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## Effect of yoga on self confidence

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### Abstract

The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. Yoga is an art and takes into purview the mind, the body and the soul of the man in its aim of reaching Divinity. The body must be purified and strengthened thr Yogic exercises recharge the body with cosmic energy This facilitates Attainment of perfect equilibrium and harmony Yogic exercises recharge the body with cosmic energy ough various practices. The mind must be cleansed of all gross and the soul should turn inwards if a man should become a yogic adept. Study purifies the mind and surrender takes the soul towards God.

The definition of confidence that is implicit here is always something about being self-assured, showing self-reliance, or not being anxious or nervous. Another common definition of self-confidence centre's on being assertive, on getting what you want. This is about standing up for yourself, about having the presence, the personal power, if you like, to regard yourself as equal to others and to behave in a way that reflect this. The study was significant in determining different training schedules for school students. The study was significant in assessing the stress of secondary school students. The study would be limited to 20 girls 20 boys, of secondary school children's of Vijayapur. Among that 10 girls and 10 boys are control group and experimental groups.

**Keywords:** Yoga, Self- confidence

### Introduction

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. Yoga is an art and takes into purview the mind, the body and the soul of the man in its aim of reaching Divinity. The body must be purified and strengthened through various practices. The mind must be cleansed of all gross and the soul should turn inwards if a man should become a yogic adept. Study purifies the mind and surrender takes the soul towards God. Yoga asanas (postures) and breathing deal with the physical body, but due to their effect on the brain, they also affect the mind. All the wonders of modern science will not bring happiness, peace of mind, health or a long life. Although wonders have been achieved in our external environment – space travel, computers, etc. our internal environment has been neglected. Thousands of years ago the ancient yogis turned their minds inwards and discovered their true nature. This allowed them to work out a system of body and breathing exercises which results in vitality, rejuvenation and peace of mind.

### Yoga

Yoga defines itself as a science--that is, as a practical, methodical, and systematic discipline or set of techniques that have the lofty goal of helping human beings to become aware of their deepest nature. The goal of seeking to experience this deepest potential is not part of a religious process, but an experiential science of self-study. Religions seek to define what we should believe, while a practical science such as meditation is based on the concrete experience of those teachers and yogis who have previously used these techniques to experience the deepest Self. Yoga does not contradict or interfere with any religion, and may be practiced by everyone, whether they regard themselves as agnostics or members of a particular faith.

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Asana is the Sanskrit word for a physical posture. Expressed in general terms Asana denotes a Specific position which can be held in a relaxed and comfortable manner for a long period of time. In the 2nd Century before Christ, Patanjali wrote down the principles of Yoga practice in the "Yoga Sutras" (aphorisms). He named only the meditation posture "Asana" and the physical postures he termed "Yoga Vietnam". However, in common usage the dynamic Yoga exercises also became known as Asanas.

### Meaning of yoga

The literal meaning of the word yoga is yoke. It means for uniting the individual spirit with the universal spirit, or God. The work yoga is derived from the roots of Sanskrit 'Yuj' which means to join, to attach, to bind, and yoke, and to concentrate on one's attention. Menhaden Desai, says in his introduction to the Gait and according to Gandhi, the yoking of all the powers of body, the mind, the emotion, the will which the yoga presupposes, it means pose of the soul which enables one to look at life in all its aspect evenly. In Indian culture or thought human beings or everyone on this earth is guided by the supreme universal spirit, i.e., Paramatma or God of which the individual human spirit, i.e., Jivatma is a part. Yoga is a way to secure liberation (Moksha) because it is the means by which the jivatma can be united to the paramatma.

### Importance of Yoga

Yoga is not a religion; it is a way of living whose aim is 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

Yogic exercises recharge the body with cosmic energy this facilitates Attainment of perfect equilibrium and harmony. Yogic exercises recharge the body with cosmic energy this facilitates

- ❖ Attainment of perfect equilibrium and harmony
- ❖ Promotes self- healing.
- ❖ Removes negative blocks from the mind and toxins from the body
- ❖ Enhances Personal power Increases self-awareness

Helps in attention focus and concentration, especially important for children Reduces stress and tension in the physical body by activating the parasympathetic nervous system the aspirant feels rejuvenated and energized. Thus, Yoga bestows upon every aspirant the powers to control body and mind.

### Self-Confidence

I think most of us now what self-confidence means: we usually define it in relation to what we want to do, but feel too anxious, nervous or worried about! So for one person self-confidence might be about speaking in public. For another, it might be about being confident in social situations. For a third, it might mean having the confidence to approach potential sexual partners. But whatever the situation that reveals our lack of confidence, the definition of confidence that is implicit here is always something about being self-assured, showing self-reliance, or not being anxious or nervous. Another common definition of self-confidence centre's on being assertive, on getting what you want. This is about standing up for yourself, about having the presence, the

personal power, if you like, to regard yourself as equal to others and to behave in a way that reflect this.

