



ISSN: 2456-0057

IJPNPE 2019; 4(2): 476-477

© 2019 IJPNPE

www.journalofsports.com

Received: 18-07-2019

Accepted: 25-08-2019

Amit

Ph.D. Scholar, DPESS,
University of Delhi, New Delhi,
Delhi, India

Dr. Tarak Nath Pramanik

Assistant Professor, IGIPSS,
University of Delhi, New Delhi,
Delhi, India

Effect of six weeks yogic practices on self-esteem among college going students

Amit and Dr. Tarak Nath Pramanik

Abstract

The purpose of the present study was to find out the effect of six weeks yogic practices on self-esteem among college students. Total 50 college going male subjects was randomly selected as subjects from IGIPSS, B-block Viaspuri, New Delhi, and their ages ranged from 18 to 21 years. The selected subjects were divided into two equal groups i.e. experimental and control groups. The experimental group has participated in six weeks yogic training program and the control group has not participated in any training program. Pre-test data was collected before the start of the training and post-test data were collected after six weeks of training. Self-esteem was measured by using Rosenberg self-esteem scale. The data were analyzed by using paired sample “t” test and the level of significance was set at 0.05. The results have shown that the six weeks yogic practice has been a positive improvement in self-esteem level of college going students.

Keywords: yoga, self-esteem

Introduction

Yoga means to “yoke”, to “bind”, to “link”, to “connect” or to “merge”. As yoke joins two bulls together, the yoga unites body and mind together. The merge of the soul with God, and the experience of oneness with him is yoga. It is possible only through the control over sense organs and through continued practice and detachment. According to the great Sage Maharshi Patanjali yoga is “yoga chittavritti nirodh”, “the withdrawal of sense organs from their worldly objects and their control is yoga”

The exact history and origin of yoga are uncertain; however, there are pieces that have been connected and allow us to make some conclusions. It is known that yoga originated from the East. Evidence of Yoga postures was found on artifacts that date back to 3000 B.C. evidence of yoga is found in the oldest existing text, Rig-Veda. Rig-Veda is a composition of hymns. Topics of Rig-Veda include prayer, divine harmony, and greater being. Yoga is as old as civilization. Early Upanishads, the Bhagavad Gita, and Yoga Sutras of Patanjali have universally accepted the verbal foundation of the Yoga tradition.

Yoga is a systematic and methodical process to control and develop the mind and body to attain good health, the balance of mind, and self-realization. Through yoga has the potential power to make us healthy and add to our vigor, still most people lack the knowledge of the systematic practice of yoga.

Self-esteem refers to a person’s overall sense of his or her value or worth. It can be considered a sort of measure of how much a person “values, approves of appreciates, prizes, or likes him or herself” (Adler & Stewart, 2004) [1].

Self-esteem impacts your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges.

Objective of the study

The motive of the present study was to find out the “effect of six weeks yogic practices on self-esteem among college-going students”.

Corresponding Author:

Amit

Ph.D. Scholar, DPESS,
University of Delhi, New Delhi,
Delhi, India

Experimental protocol

For the present study, total 50 college-going male students from IGIPSS, B- block Vikaspuri, New Delhi were randomly selected as subjects and their ages ranged from 18 to 21 years. The selected subjects were divided into two equal groups i.e. experimental and control groups. The experimental group has participated in six weeks yogic training program and the control group has not participated in any training program. Pre-test data was collected before the start of the training and post-test data were collected after six weeks of training. The data were analyzed by using paired sample “t” test and the level of significance was set at 0.05.

Tool used

The data was collected by using the Self-esteem questionnaire by Rosenberg.

Training protocol

The training program was executed only for experimental group for six weeks, five days in a week, 50 minutes a day in the morning and control group were did not participate in the training programme, but they perform their daily schedule. Experimental group practiced Surya Namaskar, Asana (Sarvangasana, Matsyaasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Chakrasana, Ardha-Matsyendrasana, Paschimottanasana, Vajrasana, Yogamudra, Standing Kati-chakrasana, Tadasana and Shavasana), Pranayamas (Anulom-Vilom and Bhastrika pranayama).

