



ORIGINAL RESEARCH PAPER

Home Science

INFLUENCE OF SIMPLIFIED KUNDALINI YOGA WITH AND WITHOUT SURIYANAMASKAR ON SELF ESTEEM AMONG COLLEGE GIRLS

KEY WORDS: Simplified Kundalini Yoga, Influence, Suriyanamaskar, Experiment, Self-Esteem.

S. Neelavathy

M. A (YHE), PhD Scholar, Bharathiar University, Coimbatore.

Dr. A. Rajam*

Director of Physical Education and Sports, Mother Theresa Women's University, Kodaikanal *Corresponding Author

ABSTRACT

The purpose of the study is to find out the influence of Simplified Kundalini Yoga on Self-Esteem among college girls experimented on psychology variable. To achieve the purpose of the study 45 Engineering College girls were selected randomly from Coimbatore in and around city has the subjects. The subject's age ranged from 18 to 23 years. The selected subjects were divided into 3 groups. Experimental Group I under went on Simplified Kundalini Yoga with Suriyanamaskaram & Experimental Group II Simplified Kundalini Yoga without Suriyanamaskaram for an hour per day, six days a week for 8 weeks. Experimental Group III control group was kept in active rest. The pre-test and post-test were conducted before and after the training for all three groups. The data collected from the groups before and after the training period were statistically analysed by using Analysis of Co-Variance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance. The result of the study showed that the Self-Esteem was significantly increased as result of Simplified Kundalini Yoga with Suriyanamaskaram. The conclusion was that the Simplified Kundalini Yoga with Suriyanamaskaram helped to increase Self-Esteem among college girls.

INTRODUCTION

Yoga is the science of right living and as such is intended to be incorporating in daily life. It works on all aspects of the person the physical, vital, mental, emotional and spiritual.

The science of yoga begins to work on the outermost aspect of the personality, the physical body, which for the most people is practical and familiar starting point. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they act in opposition to each other. For instance, the endocrine system might become irregular and the efficiency of the nervous system decrease to such an extent that disease will manifest. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body. From the physical body, yoga moves on to the mental and emotional levels, many people suffer from phobias and neuroses as result of he stresses and interactions of everyday living. Yoga cannot provide a cure for life but it does present a proven method for coping with it.

Yoga also cures behavioural disorder, nervous breakdown and manic depression. The regular practice of yoga helps us to accept whatever physical or mental conditions we might be suffering from by increasing our immediate sense of well-being, concentration and calmness. Much healing can be done, but it takes practice and consistency. Healthy person is a positive concept which includes not only the absence of disease but also includes all round wellness at all levels.

OBJECTIVES OF THE STUDY

To View that there is any impact of Simplified Physical Exercises on College girls were selected randomly from Coimbatore on basis of physiological variable of self-esteem. To know that Simplified Physical Exercises has made any changes in mental confidenton their ability.

STATEMENT OF THE PROBLEM

In today scenario girls face lots of problems in society which affects their confidents on themself because of that they can't showcase their talent to the world. Till now girls are fighting for their equal rights in society and for the opportunity. By the practice of yoga I attempted to give a mental strength and confident on their own ability.

HYPOTHESIS

- There were significant differences on selected psychological variables of self-esteem due to the practices of Simplified Kundalini Yoga with

Suriyanamaskaram and Simplified Kundalini Yoga without Suriyanamaskaram than the Control group.

- There were significant differences between Simplified Kundalini Yoga with Suriyanamaskaram and Simplified Kundalini Yoga without Suriyanamaskaram on selected Personality variable among self-confident experimented on engineering college girls

LIMITATIONS

- 1) The play sports and games that might be influencing on the training and that data was not considered.
- 2) The data of genetic problems were not taken into count.
- 3) The food habits, life style, sleep etc., were not controlled.
- 4) The training gets affects due to periods were consider has in limitations.

SELECTION OF SUBJECTS

For the study 45 students who are studying engineering selected randomly from Coimbatore has the subjects for this study. Their age ranged between 18 to 23 years.

