



ORIGINAL RESEARCH PAPER

Physical Education

THE EFFECT OF SUN SALUTATION ON SELF-CONFIDENCE AND STRESS OF WOMAN

KEY WORDS: Sun Salutation, Self-Confidence, Stress and Woman

Ashu

M.P.Ed. Students, Department of Physical Education, Swami Vivekanand Subharti University, Meerut (U.P.)

Dr. Divesh Chaudhary

Associate Professor, Department of Physical Education, Swami Vivekanand Subharti University, Meerut (U.P.)

ABSTRACT

Introduction: The objective of this study was to investigate the effect of sun salutation on self-confidence and stress of woman. Another purpose of the study was to improve the self-confidence and stress performance of the woman. Methods: The subjects for this study were selected 40 women from Defence Colony Kankarkhera, Meerut (U.P). The subjects were equally divided into two groups (20 women control and 20 women experimental group). The age of the subjects was ranged between 40 to 45 years. Criterion measures for this study were Self-confidence of woman by Self Confidence Inventory by Dr. Rekha Gupta and Stress of woman by Psychosocial Stress Scale by Prof. A. K. Srivastava & Prof. D.M. Pestonjee wear administrated. To find out the effect of sun salutation on self-confidence and stress of woman, the t-test was used. For the testing of hypotheses, the level of significance was set at 0.05. Results and Discussion: The results of the study show that there were significant ($p > .05$) differences the effect of sun salutation on self-confidence and stress of woman.

INTRODUCTION

Yoga is a physical, mental and spiritual practice that originated in ancient India. First systematized by the sage Patanjali in quite a while Yoga Sutras around 400 C.E, the training was as a matter of fact gave over from educator to understudy some time before this text emerged. Generally, this was a balanced transmission, however since yoga became famous in the West in the twentieth 100 years, bunch classes have turned into the standard. The word yoga is derived from the Sanskrit root yuj, meaning "to yoke," or "to unite". The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness. Such a union tends to neutralize ego-driven thoughts and behavior, creating a sense of spiritual awakening. Yoga has been polished for millennia, and while various translations and styles have been grown, generally will quite often concur that a definitive objective of yoga is to accomplish freedom from misery. Albeit each everyday schedule of yoga has its own accentuation and practices, most spotlight on uniting body, psyche and breath for the purpose of modifying energy or moving awareness.

Present day yoga is generally usually connected with the actual act of asana, a progression of stances frequently wound around together in styles like Vinyasa Flow or Ashtanga. Asana practice is for the most part expected to develop fortitude and endurance, to further develop adaptability, coordination and equilibrium, and loosen up the body. However, this gives just a single little part of the practice of yoga overall. Patanjali Yoga Sutras give the customary underpinning of yoga, in which he frames an eightfold way of the training. Known as the 'Eight Limbs of Yoga,' this way offers a manual for people who are devoted to making a joining between body, psyche and soul. Each of the Eight Limbs offers a means of living with more integrity, self-discipline, respect for nature, and connection with the spiritual aspects of life.

If you are wondering how to reduce stress, yoga is the answer. It is a well-known fact that yoga promotes relaxation, and hence you can turn to yoga for stress relief. Once you start practising yoga regularly, you can find a significant decrease in the secretion of cortisol the primary hormone responsible for stress. It leads to an improved quality of life and mental health.

Sun Salutation is one of the most important yoga practices. It is a set of 12 yoga poses which can be performed while chanting 12 different mantras. Mantras add a profound spiritual

element to the practice. The practice of Sun Salutation awakens the body intelligence to create energy directly from the sun. In the Vedic tradition, the sun is symbolic of consciousness and, therefore, has been worshiped daily in the Indian culture. Sun Salutation may also be referred to as Surya Namaskara in Sanskrit. Sun Salutation is designed to access the ethereal energy that exists all around us. Every morning at dawn, the air is filled with prana shakti, or life energy. When performing facing east during the first rays of the morning sun, breathing correctly and chanting the mantras, one experiences a phenomenal effect on the mind, body and spirit.

Sun Salutation A consists of the following poses:

1. Mountain Pose (Samasthiti or Tadasana)
2. Upward Salute (UrdhvaHastasana)
3. Standing Forward Fold (Uttanasana)
4. Half Standing Forward Fold (ArdhaUttanasana)
5. Plank Pose (Chaturanga Dandasana)
6. Upward-facing Dog Pose (Urdhva Mukha Svanasana)
7. Downward-facing Dog Pose (Adho Mukha Svanasana)
8. Transition – feet to hands
9. Half Standing Forward Fold
10. Standing Forward Fold
11. Upward Salute
12. Mountain Pose

You have heard the word Surya Namaskar so many time and most of you practice Surya Namaskar daily in your Yoga season. So let's understand its meaning "Surya" stands for the Sun and you know that the meaning of Namaskar very well it means Salutation. When you search the word Surya Namaskar on the net you find a huge amount of search results (Like steps of Sun Salutation pose, Benefits of Sun Salutation etc). But here we are not discussing these things. In this, we discuss the importance of Surya Namaskar in Yoga.

In the time Sages, They practice this pose at early in the morning in a time of sun rises. And they show their gratitude towards the Sun by performing Surya Namaskar. According to Hindu religion, Sun is worshiped as a God. Coz it's a real source of energy for all living beings and for nature (photosynthesis). And there is no replacement for Sun and surviving without the energy of the sun is like breathing without air. This is the religious fact; now move on to the scientific Facts of Sun Salutation Pose.

