



Effects of Yogic Practices on Mental Health and Self-Confidence among Residential School Students Chidambaram

Dr.K.Palanisamy¹ & Dr.T.Narayanasamy²

^{1,2}Assistant Professor, Department of physical education, Annamalai University, Chidambaram, Tamilnadu, India.

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Abstract

The purpose of the present study was to find out the effect of Yoga practices on mental health and self-confidence among residential school students chidambaram. For this purpose, 38 subjects from the residential school studying higher secondary class were selected as subjects and they were divided in to two equal groups with 19 each as experimental and control group. Both the group undergone usual physical training in the morning forty five minutes general fitness and evening one and half an hour in their choice in playing different games and apart from the routine activity the experimental group underwent selected yoga practice daily morning 60-minute included 10 minutes of warm-up and the control group not given any special training. The training period for this study was 8 weeks in a schedule of 5 days in a week. The pre and post test were conducted prior and after the training program on the selected psychological variables of mental health and self-confidence. Analysis of covariance (ANCOVA) was used as a statistical tool to determine the significant difference, if and existing between pre and post test data on selected variables of mental health and self-confidence. The level of significance was fixed at 0.05 levels. The result of the study revealed that the experimental group shown better mental health and self-confidence and the F-value shown there was a significant differences in mental health and self-confidence. The results revealed the effectiveness of yoga in psychological efficiency among residential school students.

Keywords: Yogic Practices, Mental Health, Self Confidence, School Students.

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Introduction

Yoga promotes a harmonious working together of the body's components leading to both physical and mental training. Yoga is a scientific system which brings harmony in body and mind. Yoga provides the path to achieve greater perfection of the body, life and mind. Yoga helps psychologically to relax and handle stressful situations more easily. Yoga teaches to have a calm mind and can focus our energy on the particular activity. Yoga brings positive thoughts and self-acceptance. Yoga is a great form of exercise and a mind-body practice that can have physical, mental and emotional benefits. Yoga also is an effective way to develop greater self-awareness, acceptance, and the ability to be present in the moment.

Regular yoga practice brings about mental clarity and calmness, increases body awareness and also relieves chronic stress patterns, relaxes the mind, centers attention and also sharpens concentration. Self-confidence may be very important a person's life. Self confidence may boost a person to work, to think new ideas and achieve the goal he wants to achieve. When a person develops self confidence in himself it may change his life and the entire world may seem different to him.

Self confidence may help to make a person into a successful person. Mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of life. Our Mental Health is characterized by our personal growth, sense of purpose, self-acceptance, and positive relationship with other people. Mental Health is the balance of all aspects of life includes social, physical, spiritual and emotional health. It is the psychological state of well-being (Mark Nesti, 2004).

Yoga strives to increase self-awareness on both physical and psychological level. Studies have also shown that Yoga effects in increased brain activity with better performance and doctors even suggest that yoga can enhance cognitive performance. Yoga practice can elicit improvements in the health related physical fitness (Mark, 2007). Yoga offers a fine tool for the development of the emotional personality of men (Mohan, 2005). Sound health is the men's priceless treasure. If one does not possess sound health one cannot enjoy success, prosperity and other comforts of life. Health, happiness and peace of mind are those assets treasures that cannot be purchased. Yoga has tremendous positive effect on our mental health. Mental health is human ability to face and solve problems and select the correct alternative that results in happiness of mind. Yoga and mental health are closely interrelated. Those who are

Correspondence

Dr.K.Palanisamy,
Annamalai University

regularly practicing yoga exercises get tremendous benefits that result in a deep effect on their mental health. The study done by Mohinder (2000) supports the findings that experimental group has significantly improved the psychological fitness. Vijayendra Pratap (1968) found that the short term Yoga training have shown favorable result towards mental health. There are plenty of research studies conducted in yoga in relation to psychological variables and almost all the studies given a very strong input in improving the psychological qualities.

Objectives of the Study

The core aim of the present study was to find out the effect of selected Yoga practices on Psychological variables of mental health and self-confidence among residential school students.

