



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1297-1299

© 2019 Yoga

www.theyogicjournal.com

Received: 21-11-2018

Accepted: 23-12-2018

Sukashant S patil

Research Scholar-LNCPE

Trivandrum-University of

Kerala, India

## Self-esteem of Indian international yoga competitors

Sukashant S patil

### Abstract

The purpose of the present study was to assess the level of Self-esteem of Indian International yoga competitors. To achieve the purpose of the study total 30 yoga players were selected from different places from India during 8<sup>th</sup> Asian Yoga Sports Championship held at Tiruvananthapuram, Kerala In the year of 2018-19. The Subjects age ranges from 18-28 years. The data for the study were collected by using questionnaire technique. The scores on Self-esteem were collected by administrating Rosenberg self-esteem scale. For the Statistical analysis 'mean and standard deviation' technique was opted to assess the Self-esteem. The results revealed that there was a high level of Self-esteem.

**Keywords:** Self-esteem, mean, standard deviation, yoga

### Introduction

Yoga is the richest and noblest legacy the ancient Indians have gifted to the world. It is a timeless pragmatic science; it is an experimental science; it is an age old spiritual science; it is a culture-art-science, it is the grandest of all sciences; it is the science of the integral man; it is the science of sciences. It is the mother of all sciences. Yoga is a method of education in the society. It is an art of successful living. It is a way of healthy living at all levels. It is a tool for positive change. It is the sovereign remedy for all worldly miseries. It is the science of creativity and personality development. It is a voyage of discovering truth or knowing the reality. It is a utilitarian commodity. Yoga is a total experience of human life. Thus, yoga is as old as civilization. Yoga is as old as mankind. Yoga is creation. Yoga is intimate and ultimate. It is a living tradition and a proven system of realizing divinity.

Yoga, in Sanskrit, means to completely know you and to be at peace in yourself. It is not possible to define this peace except to say it is freedom from all suffering, freedom from doubt and freedom from confusion. The word "yoga" comes from the Sanskrit root yuj, which means "to join" or "to yoke". Yoga means 'union' or 'connection'. In Sanskrit, the word 'yoga' is used to signify any form of connection. Yoga is both a state of connection and a body of techniques that allow us to connect to anything.

Health, physical fitness and emotional stability are the objectives which bring yoga and physical education on a common platform for the benefit of the human individual. Health is a more general and comprehensive term conveying the 'feeling of well-being', while physical fitness is a more specific term. Physical fitness is the capacity of an individual to perform a given task at a particular time. Health and physical fitness are not static. They are always changing they follow the law can be maintained only by carefully selected physical activities which are called 'exercise'. The utility of the particular exercise program can be evaluated only in the forms of the effects that one obtained in promoting a particular factor of physical fitness. Through constant practice of yoga, one can overcome all difficulties and eradicate all weakness pain can be transmitted in to 24bliss, sorrow in to joys, and failure into success and sickness in to perfect health. Determination, patience and persistence lead on to goal (Dr. P. Yoga, 2018) <sup>[5]</sup>

Sports psychology means applying psychological theories and concepts in sports coaching and training. It is concerned with analyses of sportsman behavior under sports setting. It is individual behavior acting individually or acting in a group. Team may win or lose under psychological stress. It is believed that winning an international sport competition greatly depend on the psychological abilities. Therefore psychological fitness and training of the

Correspondence

Sukashant S patil

Research Scholar-LNCPE

Trivandrum-University of

Kerala, India

individuals are the factor which helps in achieving outstanding performance.

The construct of self-esteem was first described by William James (1890) as capturing the sense of positive self-regard that develops when individuals consistently meet or exceed the important goals in their lives. More than a century later, the definition of self-esteem that was offered by James continues to be relevant such that self-esteem is generally considered to be the evaluative aspect of self-knowledge that reflects the extent to which people like themselves and believe they are competent (Brown, 1998; Tafarodi & Swann, 1995). High self-esteem refers to a highly favorable view of the self, whereas low self-esteem refers to evaluations of the self that are either uncertain or outright negative (Campbell *et al.*, 1996). Self-esteem is not necessarily accurate or inaccurate. Rather, high levels of self-esteem may be commensurate with an individual's attributes and accomplishment or these feelings of self-worth may have little to do with any sort of objective appraisal of the individual. This is important because self-esteem reflects perception rather than reality.

