

EFFECT OF YOGIC PRACTICES ON SELF-CONFIDENCE AND ACHIEVEMENT MOTIVATION OF YOUNG ADULTS

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ABSTRACT

The purpose of the study was to assess the effect of yogic practice on self-confidence and achievement motivation of young adults. This study was delimited to the thirty adults were selected from the colleges in Kanyakumari District at random. The study was delimited to the age group of 20 to 25 years. The selected subjects were divided in to two groups of 15 each. Group I underwent yogic practice for six weeks and Group II acted as control who did not take part in specific training. Self-confidence and achievement motivation was selected as dependent variables for this study and it was tested by using CSAI-II and SAMT questionnaire. The study was based on the group's pre-test and post-test design. The data collected from the two groups were statistically analysed for significance, the analysis of covariance (ANCOVA) was used and the 'F' ratio was found out. Hence, to make the adjustments for difference in the initial means and test the adjusted posttest means for significant difference, the analysis of covariance was used. In all the cases to test the significance, 0.05 level of significance was fixed. It was concluded that, the experimental group namely yogic practice group have achieved significant improvement on self-confidence and achievement motivation when compared to the control group.

Key Words: Yogic Practices, Self-Confidence, Achievement Motivation

Introduction

Yoga plays an important role and has made unlimited Contribution in the modern age as it caters to the biological, Sociological, Spiritual and Physiological necessities of the man. The word 'yoga' is derived from the roots of Sanskrit 'Yuj' which means to join, to attach, to bind, yoke, and a concentrate or one attention. It also means Union. Yoga is true union of our will with the will have had. The literal meaning of the word 'Yoga' is 'yoke'. It means for uniting the individual spirit with the Universal spirit, or God. Yoga means the Experience of oneness or unity with inner being. It is a science by which the individual approaches truth. Yoga is not religion it is a method by which one obtain Control of one's latent powers. It is the means to reach complete Self-Realization. Yoga is

a reduction of one's mental process, along with the physical (Bal Yoga Mitra Mandal, 1999). Self confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right The self is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his views of what he is, what he has been, what he might become, and his attitudes pertaining to his worth. Self-confidence is a positive attitude of oneself towards one's self-concept. It is an attribute of perceived self. Self-confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation. (Basavanna, 1975)

Statement of the Problem

The purpose of the study was to assess the effect of yogic practice on self-confidence and achievement motivation of young adults.

METHODOLOGY

This study was delimited to the thirty adults were selected from the colleges in Kanyakumari District at random. The study was delimited to the age group of 20 to 25 years. The selected subjects were divided in to two groups of 15 each. Group I underwent yogic practice for six weeks and Group II acted as control who did not take part in specific training. Self-confidence and achievement motivation was selected as dependent variables for this study and it was tested by using CSAI-II and SAMT questionnaire. The study was based on the group's pre-test and post-test design. The data collected from the two groups were statistically analysed for significance, the analysis of covariance (ANCOVA) was used and the 'F' ratio was found out. Hence to make the adjustments for difference in the initial means and test the adjusted post test means for significant difference, the analysis of covariance was used. In all the cases to test the significance, 0.05 level of significance was fixed.

ANALYSIS OF DATA

The influence of independent variables on the selected criterion variable was determined by subjecting the collected data to the analysis of covariance and it was presented in table I.

