



EFFECT OF TEN WEEKS YOGA PROGRAMME ON SELECTED PSYCHOLOGICAL VARIABLES OF COLLEGE STUDENTS

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ABSTRACT:

Background: Yoga is one of the most valuable treasures that ancient India has given to the entire world. Yoga is a method of connecting with nature by harmonizing the mind-body connection. It is extremely beneficial in terms of mind-body control and overall wellness. As a result, it is increasingly employed as a therapeutic method to treat both physical and psychological disorders. In the modern era, it has been demonstrated that, in addition to physical training, psychological preparation also aids a sportsperson's performance. So, as a Physical Education professional and also yoga teacher the researcher takes keen interest in the effect of yoga on some psychological characteristics of college level players.

Aim & Objectives: To compare the pre and post yoga effects on psychological parameters (viz. stress level and self confidence) of college level team and individual game players.

Materials: The researcher estimated the data for stress level and self confidence from the college level male students of Darwha tehsil of Yavatmal district of Maharashtra state who had represented at least one Inter-collegiate competition. For fulfilling the purpose, the researcher has taken 38 students, from team games and 38 students from individual games by simple random sampling method.

Methods: The researcher has taken the data in two different times. At first the subjects were explained about the aim of the research study; thereafter the Pre-test data was collected by using standard questionnaire namely Questionnaire of Stress constructed by Arun Singh, Ashish, K, Singh, and Arpana Singh (Singh Personal Stress Source Inventory) and self-confidence inventory, which was developed and standardized by M. Basavanna. The questionnaires are free to use and available to the researcher. Then, after, ten weeks the post test data was collected by practicing them Suryanamaskar, some asanas and pranayama for 75 minutes (1hr. 15Mins) daily in morning. Now, the collected raw data is analyzed statistically by using the t-test.

Result: At last it is found that there is significant difference in pre and post yoga effects on psychological parameters of both the groups.

Conclusion: The study supports the view that there is immense effect of yoga on the psychology of human being.

KEYWORDS:

TEN WEEKS, YOGA, PSYCHOLOGY, STRESS LEVEL, SELF CONFIDENCE, COLLEGE STUDENTS.

INTRODUCTION:

Yoga is a physical, mental, and spiritual exercise that originated in India. It is a 5000-year-old corpus of Indian knowledge. Yoga is all about connecting the body, mind, and breath via various breathing exercises, yoga positions (asana), and meditation to create an overall sense of well-being.

Most individuals are engulfed in very demanding professions that leave them psychologically and physically drained in the rat race of life. The more sedentary one's professional life becomes, the more anxious one becomes. So, the best method to overcome such stress is to include yoga into one's daily life. Yoga asana tones the body, balances our internal organs and hormonal system, and refreshes the mind and spirit. Yoga also generates the relaxation response, an alpha state between waking and

sleeping that helps modify how the body responds to stress. When confronted with a possible threat (or persistent stress), the pulse rate increases, muscles strain, and sweating begins. Yoga stops this process in its tracks, reducing the heart rate, lowering blood pressure and easing respiration.

In fact, research demonstrate that yoga has a stronger influence on mood and anxiety reduction than other kinds of exercise. Breathing exercises, such as alternate-nostril breathing, also serve to balance the brain's left and right hemispheres, which correspond to the rational and emotional parts of the personality. Yes, yoga may help improve one's mental health, and studies have shown that it has a variety of psychological advantages.

According to research, moderate stress is typically ideal;

when stress levels are extremely high or extremely low, performance suffers. This suggests that performance improves with physiological or mental stress, but only to a degree. Stress is an inherent part of life; yet, unless students learn to manage it well, it can harm their physical health, emotional well-being, and academic success. Changes in lifestyle, increased homework, new commitments, interpersonal relationships, more responsibilities, a lack of effective time management, changes in food and sleeping habits, and a lack of self-care breaks are all important drivers of stress among college students. Extreme stress can impair one's ability to work successfully, as well as lead to poor academic performance and attrition. Exam preparation, competition for admissions or internships, and striving to learn a large quantity of information in a short period of time are all instances of anticipated stressful events. Unpredictable stressors include rapid shifts, unexpected problems, and tragic events. Students are expected to make decisions about their careers and academic life while in college, as well as to develop new key relationships.

