

Original Article

Impact of Yoga Training on Programme on Selected Psychological Variables of School Going Boys

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ABSTRACT:

Yoga refers to unity, harmony as well as balance. Yoga maintains the unity of the consciousness of the individual with the cosmic consciousness, the harmony of the soul, mind and the body as well as the universal balance. In promoting physical and mental health and in preventing many disorders, yoga shall play an important role. Yoga practitioners have improved their personality changes because yoga takes a holistic approach. The practices of yoga stimulate physiological and psychological variables to enhance the secretion of melatonin, which may be accountable for the perceived welfare. Therefore the study aims to focus with the objectives of the impact of yoga training on the self-confidence of the school going boys, to find out the impact of the yoga training on the concentration ability of the young school going boys and to find out whether yoga training has any impact on the motivation level of the school going boys. To achieve the objectives a sample of 30 school going boys. Before selecting the school boys three psychological self-confidence, Concentration ability and the Motivation level were also selected. These variables were tested with the help of some selected questions from Mental Skills Questionnaire by Bull, Albison & Shambrook (1996) before starting yoga training. After that the boys have been given six months yoga training on daily basis and after the completion of the training again the psychological variables have been tested. The collected data has been analyzed with statistical analysis.

Keywords: Motivation, Physiological, Mental Health, Training, Yoga.

INTRODUCTION:

Yoga sometimes is defined as science of religion that considers the human body as a vehicle for both the soul and spirit. It offers several tools with which to rebalance and tune the „vehicle“, in order to help it attract the apt level as well as the quantity of prana, also to fulfill the functions of humans. The techniques of Asana and pranayama purified the human body of impurities, toxins and tensions, and helps to release energy blocks, that obstructs the harmonious energy flow in the human body. (Sunder, 2009) The techniques of meditation have several advantages. For instance, not only does meditation allows a deeper connection with the inner life, but it can also help to in diagnosing the real causes of an individual's disease. Meditation also helps to increase the connection to, as well as to share the higher life force levels, which are healing themselves as well as enlightening to the sport, soul, mind as well as body. It is believed that yoga has been evolving as well as is being practiced for around 3 thousand years, also automatically many schools as well as disciplines have come to light with different details but having the central themes intact. “The implementation of yoga as a curative intervention, which started in the early twentieth century, takes benefit of the several psycho- physiological advantages of the constituent practices.



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The physical exercises like the asana might lead to a rise in the coordination of a patient’s physical flexibility, and strength, whereas the breathing practices as well as meditation may pacify and make the mind focused to improve awareness and reduce anxiety, and therefore as a result give rise to a better quality of life”.(Arora, & Bhattacharjee, 2008)

Right away, the term "YOGA" brings to mind the importance of self-awareness. "Know the Self" is the main focus. Physical and mental well-being is the only things that can be enhanced. A healthy body, strong mind, and calm mind can be yours through this practice. Controlling one's body and intellect in a systematic way to achieve perfection is what it is. Being physically fit is the foundation for a sound mind. Whether it's via conventional medicine or yoga, everyone wants a healthy body.

OBJECTIVES:

The study has been conducted with the following objectives-

- To study the impact of yoga training on these If confidence of the school going boys
- To find out the impact of the yoga training on the concentration ability of the young school going boys
- To find out whether yoga training has any impact on the motivation level of the school going boys.

METHODOLOGY:

To fulfill the aforementioned objectives both primary data and secondary data have been used. Secondary data consists of information from different journals, books and internet sources have been used. On the other hand for primary data 30 school going boys have been selected and their self confidence, concentration ability, and motivation level are tested before start yoga training. Then the boys were given six months yoga training on daily basis. After the yoga training completed again the psychological variables were tested. The collected data is analyzed with descriptive statistics and one sample t test.

