



ORIGINAL RESEARCH PAPER

Physical Education

IMPACT OF ASANA AND MEDITATION ON SELF-CONFIDENCE OF THE HIGH SCHOOL STUDENTS

KEY WORDS: Yogasana Practices, Meditation Practices , Self-confidence

Mastan Bijalikhnan Research Scholar at R & D Center, Bharathiyar University, Coimbatore, Tamilnadu.

Dr. A. Maaboojan Professor, Department of Physical Education, Bharathidasan University, Tiruchirappalli, Tamilnadu

ABSTRACT

The aim of the study was designed to determine the Impact of Asana and Meditation on Self-Confidence of the High School Students. To attain the purpose, Forty five (N=45) high school students studying various government high schools in and around Mysore, Karnataka State, India during the academic year 2015-2016 were selected randomly as subjects. Their age ranged from 14 to 16 years. The subjects were assigned at random into three groups of fifteen each (n=15). Group-I underwent Yogasana Practice (n=15), Group-II underwent Meditation Practice (n=15) and Group-III acted as Control. The dependent variable selected for this study was Self-confidence and it was assessed by Agnihotry's Self-Confidence Inventory Scale. All the subjects were tested prior to and immediately after the training for the selected variable. Data were collected and statistically analyzed using ANCOVA. Scheffe's post hoc test was applied to determine the significant difference between the paired means. In all the cases 0.05 level of significance was fixed. The results of the study showed that there was a significant difference among all the Experimental groups' namely Yogasana Practices and Meditation Practices. Further the results showed Meditation group was found to have greater impact on the group concerned than the Yogasana group and Control group in enhancing the performance of Self-confidence.

INTRODUCTION

Yoga has a hoary past. The importance for the spiritual attainment has been recognized throughout the ages by all the systems of Indian philosophy. There is no doubt that the essence of yoga has been considered in the spiritual upliftment of man. One may question as to how then yoga is related to the physical education and whether yoga will not be pulled down from its highest pedestal in doing this. It is necessary, therefore, to clear the concepts of yoga and physical education first (*Gharote, 1976*).

Meditation is the seventh limb of Astanga yoga. Meditation in yogic terminology stands for that state of mind-stuff in which all thinking is pinned on the contemplation of the omnipresent and the omniscient Ishwara.

Self-confidence is an attitude which allows individuals to have positive yet realistic views of themselves and their situations. Self-confident people trust their own abilities, have a general sense of control in their lives, and believe that, within reason, they will be able to do what they wish, plan, and expect.

Self-confident people have expectations that are realistic. Even when some of their expectations are not met, they continue to be positive and to accept themselves.

Self-confidence primarily refers to having a positive and realistic perception of ourselves and our abilities. A lack of self-confidence, on the other hand, is characterized by: self-doubt, passivity, submissiveness, over-conformity, isolation, sensitivity to criticism, distrust, depression, and feelings of inferiority and being unloved (*Singh, and Kaur, 2008*).

Self-confident people inspire confidence in others: Their audience, their peers, their bosses, their customers, and their friends. Gaining the confidence of others is one of the key ways in which a self-confident person finds success.

METHODOLOGY

The study was conducted on Forty five (N=45) high school students studying various government high schools in and around Mysore, Karnataka State, India during the academic year 2015-2016 were selected randomly as subjects. Their age ranged from 14 to 16 years. The subjects were assigned at random into three groups of fifteen each (n=15). Group-I underwent Yogasana Practice (n=15), Group-II underwent Meditation Practice (n=15) and Group-III acted as Control. The experimental groups underwent the respective training for a period of 12 weeks (3 days/week), whereas the control remain as normal with the sedentary life. The dependent variable selected for this study was Self-confidence and it was assessed by Agnihotry's Self-Confidence Inventory Scale. All the three groups were tested on selected Self-confidence was analyzed before and after the training period.

ANALYSIS OF THE DATA

The data collected from the experimental groups and control group on prior and after experimentation on selected variables were statistically examined by analysis of covariance (ANCOVA) was used to determine differences, if any among the adjusted post test means on selected criterion variables separately. Whenever they obtained f-ratio value was significant the Scheffe's test was applied as post hoc test to determine the paired mean differences, if any. In all the cases 0.05 level of significance was fixed.

The Analysis of covariance (ANCOVA) on Self-Confidence of Experimental Groups and Control group have been analyzed and presented in Table -1.