Results

To assess the effect of six weeks yogic practices (Surya Namaskar, Asana, and Pranayama) on self-esteem, the mean, standard deviation and ‘t’ ratio was computed by using SPSS-21 version and result pertaining to has been presented in below tables.

Table 1: Descriptive Statistics of Self-Esteem (Experimental group)

| Variable | Subject | N | Mean | SD | ‘t’ | Sig. (Two Tailed) |
|--------------------|-----------|----|-------|------|--------|-------------------|
| Experimental Group | Pre Test | 25 | 22.88 | 2.69 | -2.103 | 0.046 |
| | Post Test | 25 | 24.12 | 2.26 | | |

*Significant at 0.05 level

Table-1 indicates that mean, standard deviation of pre-test of Self-Esteem, of experimental group, which were found to be 22.88 and 2.69 and post-test value were found to be 24.12 and 2.26. the value of paired sample ‘t’ ratio of Self-Esteem, which were shows that there was significant difference with pre-test and post-test value of Self-Esteem. The calculated value of ‘t’ was found to be -2.103 at 0.05 level of significance.

Table 2: Descriptive Statistics of Self-Esteem (Control group)

| Variable | Subject | N | Mean | SD | ‘t’ | Sig. (Two Tailed) |
|---------------|-----------|----|-------|------|-------|-------------------|
| Control Group | Pre Test | 25 | 23.56 | 1.50 | -.401 | .692 |
| | Post Test | 25 | 23.64 | 1.68 | | |

*Significant at 0.05 level

Table-2 the mean, standard deviation of pre-test of Self-esteem of control group, which were found to be 23.56 and 1.50 and post-test value were found to be 23.64 and 1.68, the value of paired sample ‘t’ ratio of GSE, there is no significance difference found with pre- test and post-test value of Self-Esteem. The calculated value of ‘t’ was found to be -0.401 at 0.05 level of significance. The graphical representation of descriptive analysis of pre and post data of

self-esteem for experimental and control groups has been shown in figure no. 1.

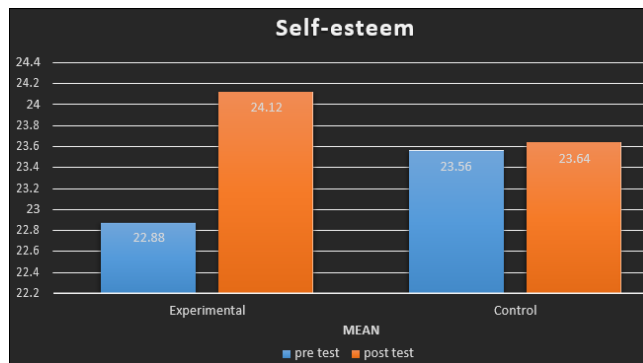


Fig 1: Graphical representation of descriptive analysis of pre and post data of self-esteem for experimental and control groups

Discussion

This study has been conducted with the purpose to find the effect of six weeks yogic practices on self-esteem among college going students. From the study we found that there was a significant effect on Self-esteem in experimental group. This improvement was due to yoga training. So the hypothesis was not rejected.

Conclusions

The result of the present study reveals significant increase in Self-esteem due to the experimental treatment in experimental group when compared to the control group. Self-esteem is directly or indirectly related to self-confidence or is yogic language- spiritual development. Yoga is the only science through which an individual can do his/her spiritual development or in other alternative words- self-esteem. However this research has brought new insight into the potential positive role of yoga on self-esteem in male college going students.

Reference

1. Adler N, Stewart J. Self-esteem. Psychosocial Working Group. Retrieved from 2004.
2. Broad WJ. The Science of Yoga. New York: Simon & Schuster 2012, 13-14.
3. Kumar Kaul H. Yogasanas for Every One, (New Delhi: Surjeet Publications 1992, 1.
4. Pradhan PK. Yogic Practices for Health and Sports Performance, Indian Journal of Yoga Exercises & Sports Science and Physical Education 2008;2:12.
5. <https://www.verywellmind.com/what-is-self-esteem-2795868>