

Effects of Yogic Practices and Physical Exercises on Self-esteem and Stress Variables among College Men Students

P.Baskaran, Ph.D Scholar, Department of Physical Education, Tamil Nadu Physical Education and Sports University.

Abstract

The present study is an outcome of the effects of yogic practices and physical exercise on selected Self-esteem and stress among college men students. To achieve the purpose of the study forty five college men students were selected from the kandaswamy naidu college, Chennai, and their age group were between 18-23 years Selected subjects were divided into three equal groups, namely experimental group I, experimental group II and control group. Each group consisted of fifteen subjects. Random group design was used for the selection of the subjects. Training period of this study was six weeks. Experimental group I undergone the yogic practices experimental group II undergone the physical exercises and control group undergone no training. Pre and post test were taken before and after the six weeks of training programme. To analyse the data ANCOVA and Scheffee's post hoc test was used. The result of the study shows that there was significant improvement in selected self-esteem and stress among college men due to the influence of yogic practices and physical exercise training. CONCLUSION: It was concluded that there was significant improvement in Self-esteem and reduced level of stress due to the influence of yogic practices and physical exercises comparing to control group.

Keywords: Yogic practices, Physical exercise.

Introduction

Yoga is a wonderful vital technique and mother of science. Yogic practice are an ideal antidote stress and are improving to be basis of powerful therapy for mental and physical diseases. Stress basically defined as an applied force or systems of forces that tends to strain or deform body. In 2005, the National College Health Assessment (NCHA) surveyed 17,000 college students. Twenty-five percent of the students reported they have "felt so depressed it was difficult to function" three to eight times in the past 12 months. Today college students have a lot of stress because of a lot of different causes such as school related issues, peer pressure adapting to the new life. Yogic practices give the balance of the endocrine glands. Much more secretion adrenalin leads to stress yogic practices and physical exercises are apply direct pressure middle back region where kidney and adrenal glands located massage and tend to correct imbalanced secretion . Physical exercise is a bodily activity that enhances or maintains physical fitness and overall health. Physical exercise is important for maintaining physical fitness and can contribute positively in maintaining a healthy body and reduce stress level. The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of yoga and physical exercise which are congenial postures of the body. Yoga can also increase health general wellbeing and longevity .It does this removing tension, calming the mind. Self Esteem is a term used in psychology to reflect a person overall evaluation or

appraisal of his or her own worth. There is general agreement that the term self-esteem includes cognitive, affective, and behavioral elements similarly yoga focuses on improving behavioral and emotional aspects of a person's life and body, and can help to improve all these areas in conjunction with one another. In this way, Yoga and physical exercises can be seen as a perfect choice to help improve self-esteem..

Purpose of the Study

The purpose of the study was to find out the effect of yogic practices and physical exercises on selected Self-esteem and stress among college men students.

Hypothesis

It was hypothesized that that would be a significant improvement in selected self-esteem and reduced level of stress among college men due to Yogic practices and Physical exercises.

It was hypothesized that there would be a significant improvement in selected self-esteem and reduced level of stress among college men due to Yogic practices than Physical exercises.

Significance of the Study

College students are the future citizens of any country. Their excellence in all fields of life is need of the hour. Yogic practices and physical exercises are very essential as because they remove not only all kind of problems but also a complete transformation of man.

Delimitations

1. The subjects were delimited into forty five college men.
2. The age groups of the subjects were between 18-23 years.
3. The selected subjects were divided into three equal groups; each group was consisted of fifteen subjects only.
4. The subjects of the study were selected from C.Kandasamynaidu College.
5. The study was delimited to the students doing their studies in Chennai.

Limitations

Certain factors like life style, body structure, personal habits, family heredity, and motivational factors of this study are not to be taken into consideration for this study. Certain factors like diet, environmental and climatic conditions, and economical background is not to be taken into consideration. The day to day routine works would not be controlled.

