



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(2): 133-136

© 2019 Yoga

www.theyogicjournal.com

Received: 09-05-2019

Accepted: 11-06-2019

Dr. Shweta Bhalla

P.E.T. Kendriya Vidyalaya,

Indore, Madhya Pradesh, India

A comparative study effect of 10 weeks' aerobics and meditation training on self-concept of navodaya vidyalaya students of Indore Cluster

Dr. Shweta Bhalla

Abstract

The purpose of this study was purposive selected from the navodaya vidhyalaya, indore cluster one hundred and fifty subjects belonging to different groups (Experimental and control) fifty each, has been presented in this chapter. The subjects were divided randomly into three equal groups consisting of fifty subjects, namely meditation (experimental group one), Aerobics (experimental group two) and finally the control group which followed its usually routine practice. The data on selected criterion measures for all the three groups were collected under like conditions.

Objectives: The main objective of the study was to see comparative effect of aerobics activities and meditation exercise on self-concept, the second objective of the study was to see the effect of aerobics on self-concepts. The second objective of the study was to see the effect of meditation on self-concept.

Statistical procedure: Further analysis of covariance was applied with regard to two experimental groups and a control group and the pre-test and post-test randomized group design and control group were assigned at random. The difference between initial means of the group at pre-test was taken into accounting during analysis of post-test, difference between the means by the process of application of ANCOVA, where the final means were tested for significance at 0.05 levels.

Methodology: The details about the selection of subjects, selection of variables, collection of data, experimental design, procedure, duration of yoga and aerobics exercise, administration of test and statistical procedure in analyzing the data has been mentioned in this chapter. One hundred fifty male schools going (Navodaya Vidhyalaya class IX of Indore cluster) were selected for the study. The subjects belong to different schools of Navodaya Vidhyalaya, Indore cluster. Further their group i.e. two experimental groups and one control group (each of 50 students) were randomly formed from the selected subjects. After going through the literature and discussion with the expert following psychological and physical variables were preferred for the study.

Keywords: navodaya, student self-concept, meditation, psychology, Aerobics group, Yoga treatment

Introduction

Psychology is a whole set of attitudes, cognition that a person has of himself. Psychology has a behavioral science, has made its contribution in this regard. It has helped the coaches to more efficiently and enhances sportsmen's performance more proficiently. Psychology is also concerned with the total being and personal adjustment to those involved in sports. Psychologist is concern with behavior, understanding, explaining and even predicting possible results¹⁾ ^[1].

Sports psychology is an area which attempts to apply psychological facts and principles of learning performance and associated human behavior in the whole field of sports. Personality assessment is the most important aspect of sports psychology; each individual is born with a "blue print of basic traits". The behavior of an individual lies in the blue print ^[2].

Self-concept is an important personality factor which is influenced by the type of physical education programmer the child experiences. Self-concept is learned by an individual perception of feeling of others towards himself strongly influence the self-image which in turn self-concept that may provide most powerful motivation for the specific behavior ^[3].

Self-Concept: Self-concept is the totality of attitude judgments on values of an individual relating to the behavior ability and qualities "Self-concept embraces awareness of these

Correspondence

Dr. Shweta Bhalla

P.E.T. Kendriya Vidyalaya,

Indore, Madhya Pradesh, India

variables and their evaluation” [4].

Aerobics This is the quality that enables one to continue engaging in reasonably vigorous physical activity for the extended period of time [5].

Meditation: Meditation is the state of consciousness that can be understood only on the direct innovative level [6].

Objectives

1. The main objective of the study was to see comparative effect of aerobics activities and meditation exercise on self-concept.
2. The objective of the study was to see the effect of aerobics on self-concepts.
3. The objective of the study was to see the effect of meditation on self-concept.

Methodology:

One hundred fifty male schools going (Navodaya Vidhyalaya class IX of Indore cluster) were selected for the study. The subjects belong to different schools of Navodaya Vidhyalaya, Indore cluster. Further there group i.e. two experimental groups and one control group (each of 50 students) were randomly formed from the selected subjects. After going through the literature and discussion with the expert following psychological and physical variables were preferred for the study. Psychological variables Self-Concept physical variables Yoga and Aerobics

Self-Concept: Self-concept checked by a psychological questionnaire made by R.K. Saraswat. **(Experimental)**

Physical Variables

Meditation: Simple meditation exercise concentrating on one self.

