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## Effect of Yogic Activities on Self-concept and Self Esteem

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### Abstract:

The main objective of the study was to find out the “Effect of Yogic Activities on Self-concept and Self Esteem” among the NSS volunteer of MJPR University, Bareilly. In this regard the thirty subject were divided into two groups equally i.e. experimental and control group. These groups undergone usual fitness training including playing various sports and games in their choice in the evening session one hour for three days in a week and the yogic activities schedule was provided to the experimental group consisting of 15 students upto 60 minutes except Sunday. The yogic training period to the experimental group was given upto 6 weeks. The pre and post test for Self-concept and self-esteem of both the groups were taken. After analysis of the data it was found that significant difference in the experimental group was found at 0.05 level of confidence in both the Self-concept and self-esteem. Thus, it can be predicted that the yogic practice always help to create good Self-concept and self-esteem in the individual.

**Keyword:** Yogic activities, Self-concept, Self-esteem, Yogic training.

### Introduction:

The word yoga originated from Sanskrit word ‘Yuj’ which means to merge or integrate. Hence, the merging of soul with god is called yoga. Yoga provides us the path how to leave the perfect life and makes strong and sound to the body and mind. It helps to make socially and sound spiritually sound. After thoroughly studying the Vedas and Upanishadas, the Maharishi Patanjali had created a new Granth on Yoga for the welfare of complete human system i.e. ‘Ashtang yoga’ consisting of eight paths. Yoga physically creates a toned, flexible, and strong body and psychologically improves somatic and kinesthetic awareness, mood, subjective well-being, self-acceptance, self-actualization and social adjustment increases, anxiety, depression, hostility decreases, psychomotor functions of attention, concentration, memory and learning efficiency attention, concentration, memory and learning efficiency improves and also improves athletic performance. Yoga, originated in India thousands years ago, is a method of learning that aims to attain the unity of mind, body, and spirit through three main Yoga structures: exercise, breathing, and meditation (Gilbert, 1999). The meaning of yoga is to achieve a balance within the internal and external environment, thereby seeking to attain mental, spiritual and physical well-being (Taimmi, 1961).

Albert Bandura (1977) defined “self-efficacy is the belief in one’s capabilities to organize and execute the courses of action required to manage prospective situations”. Nathaniel Branden (1969) defined self-esteem as “the experience of being competent to cope with the basic challenges of life and being worthy of happiness. Self-esteem and self-efficacy and important traits for advancing both personal and career goals. Junkin Sarah Elizabeth (2007) conducted a study on Yoga and self-esteem: exploring change in middle-aged women and she found that yoga is more benevolent for improving self-esteem. Schell et al. (1994) found in their study that the yoga group showed remarkably higher scores in life satisfaction and lower scores in excitability, aggressiveness, openness, emotionality and somatic complaints. Significant differences could also be observed concerning coping with stress and the mood at the end of the experiment.

In this regard lot of research studies have been conducted in yoga in relation to psychological parameters and almost all the studies have given significant results in improving the psychological efficiency.

### **Objective of the Study:**

The main objective of the study was to find out the Effect of Yogic Activities on Self concept and Self Esteem

**Hypotheses:** There will be positive effects of the yogic activities training program on self-concept and self-esteem.

### **Limitations of the Study:**

1. Height, weight and height of the students were out control of the investigator.
2. Caste, area and region were not considered in the present study.
3. Socio-economic status was remained out of control for the researchers.
4. Diet schedule of the subjects could not considered in the present study.
5. Activity habits of the students could not be controlled by the researchers.

### **Delimitations of the Study:**

1. Only Girls NSS volunteer of MJPRU, Bareilly were selected as samples for the present study.
2. The selected Yogic activities training program was provided to the experimental group only.
3. Six. Week yogic activities training program was provided to the experimental group only.