Everyone may benefit from increasing their self-esteem. When we have an unshakeable sense of self-confidence and faith in our own abilities, achieving our life objectives and conquering the obstacles that stand in our way becomes lot simpler and less intimidating. Nobody can deny the benefits of increased confidence, yet for some of us, increasing our levels of self-confidence may appear to be an insurmountable task. When we are creative, we are honouring our true selves. Yoga integrates physical and mental disciplines to help you attain body and mind tranquilly. This can help you relax and manage with stress and anxiety.

PURPOSE OF THE STUDY:

The main purpose of the study was to find out the effect of ten weeks yoga on stress level and self-confidence of college level team and individual game players. The allied purposes of the study were as under:

1. To find out the stress level of team game players of Pre and Post yoga program and compare them.
2. To find out the self confidence of team game players of Pre and Post yoga program and compare them.
3. To find out the stress level of individual game players of Pre and Post yoga program and compare them.
4. To find out the self confidence of individual game players of Pre and Post yoga program and compare them.

HYPOTHESIS:

On the basis of experience and knowledge it was hypothesized by the researcher that,

1. There should be a significant difference in stress level of team game players in pre and post yoga program.

2. There should be a significant difference in self confidence of team game players in pre and post yoga program.
3. There should be a significant difference in stress level of individual game players in pre and post yoga program.
4. There should be a significant difference in self confidence of individual game players in pre and post yoga program.

METHODOLOGY:

SOURCE OF DATA:

For the present study the data was collected from the students of different colleges of Darwaha tehsil, Yavatmal district affiliated under Sant Gadge Baba Amravati University, Amravati of Maharashtra State, who had represented Inter-collegiate competition at least one time.

SELECTION OF SUBJECTS:

For the present study, 76 male college students among them 38 students from team game and another 38 students from individual game whose age ranging from 18-24 years old were selected.

SAMPLING METHOD:

For the present study the subjects were selected by using simple random sampling method.

TOOLS USE FOR COLLECTION OF DATA:

The standard Questionnaire of Stress constructed by Arun Singh, Ashish, K, Singh, and Arpana Singh (Singh Personal Stress Source Inventory) was used to know the stress of team and individual game players. It contains 35 items. Each statement has three responses viz. seldom, sometimes and frequently. Every item marked as 'Seldom' by the taste is given a score of 1, marked as 'Sometimes' is given a score of 2 and marked as 'Frequently' a score of 3. Unmarked items are given a score of zero. Subsequently, scores earned by the testees on every marked item are added together to yield a total score. Higher the score, the higher is the magnitude of personal stress. Likewise, lower the score, lower is the magnitude of personal stress. The test-retest reliability was found to be 0.792.

The data of self-confidence was collected by using the standard questionnaire. The self-confidence was measured by self-confidence inventory, which was developed and standardized by M. Basavanna, Professor, Dept. of Psychology, S.V. University, Tirupati. The scale consists of 25 items in which 15 are positive and 10 are negative statements.

COLLECTION OF DATA:

The first researcher contacted all the students personally in their respective colleges during class hours and explained them about the aim of the research study; thereafter Standard questionnaire was administered. The subjects were assured confidentiality of their responses. Then, they were instructed to join a yoga camp organized by the researcher, held from the next day morning for 1

hour at nearby ground and also tell them to maintain regularity. They were practiced Suryanamaskar, Some

asanas and Pranayama there for ten weeks regularly. Details of the program are summarized in below:

YOGA INTERVENTION PROGRAM (DAY WISE)

Sl. No.	Name of Activities	Duration
1.	Morning Prayer with Meditation	15 Mins.
2.	Sukshma Vyayam	10 Mins
3.	Suryanamaskar Session (12 Rep.)	10 Mins.
4.	Asana Session <ul style="list-style-type: none"> ▪ Padmasana ▪ Ushtrasana ▪ Bhujangasana ▪ Dhanurasana ▪ Shalavasana ▪ Matsyasana ▪ Vrikshasana ▪ Sarvangasana ▪ Paschimottanasana ▪ Shavasana 	20 Mins.
5.	Pranayama Session <ul style="list-style-type: none"> ▪ Alternate-nostril Breathing (Anulome-vilome) ▪ Ujjayi Pranayam 	15 Mins.
6.	Shantipath	5 Mins.