Aerobics: Dancing exercise including different movement and exercise.

Collection of Data: The data for the purpose of the study was collected by using the psychological questionnaire available in the market. The data was collected before the start of the experiment (i.e. pre-test) and at the end of the training period (i.e. post test) on the various criterion variables. All the questionnaire used in the research investigation were established to be quite précised and reliable. R.K. Saraswat is reasonably reliable questionnaire to measure self-concept of the subject.

Procedure of Experimental treatment: There were three groups one was control group and other two as experimental groups. Yoga (meditation ex) was given to group “A” and Aerobics ex. was given to group “B” and third group “C” served as control group. For the purpose of the studying “Effect of yoga and aerobics on selected psychological variables”, the training programme consists of yoga and aerobics. The duration of experimental phase was 10 weeks excluding the period of initial and final testing. Group “A” perform yogic (meditation ex) six day a week (i.e. Monday to Saturday) in morning time 45 min. The subjects belonging to group “C” did not undertake any experimental training but they perform their everyday routines as regularly. For the group “A” and “B” duration of each training session was 45 min and the training were conducted in the morning between 5:30 to 6:15 am, the above training of treatment variables was conducted in the month of Aug., Sep., Oct. in different school of Navodaya Vidyalaya of Indore cluster under the

supervision of yoga and aerobics experts, the treatment continued for the duration of 10 weeks.

Yoga (Meditation): t consists of different meditative exercise close your eyes and roll them upwards toward your “third eye” the point just between and above your eyebrows. This help to calm the mind very quickly. Breathe deeply in through the nose and out through mouth don’t force your breath into any length of exhale/ inhale rather become aware of its natural rhythm and be aware of the process of relaxation as your breathe become deeper and slower. Bring all your attention to your breath. Feel and hear your breaths” you will notice that as you focus on your breath your mental, gently bring it lack don’t get discouraged after some time you will get success. You will develop the ability to focus for longer period.

Aerobics: It consists of different exercise done on music warning up exercise 10-15 minutes before doing dance exercise by jumping jacks etc. While doing dancing aerobics increased always wear fitting cloths variation in dance aerobics increases interest, after performing exercise do not for get to cool down. Drink water after 5 minutes of workout.

Administration of Tests: The test was administrated in Navodaya Vidyalaya of Indore cluster with the help of a team of tester and research assistant under the guidance and supervision of the experts.

Psychological variables- Self-Concept: Questionnaire R.K. Saraswat

Procedure: Self-concept questionnaire (R.K. Saraswat) has been distributed among Navodaya Vidyalaya students of Indore cluster under the supervision of expert and research scholar.

Firstly, self-concept questionnaire was distributed and after that detail of the questionnaire was described how it has to be filled. After this pre data is collected and after giving the experimental variables (meditation and aerobics) post data was collected.

Statistical Technique: In order to analyze the effect of meditation and aerobics on selected psychological variables ‘t’ test was employed to observe the pre and posttest differences, and to see the effectiveness of group analysis of covariance was used as a statistical procedure. The level of significance chosen for the study was set at 0.5 level of significance.

Results and finding of the study

Further analysis of covariance was applied with regard to two experimental groups and a control group and the pretest and posttest randomized group design and control group were assigned at random. The difference between initial means of the group at pretest was taken into accounting during analysis of post-test, difference between the means by the process of application of ANCOVA, where the final means were tested for significance at 0.05 levels.

Table 1: T –Value of pre & post data of self-concept in meditation group

Test	Means	Cal t	Tab t.05
Pre	174.7400	1.99	1.67
Post	181.9800		

Table 1 evidently shows that the calculated value of t in 1.99* and the tabulated value of t. It means that considerable difference exists between the pretest and post-test means of self-concept group of meditation. Therefore it could be conclude that meditation procedure enhance the self-concept of Navodaya Vidyalaya student of Indore cluster.