Methodology

For the purpose of this study 38 higher secondary class students were selected as subjects from a residential school from Chidmbaram. The subjects were divided in to two groups equally with 19 each as experimental and control group. All the subjects were undertaken general physical training for forty five minutes in the morning and general fitness works out and playing games in their choice in the evening one and half an hour. Apart from above training experimental group underwent one hour yoga training included 10 minutes of warm-up before the physical fitness training in the

morning. The one hour yoga training includes ten yogasanas and two pranayamas. The Yogasanas are Padmasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Dhanurasana, Ardhamatsyenderasana, Vazerasana, Sirashasana and Savasana and Pranayamas are Kapalabati and Shitali. The pre and post test were conducted on selected psychological variables of mental health and self-confidence. All the tests were carried out with standardized procedure. The psychological parameters were assessed through standardized psychological questionnaire. For assessing self confidence, self confidence scale questionnaire designed and standardized by Hardy and Nelson (1972) has been used. This scale has 56 statements with yes or no option and the score ranges from 0 to 56 and mental health was assessed through mental health inventory constructed by Jagadish and Srivatsav (1983) it consists of 55 statements with 4 point rating scale.

Statistical procedure

Analysis of covariance (ANCOVA) was used as a statistical tool to determine the significant difference, if and existing between pre and post test data on selected variable of mental health and self-confidence. The level of significance was fixed at .05 levels

Results and Discussions

The pre, post and adjusted F-value were presented in Table I & II.

Table I. Analysis of Covariance for Pre, Post and Adjusted mean on Mental Health of Experimental and Control Group

TEST	Group		sv	Sum of Squares	df	Mean Square	F ratio
	Exp.	Con.					
Pre test Mean	162	163.26	B	12.03333	1	12.03333	0.0164
			W	20450.93	28	730.3905	
Post test Mean	178.6	149.73	B	6249.633	1	6249.633	13.355*
			W	13102.53	28	467.9476	
Adjusted Mean	178.7	149.63	B	6334.048	1	6334.048	13.596*
			W	12578.05	27	465.8539	

*Significant at 0.05 level of confidence for the degree of freedom1 and 28 is 4.20 and df 1 and 27 is 4.21

It was observed from the Table 1 that there was no significant difference in the pretest ($F=0.0164 < 4.20$) and significant differences were found in posttest ($13.355 > 4.20$) for df 1 and 28 and adjusted posttest ($F=13.596 > 4.21$) for df 1 and 27 at 0.05 level of confidence. It indicated that the experimental group

showed significantly higher improvement on mental health than control group. The discussion clearly indicated that there was a significant difference between experimental and control group due to eight weeks yogic training among residential school students.

Table II. Analysis of Covariance for Pre, Post and Adjusted mean on Self-confidence of Experimental and Control Group

TEST	Group		sv	Sum of Squares	df	Mean Square	F ratio
	Exp.	Con.					
Pre test Mean	31.73	33.4	B	20.83	1	20.833	1.283
			W	484.53	28	16.233	
Post test Mean	39.4	28.2	B	940.8	1	940.8	42.351
			W	622	28	22.41	
Adjusted Mean	39.16	28.43	B	825.41	1	825.41	38.056
			W	585.61	27	21.689	

*Significant at 0.05 level of confidence for the degree of freedom 1 and 28 is 4.20 and df 1 and 27 is 4.21

It was observed from the Table-2 that there was no significant difference in the pretest ($F=1.283 < 4.20$) and significant differences were found in posttest ($42.351 > 4.20$) for df 1 and 28 and adjusted posttest ($F=38.056 > 4.21$) for df 1 and 27 at 0.05 level of confidence. It indicated that the experimental group showed significantly higher improvement on self-confidence than control group. The discussion clearly indicated that there was a significant difference between experimental and control group due to eight weeks yogic training among residential school students

Conclusions

On the basis of the results and discussions the following conclusions were drawn

1. Yogic training is proved a best training to improve mental health and self-confidence.
2. The yogic training can be extended sports men too because these variables are more related to sports achievements
3. There was a significant differences between experimental and control group in mental health and self-confidence due to yogic training
4. From the result of the study it is believed that the yoga training is beneficial for psychic development

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