After ten weeks again the standard questionnaire was administered and the data was collected again from them.

STATISTICAL ANALYSIS:

TABLE: 1 STATISTICAL COMPARISON OF STRESS LEVEL BETWEEN PRE AND POST TEST DATA OF TEAM GAME PLAYERS

Observation	Mean	SD	MD	df	Obtained 't'	Tabulated 't'
Pre-test	68.69	9.94	8.313	74	4.91*	1.99
Post test	60.38	8.23				

According to Table 1, it is found in pre-test, the Mean of stress of team game player (Mean= 68.69) which is higher than the mean of Post test (Mean=60.38) of college students. The results are interpreted as higher the score, higher stress level. Now, the data was again analyzed

statistically and found the 't' is 4.91, which is greater than the critical value i.e., 1.99 in 0.05 level of significance in df=74. It proves that there is significant difference in pre and post test of the stress level of team game players and the researchers pre-assumed is accepted.

GRAPH: 1 GRAPHICAL REPRESENTATION OF DIFFERENCE BETWEEN PRE AND POST TEST DATA OF STRESS OF TEAM GAME PLAYERS

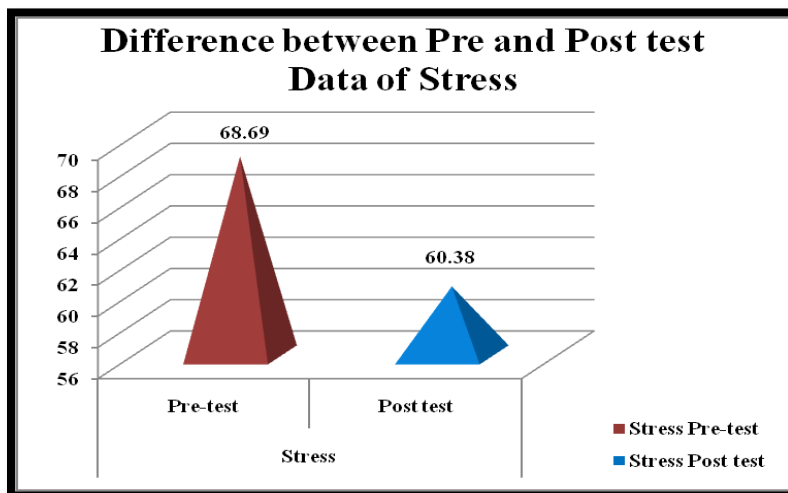


TABLE: 2 STATISTICAL COMPARISON OF SELF CONFIDENCE BETWEEN PRE AND POST TEST DATA OF TEAM GAME PLAYERS

Observation	Mean	SD	MD	df	Obtained 't'	Tabulated 't'
Pre-test	14.10	2.92	2.95	74	4.47*	1.99
Post test	17.05	2.82				

According to Table 2, it is found in pre-test, the Mean of self confidence of team game player (Mean= 14.10) which is less than the mean of Post test (Mean=17.05) of college students. The results are interpreted as higher the score, better self confidence. Now, the data was again analyzed

statistically and found the 't' is 4.47, which is greater than the critical value i.e., 1.99 in 0.05 level of significance in df=74. It proves that there is significant difference in pre and post test of the self confidence level of team game players and the researchers pre-assumed is accepted.