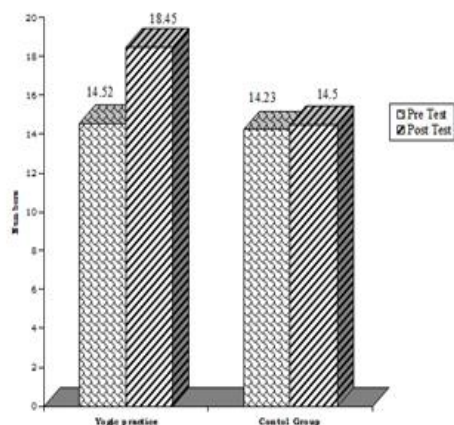
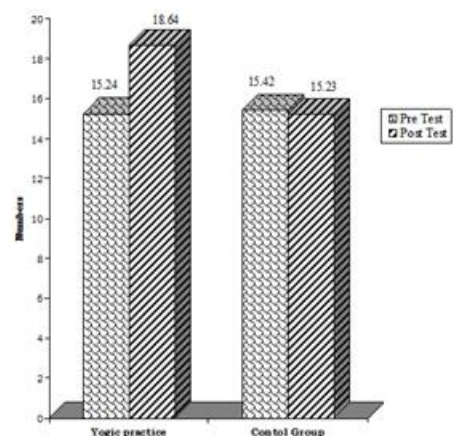
Table-I: Analysis of Covariance on Self-Confidence and Achievement Motivation of Yogic Practice Group and Control Group

Variables	Adjusted post test mean values		Sources of Variance	Sum of Square	Df	Mean Squares	F-ratio
	Yogic practice Group	Control Group					
Self Confidence	18.25	14.25	Between	65.26	1	65.26	7.19*
			Within	245.25	27	9.08	
Achievement Motivation	18.15	15.23	Between	59.24	1	59.24	6.47*
			Within	247.38	27	9.16	

*Significant at .05 level of confidence.

(The table value required for significance at .05 level with df 1 and 27 is 4.21)

The mean values of yogic practice and control groups on self-confidence and achievement motivation were graphically represented in the figure I.

Figure-I: Mean Values of Yogic Practice and Control Groups on Self-Confidence and Achievement Motivation**FIGURE I : MEAN VALUES OF YOGIC PRACTICE AND CONTROL GROUP ON SELF-CONFIDENCE.****FIGURE II: MEAN VALUES OF YOGIC PRACTICE AND CONTROL GROUP ON ACHIEVEMENT MOTIVATION.**

DISCUSSION ON FINDINGS

The result of the study indicated that, there was a significant improvement on self-confidence and

achievement motivation due to the effect of yogic practices. The result of the study also indicated that existed significant difference between yogic practice and control groups in developing the self-confidence and achievement motivation over six weeks of training programme among adults.

Aron et al. (1981) found that participation in yoga classes produced significant increases on intelligence and increased social self-confidence, sociability, motivation, general psychological health, and social maturity.

Brown et al. (1993) reported that students who meditated or who meditated and exercised had significantly greater inner directedness than did those who only exercised or who did neither.

Rozman (1994) revealed that teaching children to do yoga can improve their decision making. Bal Yoga Mitra Mandal (1999) reported efficiency of yoga practices on memory, creativity, self-esteem, self-discipline and self-confidence in 702 children.

Lesko (2000) reported the mental and emotional changes resulting from Zen meditation practice. Kritzell (2000) showed that for the group of participants, who were primarily white, middle-class and married, meditation did significantly improve the participants' self-esteem and overall psychological functioning.

Shah et al. (2001) found that there is a positive and significant effect of yoga on intelligence, performance and confidence. Gaur et al. (2003) revealed that who practiced the yoga for 25 days increased their ego strength, confidence self-assurance, spontaneity and they become emotionally more stable, calm and able to face their reality and reduced their jealousy. Singh et al. (2007) revealed that Shaktipat Meditation was an effective practice to improve emotional maturity.

Hence it is concluded from the result of the study and from the literature cited, a programme of yogic practice should be given due recognition and be implemented properly in the preparation of players for better performance. Therefore, it is inferred from the study that a programme of yogic practice will definitely improve the psychological factors of adults.

CONCLUSIONS

1. There was a significant improvement on self-confidence and achievement motivation due to the effect of yogic practices.
2. The significant difference exist between yogic practice and control groups in developing the self-confidence and achievement motivation over six weeks of training programme among adults.

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