METHODOLOGY

The subjects for this study were randomly selected from defence colony Kankarkhera, Meerut (U.P). The total number of subjects for this study was 40 women (20 women control and 20 women experimental group). The age of the subjects was ranged between 40 to 45 years. Necessary data were collected for self-confidence and stress with the help of Self Confidence Inventory developed by Dr. Rekha Gupta and Psychosocial Stress Scale developed by Prof. A. K. Srivastava & Prof. D. M. Pestonjee. To find out the effect of sun salutation on self-confidence and stress of woman, the t-test was used. For the testing of hypotheses, the level of significance was set at 0.05.

RESULTS OF THE STUDY

To find out sun salutation training effect between pre and post self-confidence of woman in the experimental group and control group, Dependent t-test statistics was used and presented in table-1.

Table-1 T-ratio Of Pre And Post Self-confidence Of Woman In Experimental Group And Control Group

Self-confidence		Pre	Post	t.ratio
Experimental Group	Mean	12.10	22.15	13.18*
	S.D	2.45	4.31	
Control Group	Mean	19.35	20.10	1.68*
	S.D	4.17	4.39	

*Significant at .05 level
t-value required to be significant at 19 df = 2.09

It is evident from table-1 that significant difference was found in sun salutation training effect between pre and post self-confidence of woman in the experimental group as the t-value was found 13.18. This was a higher value than the required value at .05 level of significance, but an insignificant difference was found between pre and post self-confidence of woman in the control group as the t-value was found 1.68. This was a lower value than the required value at .05 level of significance.

The scores are also illustrated in the figure-1.

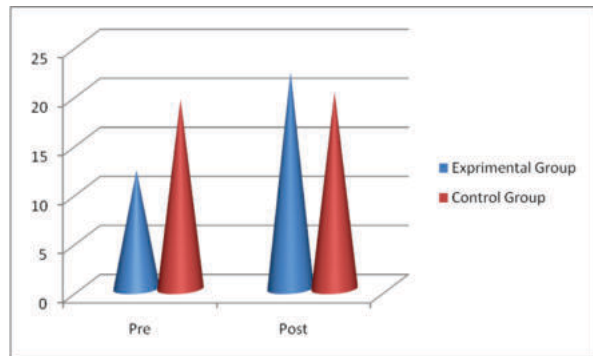


Figure-1

To find out sun salutation training effect between pre and post stress of woman in the experimental group and control group, Dependent t-test statistics was used and presented in table-2.

Table-2 T-ratio Of Pre And Post Stress Of Woman In Experimental Group And Control Group

Self-confidence		Pre	Post	t.ratio
Experimental Group	Mean	65.95	51.65	-7.76*
	S.D	15.29	9.49	
Control Group	Mean	66.25	66.50	.77*
	S.D	8.16	7.80	

*Significant at .05 level
t-value required to be significant at 19 df = 2.09

It is evident from table-2 that significant difference was found in sun salutation training effect between pre and post stress of

woman in the experimental group as the t-value was found -7.76. This was a higher value than the required value at .05 level of significance, but an insignificant difference was found between pre and post stress of woman in the control group as the t-value was found .77. This was a lower value than the required value at .05 level of significance.

The scores are also illustrated in the figure-2.

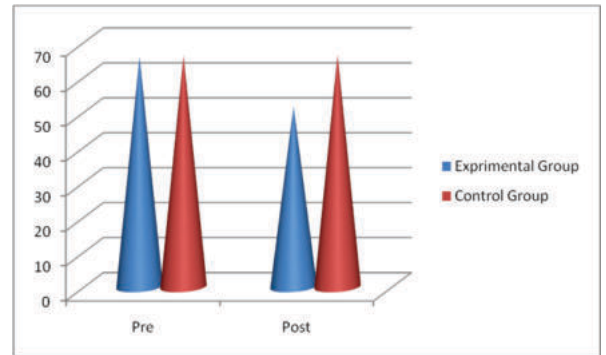


Figure-2

DISCUSSION OF THE RESULTS

The present study was designed to the effect of sun salutation on psychological characteristics i.e self-confidence and stress of the woman. Although the research scholar did not interfere with the personal lifestyle of the women, some facts may be inaccessible. Which sun salutation training will be more beneficial in looking at the lifestyle of women and making their lifestyle more effective, it has been seen in this study. In order to achieve the objectives, various psychological characteristics of women were collected from various scientific aspects and after that the women were divided into two groups i.e. one was control and another was experimental group for the study. After which these groups were trained, after that data were obtained from all these groups again. Before going to the conclusion of the study, it must be understood that the progress of any country depends on its generation. His positive contribution definitely helps any society or country to move in the right direction.

The result of the study revealed significant difference between the mean scores of sun salutation training effect on pre and post psychological characteristics (self-confidence and stress) of women in the experimental group. The mean score of sun salutation training women group was found higher than the control group women, the results of this study also point to the same. The result of present study is also on the line of the studies conducted by Nityananthan V & Kalpana B. (2015), the impact of yoga on stress and self confidence among the middle Management in Health. Rastogi M. & Kishore M. K. (2012) "The effect of Surya Namaskar and Bhrumari Pranayama on self-confidence" The pre post data was statistically analyzed by using "T" test Result proves that SuryaNamaskara.

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