TABLE – 1 COMPUTATION OF ANALYSIS OF COVARIANCE OF PRE TEST, POST TEST AND ADJUSTED POST TEST ON SELF-CONFIDENCE OF EXPERIMENTAL GROUPS AND CONTROL GROUP

Test	Yoga sana Practices Group-I	Meditation Practices Group-II	Control Group-III	Source of Variance	Sum of Squares	df	Mean Squares	F-ratio
Pre-Test Mean	40.93	41.40	41.53	Between groups	2.98	2	1.49	0.23
				Within groups	272.27	42	6.49	
Post-Test Mean	45.40	49.20	41.60	Between groups	433.20	2	216.60	43.82*
				Within Groups	207.60	42	4.94	
Adjusted Post-Test Mean	45.59	49.14	41.47	Between sets	441.74	2	220.90	69.13*
				Within Sets	131.02	41	3.20	

* Significant at 0.05 level of confidence
 Table value for df (2, 42) at 0.05 level = 3.22 Table value for df (2, 41) at 0.05 level = 3.23

(Self-Confidence scores are in Points)

Table-4.8 shows that the obtained F-ratio value 0.23 for pre test mean of Yogasana Practices group, Meditation Practices group and Control group on Self-Confidence is less than the required table value of 3.22 for significance with df 2 and 42 at 0.05 level of confidence.

The obtained F-ratio value of 43.82 for post test mean of Yogasana Practices group, Meditation Practices group and Control group on Self-Confidence is more than the required table value of 3.22 for significance with df 2 and 42 at 0.05 level of confidence.

The obtained F-ratio value of 69.13 for adjusted post test mean of Yogasana Practices group, Meditation Practices group and Control group on Self-Confidence is higher than the required table value of 3.23 for significance with df 2 and 41 at 0.05 level of confidence.

The results of the study indicated that there is a significant difference between the adjusted post-test means of Yogasana Practices group, Meditation Practices group and Control group on Self-Confidence.

Since, three groups are compared and whenever the obtained 'F' ratio for adjusted post test is found to be significant, Scheffe's test is used to find out the paired mean difference and it is presented in Table-2.

**TABLE – 2
SCHEFFE'S TEST FOR THE DIFFERENCE BETWEEN PAIRED MEANS ON SELF-CONFIDENCE**

Yogasana Practices Group-I	Meditation Practices Group-II	Control Group	Mean Difference	Confident Interval Value
45.59	49.14	---	3.55*	1.66
45.59	---	41.47	4.12*	
---	49.14	41.47	7.76*	

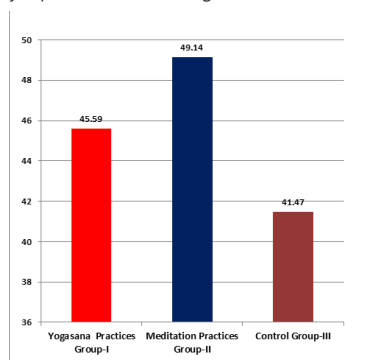
**Significant at 0.05 level of confidence.*

Table-2 shows that the mean difference values of Yogasana Practices group and Meditation Practices group, Yogasana Practices group and Control group, Meditation Practices group and Control group are 3.47, 4.07 and 7.54 respectively, which are greater than the confidence interval value of 1.49 on Self-Confidence at 0.05 level of confidence.

The results of the study showed that there was a significant difference between Yogasana Practices group and Meditation Practices group, Yogasana Practices group and Control group, Meditation Practices group and Control group.

The above data also reveal that Meditation Practices group had shown better performance than Yogasana Practices group and Control in Self-Confidence.

The adjusted post mean values of Yogasana Practices group, Meditation Practices group and Control group on Self-Confidence are graphically represented in the Figure -1.



Self-Confidence in Points

Figure: 1The Adjusted Post Test Mean Values of Yogasana Practices group, Meditation Practices group and Control group on Self-Confidence

CONCLUSION

From the analysis of the data, the following conclusions were drawn.

1. Significant differences in achievement were found between

Yogasana Practices group, Meditation Practices group, and Control group in the selected criterion variable on Self-confidence.

2. The Experimental groups namely, Yogasana Practices group, Meditation Practices group, had significantly increased in Self-Confidence.
3. The Meditation Practices group was found to be better than the Yogasana Practices group and Control group in decreasing Strength performance.

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