METHODOLOGY:

The subject of 45 engineering girl students are selected for this project. Initially they felt not so confident on themselves and the practice were added to them. They undergone pre-test on psychological variables of self-esteem. The subjects were divide into three groups with equal members in each group. Experimental group I underwent Simplified Kundalini Yoga with Suriyanamaskaram for six days a week for eight weeks. Experimental group II underwent Simplified Kundalini Yoga without Suriyanamaskaram for six days a week for eight weeks, and the control group were kept under active rest. The post-test has been conducted after the eight weeks of practice.

PROCEDURE OF THE TRAINING:

During the training, Experimental group I underwent Simplified Kundalini Yoga with Suriyanamaskaram and Experimental group II underwent Simplified Kundalini Yoga without Suriyanamaskaram for five days a week for eight weeks. Pre-tests has been conducted before

the training started. The training comprising of Simplified Kundalini Yoga, Suriyanamaskaram and meditation. After eight weeks of training the subjects gone for a post tests.

RESULTS AND DISCUSSIONS:

The psychological variable of self-confidents was measured through self-esteem Questionnaire developed by Rosenberg.

The results of the Study on selected self-esteem variable among College girls presented in table I

Table - I Computation Of Mean And Analysis Of Covariance Of Self-esteem

Test	Group1	Group2	Group3	df	SS	MOS	F value
Pre	21.73	22.06	23.13	2	16.04	8.02	0.96*
				42	323.6	7.7	
Post	29	25.4	23.86	2	208.31	104.15	13.52*
				42	323.33	7.69	
Adjusted	29.42	25.57	23.26	2	278.63	139.31	37.72*
				41	151.41	3.69	

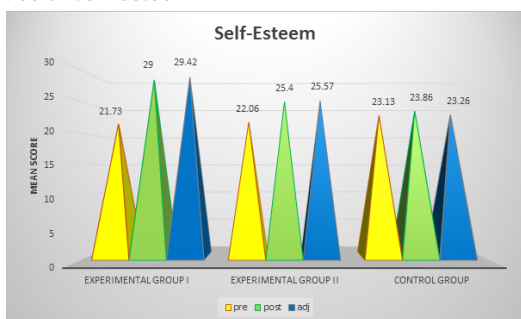
Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 37.72 was very much greater than the critical F value of 3.2 this proved that there were significant differences among the means due to 8 weeks of Simplified Kundalini Yoga with Suriyanamaskaram on the Psychological variable self-esteem

Table II Schiff's test for the differences between the adjusted post-test paired means on Self esteem

Groups			Mean	CD
Exp1	Exp2	Control		
29.42	25.57		3.84	5.61
29.42		23.26	6.15	
	25.57	23.26	2.31	

The post hoc analysis through Scheffe's confidence test proved that due to 8 weeks Simplified Kundalini Yoga with Suriyanamaskaram group there was significant increase in self-esteem levels than control group and the differences were significant at 0.05 level. The post hoc analysis between the experimental Group-I and Group-II proved that there was a significant difference

Bar Diagram Showing Pre, Post And Adjusted Post-test Values Of Self-esteem



DISCUSSION ON FINDINGS OF SELF ESTEEM

The results presented in table I showed that the obtained adjusted means on self-esteem among Simplified Kundalini Yoga with Suriyanamaskaram group was 29.42 followed by Simplified Kundalini Yoga without Suriyanamaskaram group with the mean value of 25.57 and control group mean value of 23.26. The difference among pre-test scores Post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and F values obtained were 0.96, 13.52 and 37.72 respectively. It was found that obtained F value on pre-test score was not significant at 0.05 level of confidence as the obtained value was lesser than the required table value and post test Scores was significant at 0.05 level of confidence as the value was greater than the required table F value of 3.2.

CONCLUSIONS

Within the limitation set for the present study and considering the results obtained, the following conclusion were drawn.

For the purpose of this study it was hypothesized that the Simplified Kundalini Yoga with Suriyanamaskaram

group (Experimental Group - I), Simplified Kundalini Yoga without Suriyanamaskaram group (Experimental Group II) would improve the selected Psychological variables self-esteem as compared to control group (group III).

The Psychological Variable **self-esteem** was significantly improvement due to 8 weeks of Simplified Kundalini Yoga with Suriyanamaskaram (Experimental Group- I), Simplified Kundalini Yoga without Suriyanamaskaram (Experimental Group-II) among engineering College girls comparing to the control group.

Yoga helps to shape the body, Yoga and meditation improve the mental and physical health; it paid the way for self-esteem development.

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