Table 2: T – Value of Pre-test and Post-test data of self-concept in Aerobics Group

Test	Means	Cal t	Tab t.05
Pre	172.5200	1.757	1.67
Post	175.5600		

Table – 2 clearly shows that the calculated value of t is 1.757 and tabulated value of t is 1.67. Calculated value of t is greater than tabulated of value of t. It means significant difference exists between the pre-test and post-test means of self-concept in Aerobics group subjects. As a consequence, it is concluded that Aerobics programmer increase the self-concept of subject significantly.

Table 3: Analysis of covariance on pre and post data of self-concept among all the three groups

Source of variation	Df	Ssx	Ssy	Ssxy	Ssyx	Mssyx
Treatment	2	23478	47235	27521	26190	13095
Errpr	146	364598	33921	34251	27180	186.16

Fyx = 70.34

Tab F.05 (2, 146) = 3.06

Table – 3 visibly shows that the calculated value of Fyx is 70.34 and tabulated value of F.05 is 3.06. Calculated value of Fyx is greater than the tabulated value of F.05. It indicates that significant differences were established among the performance of all groups. Therefore, it is concluded that all the treatment are not equally effecting in improving the performance of self-concept. In order to find out which treatment is more effective, pair wise comparison analysis in adjusted means of post data was carried out. Data pertaining to this is presented in table – 4.

Table 4: Adjusted Mean Scores On Self-concept During Post Testing In Diferent Groups

Yoga	Aerobics	Control	Difference	CD at 5% level
181.3	180.1	-----	1.2	1.4
-----	180.1	178.2	1.3	1.4
181.3	-----	178.2	3.1	1.4

Table 4 clearly shows that meditation and aerobics treatment are equally effective in improving the self-concept of subject, whereas no improvement was found in the performance of control group.

It is therefore concluded that if a choice has to be made out of three treatments, yoga should be preferred as a treatment to improve the self-concept of subjects. Graphical representation of the data pertaining to the all three group is presented in fig.1

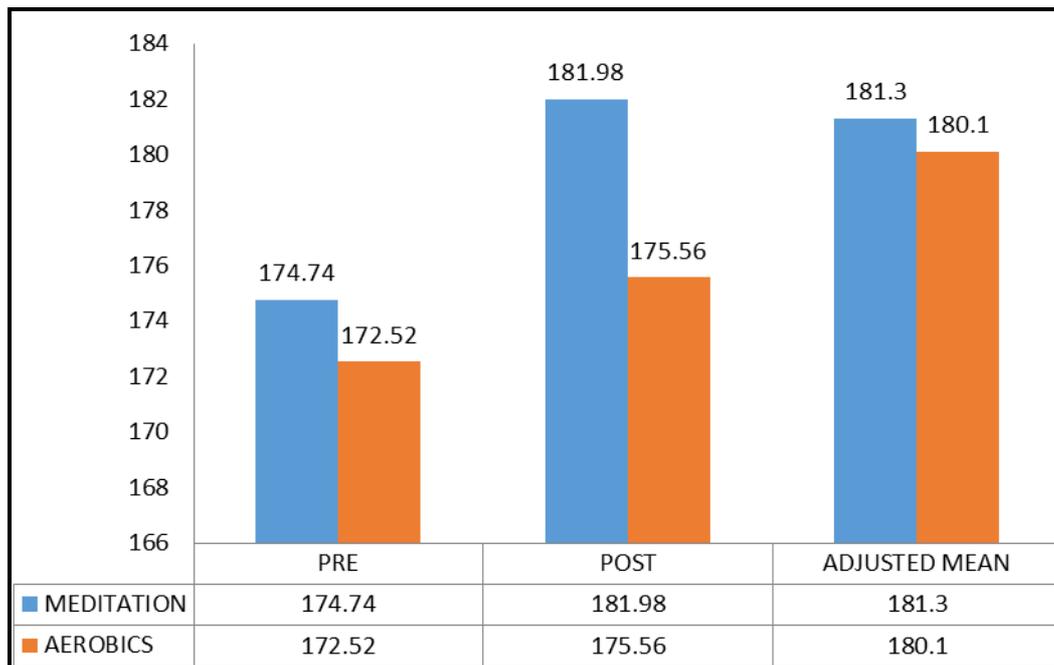


Fig 1: Pre. Post-test Adjusted Mean of self-concept in different training program

Discussion of Findings

The results of the study evidently indicated that both of the experimental variables have significant effect on psychological variables of Navodaya Vidyalaya students of Indore cluster.