Review of Related Literature

Taylor(2008) this study evaluated the effects of a behavioral stress management program on anxiety mood, self-esteem, and T-cell counts below 400. The program consisted of bi weekly sessions of progressive muscle relaxation and electromyography briefed back – assisted relaxation training meditation, and hypothesis. Ten subjects were randomly assigned to either a treatment group or a no-treatment control group and the 2 groups were compared on pre to post treatment changes in the dependent measures. Analysis showed that, compared with the no-treatment group, the treatment group s'howed significance improvement on all the dependent measures, which was maintained at a 1-month, follow up. Since stress is known to compromise. The immune system, these results suggest that stress management to reduce arousal of the nervous system and anxiety would be an appropriate component of a treatment regimen for HIV infection.

Methodology

Selection of the Subjects

To achieve the purpose of this study forty five subjects were randomly selected from C. Kandasamynaidu College, Chennai, The subject's age groups were ranged between 18-23 years only. They were divided into three equal groups. Yogic practices and physical exercise groups were considered as experimental groups and another group was control group.

Selection of the Variables

1. **Independent variables** - I. Yogic practices II. Physical exercise
2. **Dependent variables** - Self-esteem and stress

Experimental Design

The study was formulated as a true random group design, consisting of a pre test and post test the subjects (N=45) were randomly assigned to three equal groups. The groups were assigned as Experimental group I, II and Control group respectively. Pretest was conducted for all the subjects on selected psychological variables such as Self-esteem and stress the experimental groups participated in their respective yogic practices and physical exercises practices for a period of six weeks. The post test was conducted on the above said dependent variables after a period of six weeks in the respective treatments.

Training Groups are

I.Yogic Practices	II. Physical Exercises
a. Eka padasana	a. Abdominal curl
b. Vajrasana	b. Burpee
c. Sasangasana	c. Squat thrust
d. Bhujangasana	d. Press-ups
e. Salabhasana	e. Ball stretches
f. Sarvangasana	f. Wide hurdling
g. Nadisuddhi pranayama	g. Leg over
h. Bhramari pranama	h.Dorsal
i. Chandra bhada	i.Alternate squat jump
j. Shanthiasana	j.Spirals

Collection of Data

The subjects of the study were selected at random and divided into three homogeneous groups. Among the three groups, the control group was strictly under control, without undergoing any special activity. The experimental groups underwent the experimental treatments. The experimental groups were well acquainted with their allotted techniques and did only the experimental treatment given to them for a period of six weeks under the personal supervision of the researcher.

Statistical Technique

The data collected from the subjects were treated statistical Analysis of covariance was used to find out the adjusted mean difference among the treatment groups. The Scheffe's post hoc test was used to find out the paired mean significances

Results and Discussion

Results on Self-Esteem

The statistical analyses comparing the initial and final means of self-esteem accessed through self esteem questionnaires due to yogic practices and physical exercises on college men presented in table -I

Table- I
Computation of Analysis of Covariance of Self Esteem
(Total scores in Points)

	Yogic practi ces	Physi cal exerc ise	Contr ol	Source of varianc e	Sum of squares	Df	Mea n squa res	Obt ain ed F val ues
Pre test mean	38.60	39.80	31.93	Between	538.84	2	269. 42	1.0 9
				Within	776.93	42	18.4 9	
Post test mean	42.13	41.40	33.33	Between	935.64	2	467. 82	7.2 4*
				Within	723.60	42	17.2 2	
Adjust ed mean	40.90	41.73	32.26	Between	68.39	2	34.1 9	9.8 7*
				Within	27.26	41	10.6 7	
Mean differ	3.53	1.93	0.33					

Table F ratio at 0.05 level of confidence for 2nd and 42 (df) = 3.22.,df(2,41)=3.23

