



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2016; 2(1): 56-75  
www.allresearchjournal.com  
Received: 25-11-2015  
Accepted: 26-12-2015

**Dr. T Prabakaran**  
Assistant Professor,  
Department of Physical  
Education & Sports Sciences,  
Annamalai University,  
Chidambaram, Tamil Nadu,  
India

## Effect of yogic practices on development of self confidence

**Dr. T Prabakaran**

### 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  $\pm$  S.D.  $37.5 \pm 1.5$  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 sel

### 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  $\pm$  S.D.  $37.5 \pm 1.5$  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.

**Correspondence**  
**Dr. T Prabakaran**  
Assistant Professor,  
Department of Physical  
Education & Sports Sciences,  
Annamalai University,  
Chidambaram, Tamil Nadu,  
India

**Table I:** Analysis of Covariance on Self-Confidence of Yogic Practice Group and Control Group

	Yogic Practice Group	Control Group	Source of Variance	Sum of Square	df	Mean Square	'F' ratio
Pre- test Mean	29.33	29.67	Between	0.833	1	0.833	0.673
S.D.	1.113	1.113	Within	34.667	28	1.238	
Post-test Mean	32.20	29.67	Between	48.133	1	48.133	19.327*
S.D.	1.699	1.447	Within	69.733	28	2.490	
Adjusted Post-test Mean	32.312	29.554	Between	55.698	1	55.698	27.834*
			Within	54.028	27	2.001	

\* 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  $29.33 \pm 1.113$  and  $29.67 \pm 1.113$  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  $32.20 \pm 1.699$  and  $29.67 \pm 1.447$  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.

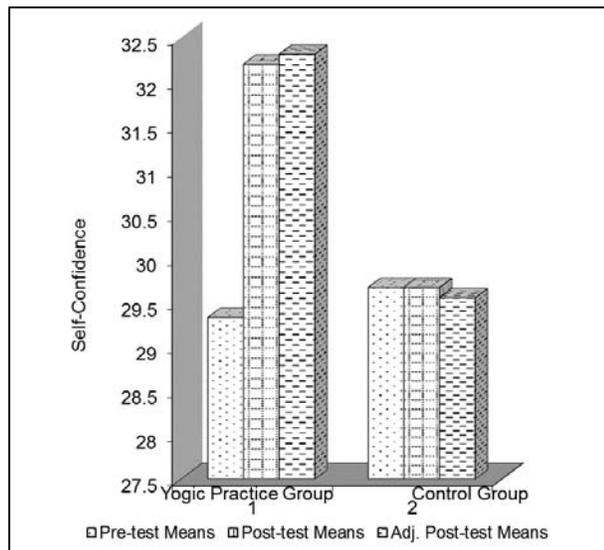
The adjusted post-test mean values of self-confidence for yogic practice group and control group were 32.312 and 29.554 respectively. The obtained 'F' ratio value of 27.834 for adjusted post-test scores of yogic practice group and control group were greater than the required table value of 4.21 for significance 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.

confidence after the yogic practice when compared with the control group.

**References**

1. Myld, Harry Ceal, Eric H. Partridge (ed), Webster Universal Dictionary, Bombay: The Tulsi Shab Enterprises, 1970.
2. Neil EB. Psychology Today and Tomorrow, New York: Harper and Brothers, 1981.
3. Pavithrananda, Swami. Commonsense About Yoga, Himalayas: President Advara Ashram, 1985.
4. Pearce, Evelyn C. Anatomy and Physiology for Nurses, New York: Oxford University Press, 1989.
5. Persaud Raj. The Motivated Mind, London: Bantam Press, 2005.
6. Saraswathi, Swami Satyanand. Asana Pranayama Mudra Bandha, Varanasi: Bharagava Bushan Press, 1999.
7. Shaver, Larry G. Essentials of Exercise Physiology, New York: Macmillan Publishing Company, 1981.
8. Sloul, R.W. (ed), Arterial Disease on the Elderly, Edinburgh: Churchill Livingstone, 1984.
9. The Encyclopedia Americana, Connecticut: Grolier Incorporated, 1984.
10. Udupa KN. Stress and Its Management by Yoga, New Delhi: Motilal Banarsidass, 1985.



**Fig I:** Bar Diagram Showing the Mean Values of Yogic Practice Group and Control Group on Self-confidence

**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-