

A Study of the Effects of Different Yoga Training on Self-Confidence in Selected Subjects

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Abstract : The purpose of this research study was to study the effects of different yoga training on self-confidence. For this study 60 students studying in Sri Choksi Arts and Commerce College Veraval, Bhakta Kavi Narsingh Mehta University, Junagadh were randomly selected as subjects. Whose age limit was 17 to 22 years. In this research study 15 subjects were selected in asana training group, 15 in sun salutation and pranayama training group, 15 in mudras and meditation training group and 15 in control group. The training period of this research study was limited to 16 (sixteen) weeks. Measurement Scale Confidence was measured through a standardized questionnaire designed by Mrs. Madhu Gupta and Mrs. Bindiya. Analysis of co-variance 'F' ratio (ANCOVA) was applied to the data obtained from the three experimental groups and one control group to test the significance of the differences between the means at the 0.05 level. The conclusion was as follows. A 16-week asana, sun salutation and pranayama and postures and meditation training program of method showed significant improvement in the self-confidence of selected subjects.

Introduction:

The word 'yoga' is derived from the Sanskrit 'Yaj', metal. Yuj in Sanskrit means 'to join' and in that sense yoga means connection. Yujyate Asau Yoga: A derivation is given to the word 'yoga' which means, yoga means that which leads to union. Thus, if we think about the meaning of the word, yoga means connection or that which (means) is connected. Now whose connection is here? This is the connection of the individual soul with the divine.

Yoga is one of the 6 darshans of Indian philosophy. Lord Patanjali has organized and described yoga in detail, sequentially, methodically in 'Yogasutra'. There are 195 Sutras in 'Yoga Sutra'. In Indian ideology, the darshan that gives salvation to all beings through yoga with God is called Yogadarshan.

Poet Kalidasa has said in Raghuvamsa: 'Sharirmadyan khalu dharmsadhanam' means the body is the first and most important tool in the attainment of dharma or duty. This statement is fulfilled in the Shruti; It has been said that "Dharma, Artha, Kama, Mokshaan Arogya Moolam Utamam" Health is also necessary for the ultimate goal of human life or the attainment of the supreme element.

Peace of mind is very essential to do any work. Concentration and sobriety are also true. All this is possible with yoga. A few yogas; Practice of pranayama and meditation at fixed times and regularly, sadhana done with yama and niyama, discipline of personality, social discipline, physical discipline, discipline of prana,

discipline of the senses and when the senses are disciplined, the mind is the intellect and the imperceptible element beyond the intellect; It can also be traced.

Who has confidence in himself. All the doors of success open for them. No task is difficult or impossible for them. In this context, Swami Vivekananda says that the difference between the superior and the inferior is in the presence or absence of self-confidence. We can see that if you have faith in yourself, everything will happen.

A confident person never gets discouraged or depressed. Because the confidence in them awakens endless powers. By awakening all four types of powers namely physical, mental, intellectual and spiritual, a human being can reach the target very quickly. Of course, he has to face many hurdles and obstacles on the way. But with confidence he can overcome all obstacles. Also confidence gives fearlessness. Whatever the situation may arise, I will jump after completing this task. Such a strong attitude gives the inner strength to face every situation. The strength to stand firm in the face of all kinds of fears and dangers is also born from self-confidence.

The Purpose of the Study :

The purpose of this research study was to study the effects of various yoga training on self-confidence in selected individuals.

Selection of the Subject

For this study 60 student brothers studying in Sri Choksi Arts and Commerce College Veraval, Bhakta Kavi Narsingh Mehta University, Junagadh were randomly selected as subjects. Whose age limit was 17 to 22 years. In this research study 15 subjects were selected in asana training group, 15 in sun salutation and pranayama training group, 15 in mudras and meditation training group and 15 in control group. The training period of this research study was limited to 16 (sixteen) weeks.

Standards of measurement

Sl.	Variable	Test	Measurement
1	Self Confidence	Ms. Madhu Gupta and Ms. Bindia Lakhani authored a standardized questionnaire	Multiplication

Statistical Process

Differences between means were tested for significance at the 0.05 level by applying analysis of co-variance 'F' ratio (ANCOVA) to the data obtained from the three experimental groups and one control group.

Result of the Study:

Table - 1
Means and Analysis of Covariance of Self Confidence for Asan, Suryanamaskar and Pranayama, Postures and Meditation and Controlled Group

Test	□□□				Variance Covariance Analysis				
	Asan	Suryanamaskar and Pranayama	Postures and Meditation	Controlled	Sum of square (SS)		Degree freedom (df)	Mean sum of square (MSS)	F
Per test Mean	143.40	148.86	143.66	151.33	A	692.98	3	230.99	2.16
					W	5966.00	56	106.53	
Post test Mean	147.80	160.00	160.93	142.80	A	3644.45	3	1214.81	5.30*
					W	12823.73	56	228.99	
Adjusted Mean	148.21	159.75	161.31	142.25	A	3728.14	3	1242.71	5.36*
					W	12737.36	55	231.58	

***Significance of Level 'F' = 0.05 (3,56) = 2.769 & (3,55) = 2.773**

In the above table – 1 the 'F' ratio of pre-test medians of confidence test performance was found to be 2.16. Which compared to the table value (2.769) was found to be significant at 0.05 level. The 'F' ratio of the final test medians of all the four groups was found to be 5.30. Which compared to the table value (2.769) was found to be significant at 0.05 level. Hence, the training provided has been shown to significantly improve the performance of the subjects. Also the 'F' ratio of corrected medians was found to be 5.36. Which compared to the table value (2.773) was found to be significant at 0.05 level. The difference of the three groups observed between the corrected medians by the 'F' ratio is significant. Significance was checked with the difference between the adjusted final medians and the radical difference between the asana training group and the sun salutation and pranayama training group, which group was more effective in the experimental conditioning in postures and meditation training. Which is shown in Table – 2.

Table – 2
Means and Least Significant Difference of Self Confidence Test for Asan, Suryanamaskar and Pranayama, Postures and Meditation and Controlled Group

Mean				Mean Difference	Critical Difference
Asan	Suryanamaskar and Pranayama	Postures and Meditation	Controlled		
148.21	159.75			11.54*	11.11
148.21		161.31		13.1*	
148.21			142.25	5.96	
	159.75	161.31		1.56	
	159.75		142.25	17.5*	
		161.31	142.25	19.06*	

Significance Level at 0.05

As per Table-2 above, there was significant improvement (19.06) in postures and meditation training compared to other experimental groups. Then there was an improvement in Suryanamaskar and Pranayama training group (17.5). The asana training group then showed improvement at (11.54) levels. Asana, Suryanamaskar and Pranayama and the experimental conditioning of the postures and meditation training group showed a more significant effect of the training given to the postures and meditation training group. No significant effect of experimental conditioning was observed between the three experimental groups. But the effect of experimental conditioning was observed on all three experimental groups as compared to the control group.

Conclusion:

- A 16-week asana, sun salutation and pranayama and postures and meditation training program of method showed significant improvement in the self-confidence of selected subjects.

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