As shown in table I obtained F value on the scores pre test means 1.09 that the random assignment of the subject were successful and their scores in self-esteem. The analysis of post test means proud that the obtained F value 7.24 was greater than the required value of 3.22 to be significant at 0.05 level. Taking in to consideration of the pre test means adjusted post test means were done and the obtained F value 9.87 was greater than the required value of 3.23 and hence it was accepted that the Yogic Practices and physical exercise training significantly increased the self-esteem Since significance differences were recorded, the results were subjected to post hoc analysis using scheffe's confidence interval test. The result were presented in table I(a)

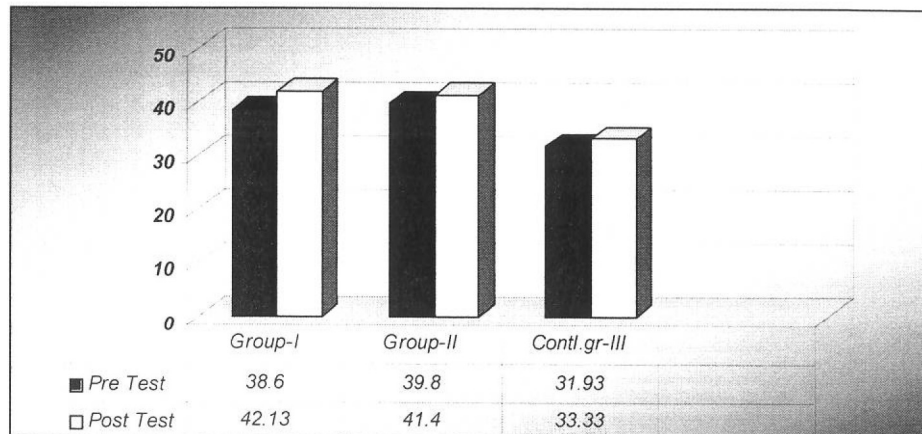
Table - I(a)
Scheffe's confidence interval test scores on self esteem

Yogic practices	Means		Mean difference	Required CI
	Physical Exercise	Control		
40.41		36.85	1.53*	0.87
40.41	38.87	36.85	3.55*	0.87
	38.87		2.02*	0.87

*Significant at .05 level of confidence

The table I(a), it was proved that there was significant differences between yogic practices and physical exercises it was also interred that there was significant difference between yogic practices and control group. The ordered adjusted means were presented through bar diagram for better understanding of the result of this study in Figure -I bar diagram on ordered adjusted means of self-esteem.

Figure-1
Bar Diagram Ordered Adjusted Means of Self-Esteem



Discussion on the Findings of Self-Esteem

Self-esteem was measured through standard zoltan roth self-esteem questionnaire the result presented in table showed significances differences in the adjusted means, as they obtained F value was greater than the required value the post hoc analysis of obtained adjusted means proved that there was significances differences existed between control group and yogic practices group. It was also proved that there was significance difference between yogic practices group and physical exercises group and control group.

Results on Strees

The statistical analyses comparing the initial and final means of stress accessed through stress questionnaires due to yogic practices and physical exercises on college men presented in table -II

Table-II
Computation of Analysis of Covariance of Stress
(Total scores in Points)

	Yogic practice	Physic al exercise	Contro l	Source of varianc e	Sum of squares	Df	Mean square s	Obtaine d F values
Pre test mean	80.05	85.00	74.6	Between	815.64	2	407.82	0.44
				Within	39313.69	42	936.17	
Post test mean	57.40	72.9	76.9	Between	3178.53	2	1589.27	7.73*
				Within	38644.27	42	920.10	
Adjusted mean	56.97	68.10	82.1	Between	4733.02	2	2366.51	11.06*
				Within	1575.63	41	37.52	
Mean differ	23.27	12.07	2.27					

Table F ratio at 0.05 level of confidence for 2nd and 42 (df) = 3.22.,df(2,41)=3.23