Although you may not know it at the moment, there are some key factors which make you feel less confident. An important one is not being in control - or at least not feeling that you're in control. If you think of situations where you feel less confident, you're almost certain to recognize that the common factor is that they are beyond your control. This is why you can increase your confidence by rehearsing for some situations: going on stage, being in an interview, taking an exam - all of these things can be rehearsed to some extent, and the more you do so, the more confident you feel when you're in the situation "for real." Of course it follows that the greater the element of unpredictability, the less confident you may feel, since the less control you have over the situation. One way to deal with this is to focus mentally on your strengths. In all situations, you have some abilities and skills which are helpful, strengths which can help you survive the stress, and get you through the anxiety.

### Statement of the Problem

The purpose of the study was to find out the "Effect of yoga on self-confidence of secondary school children

### Objectives

- ❖ To study the level of significant of yoga on self-confidence.

### Hypothesis

- ❖ Practicing of yoga would influence on self-confidence of secondary school children.

### Limitation

- ❖ The study is limited to the measuring the level of psychological self-confidence of secondary school children.

The study would be limited to 20 girls 20 boys, of secondary school children's of Vijayapur. Among that 10 girls and 10 boys are control group and experimental groups.

### Delimitation

- ❖ The present study tries to analyze the level the self-confidence.
- ❖ The study was delimited to the students between the age 13 to 17 years.
- ❖ The study was delimited 6 week training.

### Significance of the Study

1. The study was significant in determining different training schedules for school students.
2. The study was significant in assessing the self-confidence of secondary school students.

### Methodology

The methodology adapted for the present study "Effect of yoga on self-confidence of secondary school children" " selection of subjects, experimental design, selection of variables, selection of tests, experimental design, selection of tests, collection of data and statistical procedure have been explained.

### Selection of subjects

The purpose of the study was to find out the" Effects of yoga on physical and psychological variables of secondary school

children. Age of the subjects ranged from 13 to 17 years girls and boys. The investigator was explaining the purpose, nature, studying in government Urdu high school Daultkotij Vijayapura.

**Selection of variables:**

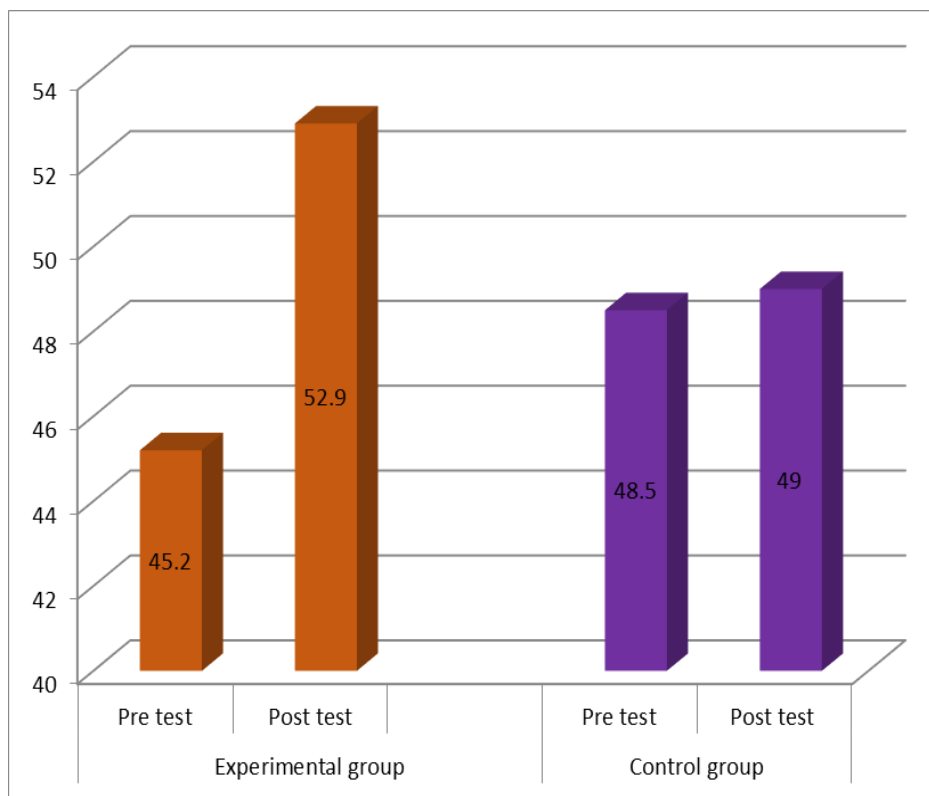
- 1) Yoga
- 2) Self Confidence

**Table 1:** Shows Pre test and post test of mean, SD and 't' value of boys with respect to self-confidence.

	Pre Test		Post test		t-value	df	p-value	Remark
	Mean	SD	Mean	SD				
Experimental group	45.2000	6.08824	52.9000	3.24722	-3.985	9	.003	S
Control Group	48.5000	6.51920	49.0000	4.26875	-.432	9	.676	NS

**Table No: 1.** indicates the mean, SD and t value of pre-test and of experimental group as well as control group with respect to self-confidence. The mean score value of experimental group of pre-test is 45.20 and SD, 6.08 and post-test is 52.90 and SD 3.24 respectively the mean score value of

control group pre-test is 48.50 and SD 6.51 and post- test is 49.00 and 4.26 respectively the t value found to be significant at 0.05 level of experimental group and it is not significant in case of control group.