GRAPH 2: GRAPHICAL REPRESENTATION OF DIFFERENCE BETWEEN PRE AND POST TEST DATA OF SELF CONFIDENCE OF TEAM GAME PLAYERS

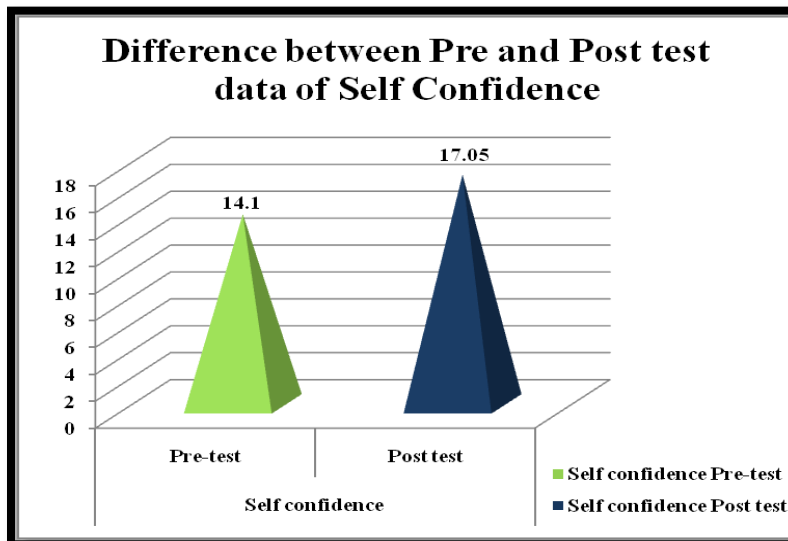


TABLE: 3 STATISTICAL COMPARISON OF STRESS LEVEL BETWEEN PRE AND POST TEST DATA OF INDIVIDUAL GAME PLAYERS

Observation	Mean	SD	MD	df	Obtained 't'	Tabulated 't'
Pre-test	63.51	8.24	5.19	74	4.67*	1.99
Post test	58.32	6.93				

According to Table 3, it is found in pre-test, the Mean of stress of individual game player (Mean= 63.51) which is higher than the mean of Post test (Mean=58.32) of college students. The results are interpreted as higher the score, higher stress level. Now, the data was again analyzed

statistically and found the 't' is 4.67, which is greater than the critical value i.e., 1.99 in 0.05 level of significance in df=74. It proves that there is significant difference in pre and post test of the stress level of individual game players and the researchers pre-assumed is accepted.

GRAPH: 3 GRAPHICAL REPRESENTATION OF DIFFERENCE BETWEEN PRE AND POST TEST DATA OF STRESS OF INDIVIDUAL GAME PLAYERS

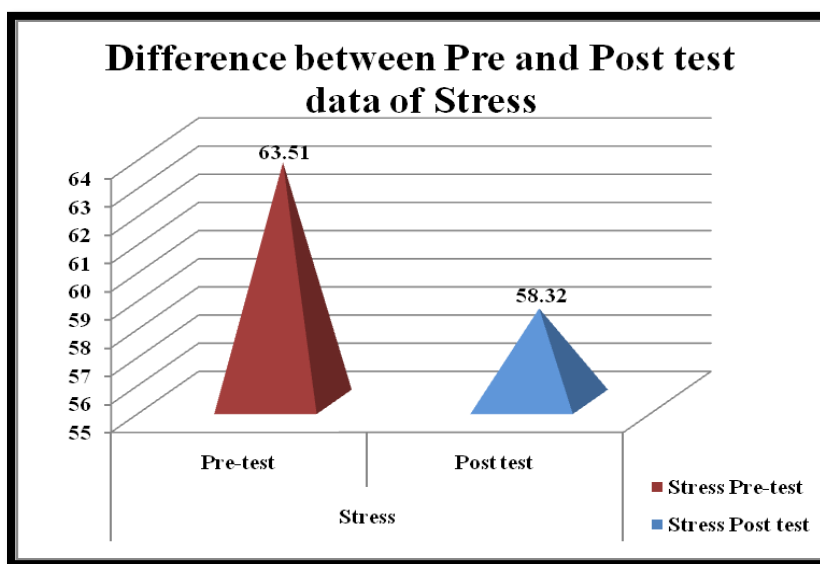


TABLE: 4 STATISTICAL COMPARISON OF SELF CONFIDENCE BETWEEN PRE AND POST TEST DATA OF INDIVIDUAL GAME PLAYERS

Observation	Mean	SD	MD	df	Obtained 't'	Tabulated 't'
Pre-test	16.22	3.25	2.31	74	4.96*	1.99
Post test	18.53	3.02				

