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EFFECT OF ASANA AND PRANAYAMA’S ON SELF-ESTEEM OF UNDER GRADUATE STUDENTS OF BALIAPAL



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ABSTRACT

The purpose of the study was to see the effect of six weeks practices of asana and Pranayamas on self-esteem of under graduate students of Baliapal. For this purpose researcher has selected forty (40) male undergraduate students from Baliapal College of Physical Education, Odisha. Students were selected with simple random sampling methods; the design followed in this study was parallel group design, classifying the subjects in to experimental and controlled groups, twenty (N-20) students in experimental group and twenty (N-20) students in control group. The age of the subjects were ranged between 18 to 21 years. The Questionnaire of Rosenberg Self-esteem scale was used to measure self-esteem of under graduate students. Every early morning asana and pranayama were practiced five days per week, earlier it was practiced for 10 minutes and after three weeks it was increased to 20 minutes. To compare the effects the asana and pranayama practices paired sample ‘t’ test was used. Mean and SD were used as descriptive statistics, level of significance was kept at 0.05-level. Result of the study shows that the Mean and SD of control group of pre-test is 17.7 ± 0.83 and post-test is 18.2 ± 0.96 by seeing the mean of pre and post-test of control group we can observe that there is difference, to see this differences is significant or not researcher further calculate ‘t’ test. The calculated ‘t’ value 1.762 is lesser than the tabulated ‘t’ value i.e. 2.024 which shows that the difference is insignificant. This shows that the difference is significant it may be attributed that asana and pranayama practices has significant effect on self-esteem of graduate students.

Keywords: Asana, Pranayama & Self-esteem.

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INTRODUCTION

The life of human being is a continuous process since conception to death as its end. The total process of life is being contributed by physiological changes and psychological bearings which are being part and parcel of growth and development. The yogic activity contributes immensely towards maintaining and developing the status of human health and wellbeing. Today's students are tomorrow's citizen. Sedentary life style has become so dominant that student population is more glued to the television sets rather than playfield for games and recreation. Such a trend of sedentary lifestyle imbalances psycho-physiological homeostasis of our younger generation, which generally disturbs academic achievement and in turn creates more unhealthy and low-fit children. The word 'Yoga' is derived from the Sanskrit root verb 'Yuj' meaning – to find, to join, to unite, to control, etc. In simple word we can say that Yoga is 'Union' and 'Control'. It means combination of mortal with eternal that is indeed. But yoga also means control of oneself, which is to say, appropriate self-discipline, self-esteem, etc. It is the mobilization of the inner resources of personality with a view to attain that self-integration which leads to self-realization. In other word we can say, Yoga is the coordination, the programme of the psycho-physical, moral and spiritual training through one can fulfill the ultimate destiny of life.

Asanas and Pranayamas help an individual to increase one's attention to what one think and feel during the situation of struggle with self-discipline. Hence it can be said as 'Asanas and Pranayamas' is a practice of self-discipline or self-control itself'. Practicing Asanas and Pranayamas regular strengthens our awareness and compassion for ourselves with our mind intentionally. As well as, the way we practice boost ourselves which is a good indicator for other things in life where practice or repetition is involved.

Self-esteem can be said as one's more or less sustained sense of liking oneself. Self-esteem refers to general feelings of self-worth or self-value of oneself. It is the way an individual feels about himself/herself and how he/she likes or dislikes to other people. In other terms it is the judgment that people make of themselves. It could be high or low.

When an individual can accept his weaknesses and faults and simultaneously recognizes his strengths and positive qualities, the person will experience strong self-worth and high self-esteem.

Many studies show that high self-esteem can improve health. Some shows that high self-esteem in young people lead to increased participation in sports activities. But low self-esteem is associated to greater participation in dieting behaviours. Some researcher founded that their average levels of physical conditioning, sports ability and perceived body attractiveness decreased as their age increased. At that time, there may be decreases in activity, leading to increases in levels of obesity and fatness. Therefore, self-esteem may be significant in avoiding activity in increasing age. Some studies also found that the higher the person’s self-esteem, the more likely they were to be concerned in some form of physical activity, but low levels of self-esteem was linked to dieting behavior e.g. Skipping meals, eating lesser, avoiding of high sugar/high fat meals, which could eventually lead an individual to maladaptive behaviours e.g. Eating disorders.

DESIGN OF THE STUDY

The purpose of the study was to see the effect of six weeks practices of asana and pranayama’s on self-esteem of under graduate students of Baliapal. For this purpose researcher has selected forty (40) male undergraduate students from Baliapal College of Physical Education, Odisha. Students were selected with simple random sampling methods; the design followed in this study was parallel group design, classifying the subjects in to experimental and controlled groups, twenty (N-20) students in experimental group and twenty (N-20) students in control group. The age of the subjects were ranged between 18 to 21 years.

Selection of the Variables

- Dependent variable: Self-esteem.
- Independent variable: Asana and Pranayama.

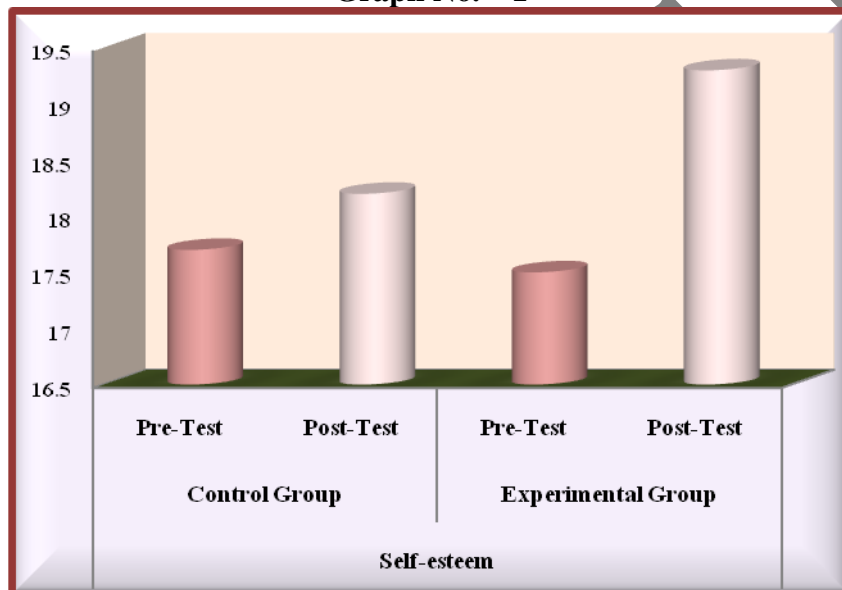
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by seeing the mean of pre and post-test of experimental group we can observe that there is difference, to see this differences is significant or not researcher further calculate ‘t’ test. The calculated ‘t’ value 5.993 is greater than the tabulated ‘t’ value i.e. 2.024 which shows that the differences is significant.

Graph No. – 1



Comparison of mean of pre & post test of control and experimental group

CONCLUSION

From the above study we revealed that the mean of pre and post-test of control group shows difference, to see this differences is significant or not researcher further calculate ‘t’ test. This shows that the difference is insignificant. Whereas, the mean of experimental group of pre and post-test shows difference, to see this differences is significant or not researcher further calculate ‘t’ test. This shows that the difference is

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