Self-esteem is often considered to be a fundamental human need (Allport, 1955), consistent with this view, individuals show a clear preference for high levels of self-esteem under most conditions (Swann, Griffin, Predmore, & Gaines, 1987) and even prefer self-esteem boosts over other pleasant activities when given a choice (Bushman, Moeller, & Crocker, 2011). Increases in self-esteem are often considered to be one of the most important elements of the most satisfying events in the lives of individuals (Sheldon, Elliot, Kim, & Kasser, 2001). In this study the researcher tried to assess the level of self-esteem level of Indian international yoga competitors.

### Purpose of the study

The main purpose of this study was to assess the level of self-esteem level of Indian international yoga competitors.

### Statement of the problem

To assess the self-esteem level of Indian international yoga competitors.

### Hypothesis

It was assumed that the levels of self-esteem level were high in Indian international yoga competitors.

### Delimitations

The study was delimited to the male Indians, who are currently residing in India. The study was delimited to those who participated at the 8<sup>th</sup> Asian yoga championships, Tiruvananthapuram 2018-19 aged 18 to 28 years. The study was delimited a total 30 male yoga competitors and the study was delimited to the selected psychological variable self-esteem.

### Methodology

#### Selection of Test

Morris Rosenberg (1965) self-esteem scale was opted to measure the level of self-esteem level of individual. The inventory consists of 10 questions.

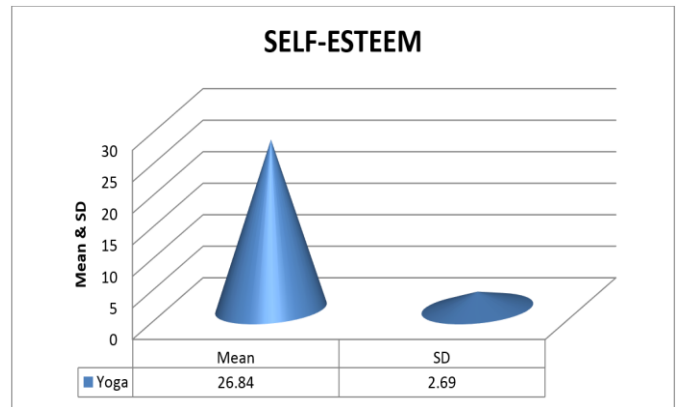
#### Analysis of the Data and Results

The collected data was assessed through the statistical technique Mean and standard deviation, presented in below tables.

**Table 1:** Descriptive analysis of self-esteem level of Indian international yoga competitors.

Event	N	Mean	Std. Deviation	Minimum	Maximum
Yoga	30	26.84	2.69	19	28

Table: 1 describes briefly about number of players-30, mean-26.84, standard deviation-2.69, minimum-19 and maximum-28 Scores. The diagrammatic representation is given below.



**Fig 1:** Graphical representation of "Self-Esteem" scores of International Indian Yoga Competitors.

### Results

From the statistical analysis it was concluded that the Indian international yoga competitors were having high level of self-esteem.

### Discussion

As anticipated players who were participating in yoga competition were having significantly high level of self-esteem scores as per the self-esteem test inventory. So the level of self-esteem might be influenced by the yogic way of life, yogic competitions are non contact in nature, the players might be influenced by home ground and local supportive spectators, without equipments or instruments while playing, previous experience and performance and also level of competition etc decreases the anxiety behavior of Indian international yoga competitors. According to related literature performance increases with high level of self. Performance and anxiety have reverse direction relation.

### Conclusion

From the study it may be concluded that Indian international yoga competitors were having high level of self-esteem during the competition.

### Recommendations

Recommended to participate in the yoga competitions which have more influence on self-esteem and Promote yoga competitions for a healthy life.

### References

1. Podesta. Self Esteem is appreciating one's own worth and importance and having the character to be accountable for oneself and to act responsibly towards others, 2001.
2. Baumeister RF, Smart L, Boden JM. Relation of Threatened Egotism to Violence and Aggression: The Dark Side of High Self Esteem, *Psychological Review* 1997; 103:5-33.
3. Mercer S. From the Top Down: Self Esteem and Self-Evaluation, *Cognition and Emotion* 15, 2008, 615-631.

4. Rosenberg. Self-concept as a descriptive construct, 1979.
5. Dr. Yoga P. Yoga Education. Educreation publishing, New delhi, 2018.
6. Virgil zeigler-hill. Self-esteem. Psychology press Taylor & Francis group London and Newyork, 2013.