of experimental and control group is 32.65 and 32.48 and standard deviation found 6.60 and 6.06. The t value is calculated 0.16

Table No. 2

Significance difference between post-test mean score of experimental and control group on variable self-confidence.

Pre Test	N	Mean	S.D	DF	t value
Experimental Group	77	34.81	6.11		2.50*
Control Group	77	32.33	6.08		

* P<0.05

Table No. 2 represent the result of Pos-test of experimental and control group where the post-mean score of experimental and control group is found 34.81 and 32.33 respectively. Standard deviation is found 6.11 and 6.08 respectively. The calculated t value is found 2.50 which is more than the table value 2.05 at 0.05 level of confidence. Hence, the result of the present study is found statistically significant. Therefore the hypothesis is accepted. The post test mean value of experimental and control group on variable self-confidence are graphically represented in fig. No.1

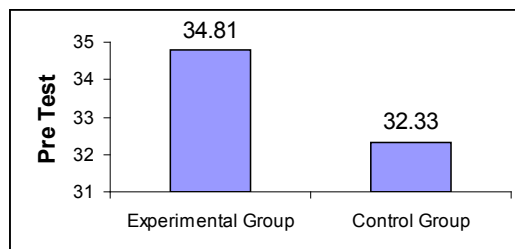


Fig. No.1

Discussion of the result:

On the basis of the analysis of data as given in table No. 2 is found that the subject of experimental group significantly improve the self confidence after yogic asanas and pranayams.

The result of present study show positive effect of Asanas and Pranayams on self-confidence. So training of selected Asanas and Pranayam recommended for the "Improvement self-confidence the practice of Pranayam.

Conclusion :

The present study was an experimental study and it was found that experimental group performed better in post test in comparison to controlled group. Control group could not perform statistically significant in post test in comparison to experimental group.

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