



## A COMPARATIVE STUDY OF SELF CONCEPT BETWEEN THE YOGA AND BALLGAME PLAYERS

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### ABSTRACT:

The purpose of the study is to compare the psychological variable self concept between yoga and various ball game players. Research have shown a great evidence of developing cognitive functions by practicing yoga and also by playing ball games. 40 male subjects was selected whose age ranged from 10 to 19 years. The subject was identified based on their level of sports achievement the minimum level of participation of the subject was state level. Dr. Rajkumar Saraswat's self concept questionnaire was used to collect the data. With the means of google form for online mode and printed for offline mode the data were collected. Independent sample t-test was employed, where the calculated value (3.804) is greater than the tabulated value (2.024). The p-value (0.000696149) is calculated lower than the level of significance 0.05. It was concluded that there is a significant difference between the yoga and ball game group due to the continuous yogic practices as yoga has a positive impact on self-concept.

### KEYWORDS:

**PSYCHOLOGICAL, SELF CONCEPT, YOGIC PRACTICES, BALL GAMES.**

### INTRODUCTION:-

All over the world yoga is used for healing to maintain physiological movement and psychological aspects. Yoga is practiced with calm and movement done peacefully. Nowadays yoga is used to increase internal peace in life. This peace affects our personality traits whereas other side Ball games like volleyball, football, basketball, etc. are the enthusiastic game that affects our personality differences. On this basis, an attempt is being made by research scholars due to their keen interest to compare yoga and ball game players concerning psychological variables.

Research has shown evidence that playing various ball games may release stress and makes a person concentrate on playing. This unknowingly a person forgets the tension, load, and stressful life he/she is being living. According to Sunhee Park (2020), many soccer programs help to develop the recreational environment. Yoga also made a great impact on the psychological and physical as well. Practicing Dhyana which is a one limb from the eight i.e. Ashtanga Yoga will develop the cognitive abilities of humans and also increases the concentration. Studies have shown positive results in decreasing aggression levels after the continuous practice of yoga.

This study was to compare the self-concept of yoga and ball game player. During the study, no motivation therapy was used also the attitude toward research was not considered.

### METHODOLOGY:-

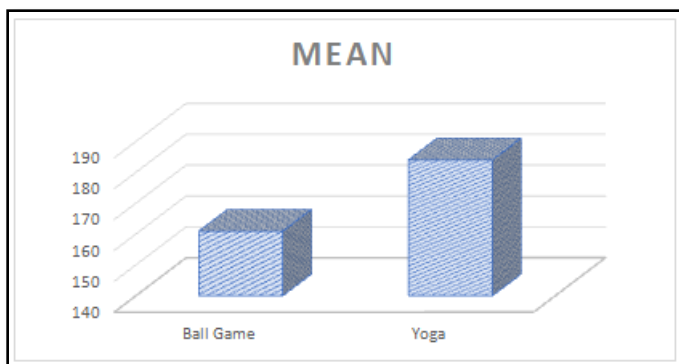
The study examines the self-concept of 40 male subjects.

The age of the subject was ranging from 10 to 19 years old. The subject was identified based on their level of sports achievement the minimum level of participation of the subject was state level. A purposive sampling procedure was used to select the subject. The studied variable of research was self-concept. Self-concept is psychological trade that refers to individual views about themselves.

To collect the data Self Concept Questionnaire tool was used. The tool was made by Dr. Rajkumar Saraswat. The reliability of the questionnaire is 0.91. To administrate the test Google form was constructed which include questions from the self-concept questionnaire. This Google form includes questions from the self-concept questionnaire. Through the link, this Google form was shared with the subjects. To analyze the data, an Independent sample T-test was used. The data were tabulated in MS Excel and the p-value is calculated with it. With the help of manual calculation, an independent sample t-test was calculated.

### ANALYSIS OF SELF CONCEPT VARIABLE

Group	Mean	SD	Mean Difference	t-value
Ball Game	160.9	12.430	23.1	3.804*
Yoga	184	24.149		



**RESULT:-**

As per manual analysis, the result shows that the calculated value (3.804) is greater than the tabulated value (2.024) which indicates that, there is a highly significant difference between the groups. The calculated p-value (0.000696149) is lower than the level of significance (0.05) which also indicates a significant difference between the groups.

**CONCLUSION:-**

As per the result, shown after the calculation it was concluded that there is a significant difference between the yoga and ball game group. It may be because of continuous yogic practices as yoga has a positive impact on self-concept. So it is recommended that yoga should practice daily.

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