As shown in table II obtained F value on the scores pre test means 0.44 that the random assignment of the subject were successful and their scores in stress. The analysis of post test means proud that the obtained F value 7.73 was greater than the required value of 3.22 to be significant at 0.05 level. Taking in to consideration of the pre test means adjusted post test means were done and the obtained F value 11.06 was greater than the required value of 3.23 and hence it was accepted that the Yogic Practices and physical exercise training significantly reduced level of stress Since significance differences were recorded, the results were subjected to post hoc analysis using Scheffe's confidence interval test. The result were presented in table II(a)

Table - II(a)

Scheffe's Confidence Interval Test Scores on Stress

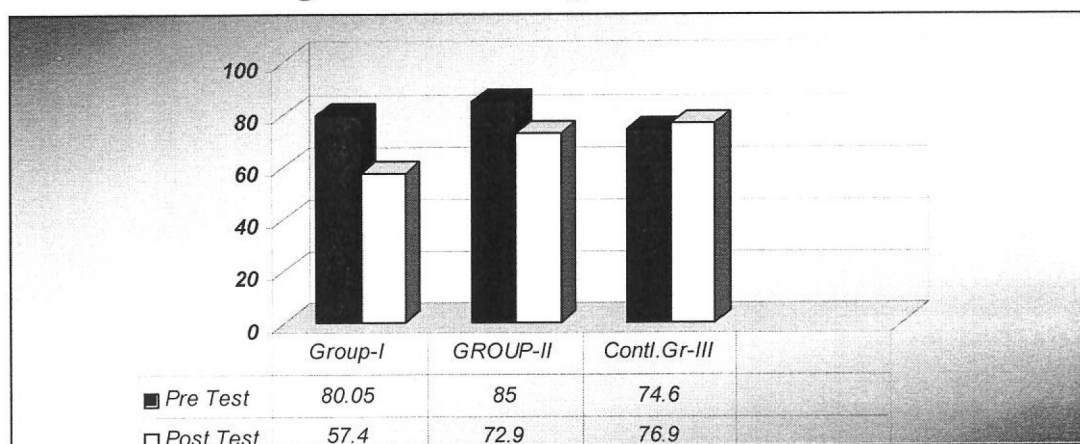
Means			Mean difference	Required CI
Yogic practices	Physical Exercise	Control		
56.97		82.13	11.13*	6.56
	68.10	82.13	25.16*	6.56
56.97	68.10		16.03*	6.56

*Significant at .05 level of confidence

The table II(a), it was proved that there was significant differences between yogic practices and physical exercises it was also interred that there was significant difference between yogic practices and control group. The ordered adjusted means were presented through bar diagram for better understanding of the result of this study in Figure -II bar diagram on ordered adjusted means of stress.

Figure-2

Bar Diagram Ordered Adjusted Means of Stress



Discussion on the Findings of Stress

Stress was measured through standard Latha sathis questionnaire the result presented in table showed significances differences in the adjusted means, as they obtained F value was greater than the required value the post hoc analysis of obtained adjusted means proved that there was significances differences existed between control group and yogic practices group. It was also proved that

P. Baskaran

there was significance difference between yogic practices group and physical exercises group and control group.

Conclusions

From the analysis and discussions of the present study, the following conclusions were drawn.

- ❖ It was concluded that there was significant improvement in the level of self-esteem and reduced level of stress among college men students due to Yogic practices and physical exercise.
- ❖ It was found that Yogic practices was slightly effective than Physical exercise group.

References

Alagaonkar, J. (1997), **Sports Psychology** (Pune: Vidyarthi Griha Prakashan Publishers), P.157.

Bandura, a. (1986), **Social foundations of thought and action: a social cognitive theory**. Prentice hall

Giri, c. (1966), **“Yoga and physical fitness with special reference to athletics”** iathper. P.11.

Hema (2003), **Yoga for health**, Chennai: Tara yoga publications. P.56

Swami niranjananda saraswathi, (2009) **prana and pranayama**, :Delhi, yoga publications P.256.

Swami Sathyananda Saraswathi, (2008), **Asana Pranayama Mudras and Bandas**, : Delhi, Yoga Publications P.86,107,209,122,235

