Effect of yogic practices on development of self confidence

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Abstract
The present study was undertaken primarily to assess the effectiveness of yogic practices on developing self-confidence. For the purpose of the study, 30 middle aged men aged between 35 and 40 years (mean ± S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week, as recommended by Cromwell self confidence was significantly increased as a result of yoga practice. The results of this study showed that there was a significant difference between yogic practice group and control group on self-confidence. Moreover, the result of the study also shown that there was a significant increase in self-confidence after the yogic practice when compared with the control group.

Keywords: yogic practices, self confidence

Introduction
Yoga has also been described as wisdom in work or skillful living amongst activities, harmony and moderation. “Yoga is not for him who gorges too much, nor for him who starves himself. It is not for him who steps too much, nor for him who stays awake. By moderation in eating and resting, by regulation in working and by concordance in sleeping and waking, yoga destroys all pain and sorrows”.

Yoga is an ancient philosophical and religious tradition which is thought to have originated in India in at least 1000 B.C. It refers to a large body of values, attitudes and techniques whose primary objective is the pursuit of enlighten or self-knowledge. The word yoga is probably derived from the Sanskrit word “Yuj” which means to “unite” or “connect” and, in the higher levels of yoga, this is often said to mean the experience of union of the individual self with the universal self

Methodology
The present study was undertaken primarily to assess the effectiveness of yogic practices on developing self-confidence. For the study, 30 middle aged men aged between 35 and 40 years (mean ± S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week. Test administration one day prior to the commencement of training and one day after the completion of training.

Self-Confidence
The data collected prior to and after the experimental period on self-confidence for yogic practice group and control group were analysed and presented in Table - I.
Table I: Analysis of Covariance on Self-Confidence of Yogic Practice Group and Control Group

<table>
<thead>
<tr>
<th></th>
<th>Yogic Practice Group</th>
<th>Control Group</th>
<th>Source of Variance</th>
<th>Sum of Square</th>
<th>df</th>
<th>Mean Square</th>
<th>‘F’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test Mean</td>
<td>29.33</td>
<td>29.67</td>
<td>Between</td>
<td>0.833</td>
<td>1</td>
<td>0.833</td>
<td>0.673</td>
</tr>
<tr>
<td>S.D.</td>
<td>1.113</td>
<td>1.113</td>
<td>Within</td>
<td>34.667</td>
<td>28</td>
<td>1.238</td>
<td></td>
</tr>
<tr>
<td>Post-test Mean</td>
<td>32.20</td>
<td>29.67</td>
<td>Between</td>
<td>48.133</td>
<td>1</td>
<td>48.133</td>
<td>19.327*</td>
</tr>
<tr>
<td>S.D.</td>
<td>1.699</td>
<td>1.447</td>
<td>Within</td>
<td>69.733</td>
<td>28</td>
<td>2.490</td>
<td></td>
</tr>
<tr>
<td>Adjusted Post-test Mean</td>
<td>32.312</td>
<td>29.554</td>
<td>Between</td>
<td>55.698</td>
<td>1</td>
<td>55.698</td>
<td>27.834*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Within</td>
<td>54.028</td>
<td>27</td>
<td>2.001</td>
<td></td>
</tr>
</tbody>
</table>

* Significant .05 level of confidence.
(The table values required for significance at .05 level of confidence with df 1 and 28 and 1 and 27 were 4.20 and 4.21 respectively).

Table – I showed that the pre-test mean values of self-confidence for yogic practice group and control group were 29.33 ± 1.113 and 29.67 ± 1.113 respectively. The obtained ‘F’ ratio value of 0.673 for pre-test scores of yogic practice group and control group on self-confidence was less than the required table value of 4.20 for significance with df 1 and 28 at.05 level of confidence.

The post-test mean values for self-confidence for yogic practice group and control group were 32.20 ± 1.699 and 29.67 ± 1.447 respectively. The obtained ‘F’ ratio value of 19.327 for post-test scores of yogic practice group and control group was greater than the required table value of 4.20 for significance with df 1 and 28 at.05 level of confidence.

The adjusted post-test mean values of self-confidence for yogic practice group and control group were 32.312 and 29.554 respectively. The obtained ‘F’ ratio value of 27.834 for adjusted post-test scores of yogic practice group and control group were greater than the required table value of 4.21 for significance with df 1 and 27 at.05 level of confidence.

The mean values of yogic practice group and control group on self-confidence were graphically represented in Figure - I.

![Fig I: Bar Diagram Showing the Mean Values of Yogic Practice Group and Control Group on Self-confidence](image)

**Conclusion**

The results of this study showed that there was a significant difference between yogic practice group and control group on self-confidence. Moreover, the result of the study also shown that there was a significant increase in self-confidence after the yogic practice when compared with the control group.

**References**