DATA ANALYSIS AND INTERPRETATION:

Table-1: Descriptive statistics of Self Confidence, Motivation and Concentration ability before training

	Self Confidence	Motivation	Concentration
N Valid	30	30	30
Missing	0	0	0
Mean	2.33	2.30	2.27
Std Dev	1.24	1.09	1.26
Variance	1.54	1.18	1.58
Range	4.00	4.00	4.00
Minimum	1.00	1.00	1.00
Maximum	5.00	5.00	5.00

The above table shows that mean value for self-confidence, Motivation and Concentration ability are 2.33, 2.30 and 2.27 respectively. On the SD for the Self Confidence is 1.24 at the variance of

1.54, for motivation it is 1.09 at the variance of 1.18 and for concentration ability it is 1.26 at the variance of 1.58.

Table-2: Descriptive Statistics for Self-confidence, Motivation and Concentration ability after training

Variables	N	Mean	Std Dev	Variance	Minimum	Maximum	Sum
Self Confidence	30	3.87	1.17	1.36	2.00	6.00	116.00
Concentration	30	4.07	1.36	1.86	1.00	6.00	122.00
Motivation	30	4.23	1.36	1.84	1.00	6.00	127.00
Valid N (list wise)	30						
Missing N (list wise)	0						

The above table shows that there is a lot of changes after six months yoga training. For Self Confidence, Concentration ability and Motivation the mean values are 3.87, 4.07 and 4.23 respectively. And the SD for self Confidence is 1.17 at the

variance of 1.36, for Concentration ability it is 1.36 at the variance of 1.86 and for Motivation it is 1.36 at the variance of 1.84. These changes of data clearly proves that the six months training has brought about lot of changes in the psychological variables

of the young school going boys.

Table-3: One-Sample Statistics before training

	N	Mean	Std. Deviation	S. E. Mean
Self confidence	30	2.33	1.24	.23
motivation	30	2.30	1.09	.20
concentration	30	2.27	1.26	.23

Table-4: One Sample Test

	Test Value=0.5					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Self confidence	8.09	29	.000	1.83	1.37	2.30
motivation	9.07	29	.000	1.80	1.39	2.21
concentration	7.69	29	.000	1.77	1.30	2.24

The above table shows that t value for Self Confidence, Motivation and Concentration ability is 8.09, 9.07 and 7.69 respectively at the df of 29. Mean

difference for self-confidence is 1.83, for motivation it is 1.39 and for concentration it is 1.77.

Table-5: One-Sample Statistics after training

	N	Mean	Std. Deviation	S. E. Mean
Self confidence	30	3.87	1.17	.21
motivation	30	4.23	1.36	.25
concentration	30	4.07	1.36	.25

Table-6: One Sample Test

	Test Value=0.5					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Self confidence	15.81	29	.000	3.37	2.93	3.80
motivation	15.07	29	.000	3.73	3.23	4.24
concentration	14.33	29	.000	3.57	3.06	4.08

The above table shows that t value for Self Confidence, Motivation and Concentration ability is 15.81, 15.07 and 14.33 respectively at the df of 29. Mean difference for self-confidence is 3.37, for motivation it is 3.73 and for concentration it is 3.57. Hence it is proved that the six months yoga training has greatly impacted the three psychological variables of the school going boys. The children have greatly improved their self-confidence, motivation and concentration ability through yoga training.

CONCLUSION:

Yoga might well be effectual as a supportive addition to alleviate certain medical circumstances, but it is not yet a proven independent, therapeutic treatment. "Large scale along with more meticulous research with a higher

methodological quality as well as enough control interferences is highly encouraged since yoga might have a potential to be executed as an advantageous supportive or adjunct treatment which is approximately cost-effective, might be practiced in part at least as a personal care behavioral treatment" (Styles, et.al. 2016), furnishes with a behavioral skill which is lifelong, increases self-efficacy as well as self-confidence and is more often linked with added side effects which are positive in nature.

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Conflicts of interest

There are no conflicts of interest.

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