



Influence of Yogic Exercises on Self Confidence and Study Skills among School Boys of Chennai

P.Karthika

MSc., Yoga Therapy I year, Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu, India.

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Abstract

The purpose of the study was to find out the influence of yogic exercises on self confidence and study skills among school boys. It was hypothesized that there would be significant differences on self confidence and study skills due to the influence of yogic exercises among school boys. For the present study the 30 school boys were selected at random from Chennai and their age ranged from 13 to 15 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent yogic exercises and Group 'B' has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05. The yogic exercises had positive impact on self confidence and study skills among college school boys of Chennai.

Keywords: Yogic exercises, Self confidence, Study skills, school boys.

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Introduction

As we live in the age of modern science and technology, our lifestyle has become very fast. It is also becoming very hard and difficult to live a natural and normal life because of the changing scenario of the world. The very air is becoming unfit for human consumption. Our cities are growing noisier, dirtier and congested. All these do create tension. The mind is always under strain due to various social evils. Maharishi Patanjali, the father of modern concept of yoga and a great physician himself, in the 300 BC defined yoga as the complete mastery of mind and emotions. Unlike so many other philosophies of the world, it is a scientific philosophy that is wholly practical. Yoga is an exact science which has its foundation on certain immutable laws of nature and establishes "Mind over body". The gaining of a healthy body with a calm and steady mind under all circumstances is the common aspiration of every individual. The word yoga is derived from the Sanskrit word "Yuj" which means Control or „unite". Both these words quite adequately give the meaning of "yoga. Yoga postures are the physical positions that co-ordinate breath with movement and with holding the position to stretch and strengthen different parts of body. Yogic exercises are the ideal complement to other forms of physical exercises such as running, cycling, and

swimming. Yogic postures systematically work on all the major muscle groups, including the back, neck and shoulders, deep abdominal, hip and even ankles, feet wrists and hands. By their very nature, yogic exercises affect all the muscles groups and organs as they simultaneously impart strength, increase flexibility and bring nourishment to internal organs. Although most poses are not aerobic in nature, they do in fact send oxygen to the cell by way of conscious deep breathing and sustained stretching and contraction of different muscle groups.

The socio-psychological concept of self-confidence relates to self-assuredness in ones personal judgment, ability, power, etc. The term study skills are used for general approaches to learning, skills for specific courses of study. There are arrays of study skills, which may tackle the process of organizing and taking in new information, retaining information, or dealing with assessments.

Methodology

The purpose of the study was to find out the influence of yogic exercises on self confidence and study skills among school boys. It was hypothesized that there would be significant differences on self confidence and study skills due to the influence of yogic exercises among school boys. For the present study the 30 school boys were selected at random from Chennai and their age ranged from 13 to 15 years. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects

Correspondence

P.Karthika

E-mail: karthika_hp@yahoo.co.in

were randomly assigned to two equal groups of fifteen each and named as Group A and Group B. Group A underwent yogic exercises and Group B has not undergone any training. The data was collected before

and after six weeks of training. The data was analyzed by applying dependent t test. The level of significance was set at 0.05.

Table 1
Variables and Test

S.No	Variables	Tests
1	Self confidence	Self Confidence Questionnaire (Robin S. Valley)
2	Study skills	Study Skills Questionnaire

Results

The findings pertaining to analysis of dependent t test between experimental group and control

group on self confidence and study skills for pre-post test respectively have been presented in table 1 to 2.

Table 2
Significance of mean gains & losses between pre and post test scores on selected variables of yogic exercises group (yeg)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Self confidence	59.13	75.20	16.06	7.03	1.81	8.84*
2	Study skills	66.86	80.80	13.93	14.40	3.71	3.74*

* Significant at 0.05 level

Table 2 shows the obtained „t“ ratios for pre and post test mean difference in self confidence (8.84) and study skills (3.74). The obtained ratios when

compared with the table value of 2.14 of the degrees of freedom (1,14) it was found to be statistically significant at 0.05 level of confidence.

Table 3
Significance of mean gains & losses between pre and post test scores on selected variables of control group (cg)

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Self confidence	59.60	58.53	1.06	8.48	2.19	0.48
2	Study skills	65.80	63.40	2.40	12.79	3.30	0.72

* Significant at 0.05 level

Table 3 shows the obtained t ratios for pre and post test mean difference in self confidence (0.48) and study skills (0.72). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence. In case of the selected variables i.e. self confidence and study skills the results between pre and post test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular yogic exercises which

may also bring sudden burst in self confidence and study skills in school boys. The findings of the present study have strongly indicates that yogic exercises of six weeks have significant influence on self confidence and study skills i.e., self confidence and study skills of school boys. Hence the hypothesis earlier set that yogic exercises programme would have been significant influence on self confidence and study skills in light of the same the hypothesis was accepted.

Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

- 1) The yogic exercises had positive impact on self confidence and study skills among college school boys of Chennai.
- 2) The experimental group showed better improvement on self confidence and study skills among school boys of Chennai than the control group.

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