**Fig 1:** Showing the pre test and post improved the self-confidence performance of boys

The above figure clearly indicates that the 6 weeks yoga training performance is drastically improved is the self-

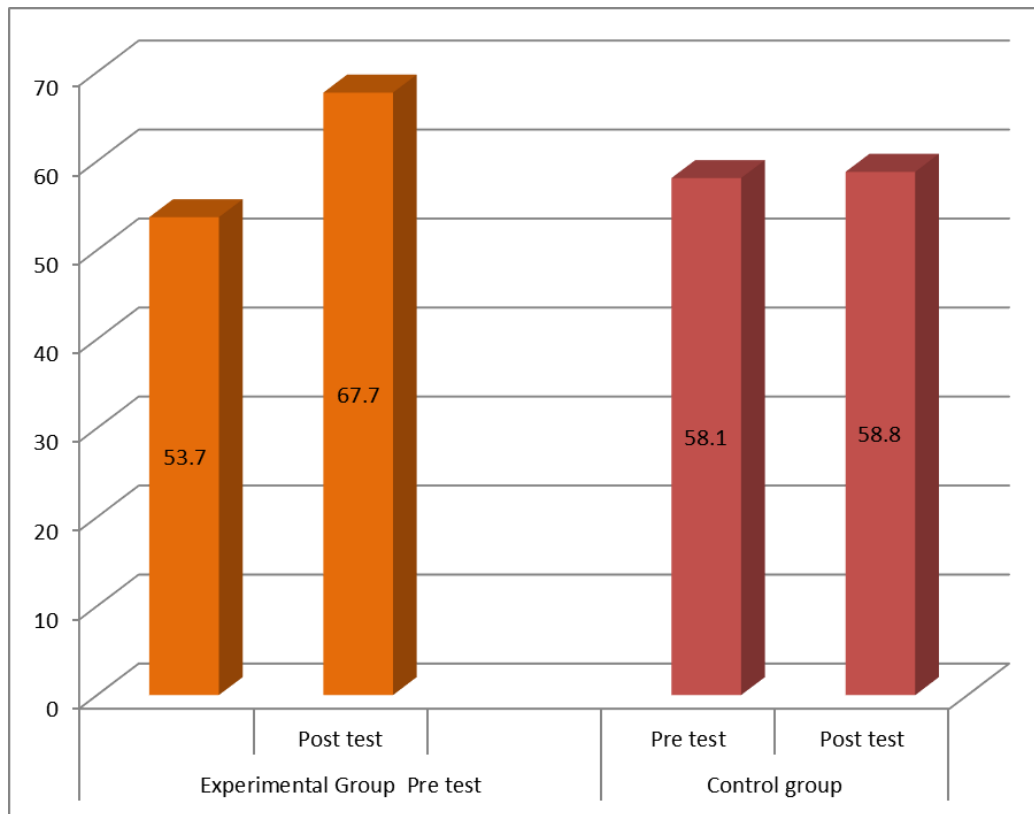
confidence of the boys.

**Table 2:** Shows Pre test and post test mean, SD and 't' value of girls with respect to self confidence

	Pre Test		Post test		t-value	df	p-value	Remark
	Mean	SD	Mean	SD				
Experimental group	53.7000	6.53282	67.7000	5.67744	4.889	9	.001	S
Control Group	58.1000	5.45283	58.8000	4.60555	.771	9	.460	NS

**Table No: 2** Indicates the mean, SD and t value of pre-test and of experimental group has well as control group with respect to self-confidence. The mean score value of experimental group of pre-test is 53.70 and SD, 6.53 and post-test is 67.70 and SD 5.67 respectively the mean score value of

control group pre-test is 58.10 and SD 5.45 and post- test is 58.80 and 4.60 respectively the t value found to be significant at 0.05 level of experimental group and it is not significant in case of control group.



**Fig 2:** Shows the pre test and post improved the self-confidence performance of girls.

Figure clearly indicates that the 6 weeks yoga training performance is drastically improved of the self-confidence of the girls.

### Conclusion

On the basis of results it was concluded that 6 weeks of yoga training improved the physical fitness and Self-Confidence.

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