Meditation and Aerobic (Dance) are equally effective in upraising self-concept of Navodaya Vidyalaya students. As meditation is the only tool that can aid a person to return to innocence. Meditation helped the students to overcome the emotions to facilitate a clam peaceful mind and a healthy and stress free body. Meditation developed the personality of the

students. Students who were very aggressive by nature changed to calm and cool personality through meditation their immune system improved and overall health of the body also increased. Psychological it has been noticed that the students increased their emotional stability, reduce tension and fear and feeling wellness increased. Meditation also helped in spiritual growth. Personal transformation realization of self. Meditation also developed qualities like trusting and happiness. Through meditation individual can reach to the greatest potential.

In attitude and behavior aerobic showed significant change in

the students of Novodaya Vidyalaya. As they all are from rural background and this study helped a lot to make the smart and extrovert. Meditation also helps in spiritual growth consciousness evolves, meditation brings harmony in creation, personal transformation realization of self. The best part of the study was during the aerobics period when they dance and forget all things and just enjoy it for extended period of time. With help of aerobics students achieved physical fitness. Meditation may be speed up, and fat burning accelerated, thus resulting to weight loss. Dance aerobic workout also strengthened the body of the students including weight bearing muscles and cardiovascular muscles. It is enjoyed by all students and helped to tone the muscles. Dance aerobics is an interesting activity which deviates you from drudgery of every life. It improved then immune system of the students and also helped the students to be tension free and gave freedom to personalize dance step and improved confidence a lot.

Conclusions

On the basis of results of the study following conclusion may be drawn.

1. Significant difference exists between the pre and post-test means of self-concept group of meditation. Meditation exercise increases the self-concept level of Navidhaya Vidhyalaya student of Indore cluster.
2. Significant differences exist between the pre-test and post-test means on self-concept group of aerobics. Aerobics exercises increase the self-concept of subject significantly.
3. Significant difference were also found between aerobic and control group. Significant difference was also found between meditation and control group. From the above findings it is concluded that aerobics and meditation are uniformly effective in improving self-concept of Navodaya Vidyalaya students of Indore cluster.

References

1. Jack H Siewellyn, Judy A Blucker. Psychology of coaching theory and application (Chapman and Hall ud 1978, 7
2. John Kane, Personality profiles of physical education students compared with others proceeding of first international congress of sports psychology P. 772-775 cited by singer, "Myths and Truths in sports psychology" 1965, 94
3. Boyd GF. The levels of Aspiration of white and Negron children in a non - segregated elementary schools J. Soc. Psychol, 1952, 36
4. Ross M, Wilson AE. It's feels like yesterday self-esteem, Valance of personal past experience and judgment of subjective distance. Journal of personality and social psychology: 2002, 52
5. Carven RG, Marsh HW, Debus RL. Effects of internally focused feedback and attribution at feedback on enhancement of academic self-concept journal of educational psychology. 1991; 83(I)
6. Joshi MC. Intelligence and level of vocational Aspiration, Journal of Vocational and Educational Guidance, 1963, 9
7. Holmen G Milton, Parkhouse I. Boone: "Relationship between working environment; Self-concept, Real Ideal, Self-discrepancy and functionality in physical education teacher, "Research Quarterly, 1981.
8. Ibrahim Hulmi an Nathie Marrison. Self-actualization and self-concept among athletes, Reasearch quarterly,

1976, 47

9. Philip L Kafer. The effect of running program on the self-concept and cardio vascular fitness of preadolecents institutionalized adolescent boys" completed research in health, physical education and recreation. 1978, 20
10. Jane B Jacob. An investigation of self-concept, ideal self-concept, body image and movement concept of college female's participation in 10 weeks jogging program" completed research in health, physical education and recreation. 1978, 20