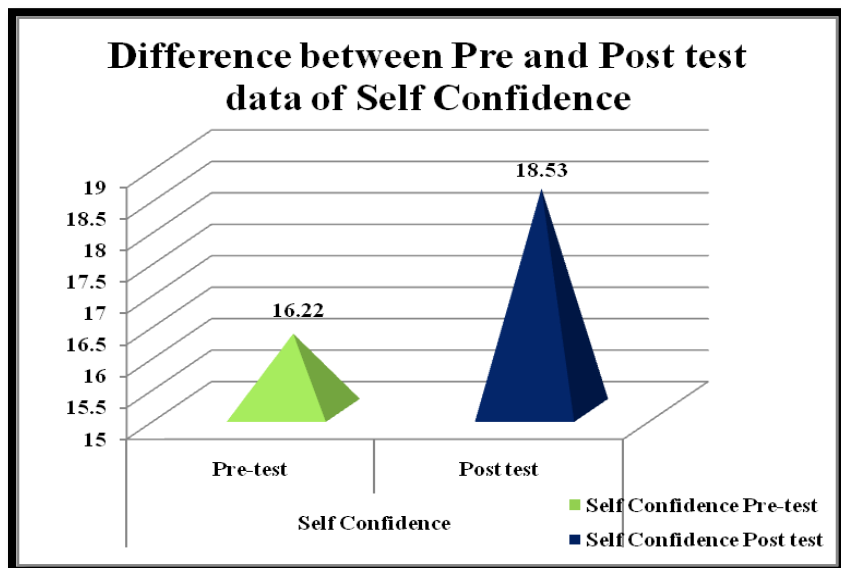
According to Table 4, it is found in pre-test, the Mean of self confidence of individual game player (Mean= 16.22)

which is less than the mean of Post test (Mean=18.53) of college students. The results are interpreted as higher the

score, better self confidence. Now, the data was again analyzed statistically and found the 't' is 4.96, which is greater than the critical value i.e., 1.99 in 0.05 level of significance in df=74. It proves that there is significant

difference in pre and post test of the self confidence level of individual game players and the researchers pre-assumed is accepted.

GRAPH 4: GRAPHICAL REPRESENTATION OF DIFFERENCE BETWEEN PRE AND POST TEST DATA OF SELF CONFIDENCE OF INDIVIDUAL GAME PLAYERS



CONCLUSION:

FOLLOWING ARE THE CONCLUSIONS OF THE STUDY:

1. There is significant difference in the Stress level of team game players in pre and post yoga program.
2. There is significant difference in the Self confidence of team game players in pre and post yoga program.
3. There is significant difference in Stress level of individual game players in pre and post yoga program.
4. There is significant difference in Self confidence of individual game players in pre and post yoga program.

DISCUSSION OF FINDINGS:

The researchers noted a substantial difference in the stress levels and self-confidence of both groups. It's may be happen due to the practice of alternate nostril breathing, which helps to balance the left and right hemispheres of the brain and improves mental health by lowering stress levels. Some asanas, such as Sarvangasana, Paschimottanasana, Matsyasana, and others, also proved previously for the enhancement blood flow in the brain. As a result, these asanas may be assist to boost the self-esteem of both groups. Furthermore, the stress level of the practitioners is reduced, might be due to the practice of Meditation, Surya Namaskar, Matsyasana, Shavasana, Paschimottanasana, Alternate nostril breathing, Shantipath, and other Yoga poses, as all of these yoga

poses have a little or more effect on relieving human stress and anxiety.

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