## Yogic Training Schedule:

The investigator framed the following schedule of yogic activities with the consultation of the yogic expert and included the following asanas, pranayam and kriya in the training schedule which are as follow. The Yogasanas are Padmasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Chakrasana, Dhanurasana, Vajrasana, Sirshasana, Savasana, Paschimotana, Suptvajasana, Bhastrika, Suryabhedan, Ujjai, Shitali and kapalbhati.

## Methodology:

To attain the objectives of the study the researcher selected 30 NSS Volunteer of MJPRU University, Bareilly were divided into two groups consisting of 15 students in each group that is experimental and control group. The usual fitness training program was provided to the control group and specific yogic training was given three days in a week up to six weeks to the experimental group. The training was provided to the experimental group up to one hour only in the evening session and the control group not given any type of special training. They were only getting the training as per their previous schedule. The control group was instructed by the coordinator of NSS not to do the yogic activities during the period of six weeks which was remained under the control of the coordinator of NSS during NSS camp.

## Test Administered:

The pretest and posttest were conducted before and after the six weeks. Self-concept was measured by using Ralf Schwarzer and Matthias Jerusalem questionnaire (1995) after modification according to self-concept and Self-esteem was measured by using Rosenberg's self-esteem scale. All the tests were conducted and assessed through the standardized testing procedure.

## Statistical procedure:

To analysis the data the ANCOVA was used as a statistical tool to know the significant difference on pre and post-performance mean obtained for self-Concept and self-esteem between the control and experimental groups. The level of significance was fixed at 0.05 level of confidence.

## Analysis and Interpretation of Data:

After analysis of obtained pre and post test data of self-Concept and self-esteem were tabulated and showed in the tables I and II.

**Table-I: Computation of Analysis of Covariance on Self-Concept**

Test	Group		SV	Sum of Squares	df	Mean Square	F value
	Exp.	Control					
Pre test	22.98	22.68	B	0.533	1	0.533	0.019
			W	762.933	28	27.247	
Post test	25.90	22.40	B	104.533	1	104.533	3.164
			W	922.133	28	32.933	
			B	93.278	1	93.278	5.278*
Adjusted Mean	26.32	22.28	W	469.162	27	17.376	

\*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

After computation of data it was observed from the Table-I that there were no significant difference in the pretest ( $F=0.019 < 4.20$ ) and posttest ( $F= 3.164 < 4.20$ ) for df 1 and 28. However, the significant difference was observed in adjusted posttest ( $F= 5.278 > 4.21$ ) for df 1 and 27 at 0.05 level of confidence. Therefore, it clearly indicates that the experimental group showed considerable increase on self-efficacy than control group. Hence, there was a significant difference in self-efficacy due to yogic activities training program.

**Table-II: Computation of Analysis of Covariance on self-esteem**

Test	Group		SV	Sum of Squares	df	Mean Square	F value
	Exp.	Control					
Pre test	17.81	17.63	B	0.533333	1	0.533	-0.162
			W	-91.8667	28	-3.280	
Post test	22.84	18.74	B	124.0333	1	124.033	10.890*
			W	297.3333	28	10.6190	
			B	170.233	1	170.233	5.220*
Adjusted Mean	23.18	18.38	W	901.208	27	33.378	

\*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

After computation of the data it was observed from the Table-II that there was no significant difference in the pretest ( $F=-0.162 < 4.20$ ). The significant difference were observed in posttest ( $F=10.890 > 4.20$ ) for df 1 and 28 and adjusted posttest ( $F=5.220 > 4.21$ ) for df 1 and 27 at 0.05 level of confidence. The final result clearly indicates that the experimental group performance in self-esteem was found improved than control group. Therefore, was a significant difference on self-concept due to yogic activities training program.

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**Findings:**

After going through the results and interpretation of the data, the following observations were made.

- The yogic activities training program have significant effect on the improvement self-Concept among students/athletes.
- The yogic activities training program have significant effect on the improvement self-esteem Athletes/students.
- The result of the study further indicated that the yogic activities training program is useful for developing the above psychological factors which provides better body and mind coordination.

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