

# Effect of Yogic Practices on Physical Self-Worth on Male School Going Students

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**Abstract – Purpose of this research was undertaken to see whether yogic practices has positive effect on physical self-worth on male school going students. Hundred (100) school going male students were randomly selected as subjects and further 50 students were randomly selected for experimental group and remaining 50 students were selected for control group. The age of the subjects ranged between 15-20 years, from Sarvodaya Bal Vidyalaya, Tikri Khurd, Delhi-110040, India. The experimental group was administered yogic practice and control group was given no training of an experimental period of four weeks. Pre-test data were collected from both the groups before giving four weeks of yogic training and also Post-test data were collected from both the groups at the end of four weeks of yogic training. The data was collected by using the physical self-perception (worth) profile (PSPP) by Fox, K. R. & Corbin C. B., (1989). Descriptive statistics i.e. Mean, Standard Deviation and paired sample 't' test were used as a statistical technique for the present study. Result revealed that the four weeks of yogic training had significantly effects on physical self-worth of male school going students. The level of the significance was set at 0.05 level.**

**Key Words – Yoga, Physical Self-Worth**

## INTRODUCTION

Yoga is a scientific system, which brings harmony in body and mind. It is the very rational and scientific method by which a state of equilibrium in mind and body is achieved. Self-perfection or state of divinity is yoga. The yogic concept refers to the working of body and mind for a homeostatic mechanism, which contributes to a balanced integrated functioning in both external and internal stimulants.

There are many branches of yoga: raja, hatha, jnana, karma, bhakti, mantra, kundalini, and laya, to name but a few, and many texts explain them in detail. Each individual needs to find those yoga's most suited to his/her particular personality and need. In the last half of this century, hatha yoga has become the most well-known and widely practiced of the systems. However, the concept of what constitutes yoga is broadening as more people take it up, and this knowledge is spreading. In the ancient texts, hatha yoga consists of the shat karmas, cleansing practices, only. Today, however, hatha yoga commonly embraces the practices of asana, Pranayama, Mudra, and Bandha as well

Yoga is one of popular forms of treatments suggested and adopted by millions of people around the world. It also helps the healthy people to keep them fit and running. It is not only in the country of India that the

yoga is practiced, but also in numerous other countries of world.

Self-worth as "the sense of one's own value or worth as a person." However, there are many ways for a person to value themselves and assess their worth as a human being, and some of these are more psychologically beneficial than others. In this article, we discuss the value of true self-worth, how to build this type of self-worth and why so many of us lack a feeling of worthiness.

## OBJECTIVE OF THE STUDY

The purpose of the present study was to find out the effect of yogic practices on physical self-worth on male school going students

## Experimental protocol

Total hundred (100) school going male students (50 experimental group and 50 control group) were selected randomly as subjects in the age group of 15-20 years from Sarvodaya Bal Vidyalaya Tikri Khurd, Delhi, India. Before the training pre data was collected from the selected subjects and after the 4 weeks training post data was collected. Paired sample 't' test was employed to find the effect of

yogic practices on physical self-worth. The level of the significance was set at 0.05 level.

**Tool used**

The data was collected by using the physical self-perception (worth) profile (PSPP) by Fox, K. R. & Corbin C. B., (1989)

**Training protocol**

The training program was executed only for experimental group for 4 weeks, five days in a week, 60 minutes a day in the morning at 6:00 am and control group were did not participate in the training programme, but they perform their daily schedule. experimental group practiced Asana (Surya Namaskar, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Chakrasana, Ardha Matsyendrasana, Paschimottanasana, Vajrasana, Yogamudra, Standing kati chakrasana, Tadasana and Shavasana), Pranayamas (Anulom-Vilom and Bhastrika pranayama) and Om Chanting.

**RESULTS AND DISCUSSION**

**Table 1: Descriptive Statistic (Mean and Standard Deviation) of physical self-worth for Experimental and Control Groups**

Variable	N	Experimental group		Control group	
		Pre-test	Post-test	Pre-test	Post-test
Physical Self-worth	50	87.14±9.073	89.32±8.34	86.52±8.01	86.60±7.65

Table-1 depicts the mean & standard deviation values of pre-test data and post-test data of physical self-worth of experimental group, which were found to be 87.14±9.073 & 89.32±8.34. The mean and SD values of physical self-worth for pre and post-test data of control group was 86.52±8.01 & 86.60±7.65. The graphical representation of descriptive analysis of pre and post data (Mean and Standard deviation) of physical self-worth for both experimental and control groups has been shown in figure no. 1.



**Figure-1: Graphical representation of descriptive analysis of pre and post data of physical self-worth for both experimental and control groups**

**Table 2: Descriptive and comparative analysis of the Pre-test and Post-test data of Experimental Group**

Variable	N	t'	df	Sig (2-tailed)
Physical Self-worth	50	-2.036	49	.047

\*Significant at 0.05 level

Table-2 depicts the 't' values of the paired sample t-test for pre and post test scores of physical self-worth, which shows that there is a significant effect of four weeks yogic practices on physical self-worth of male school going students as the value to be -2.036, which is significant at 0.05 level.

**Table 3: Descriptive and comparative analysis of the Pre-test and Post-test data of control Group**

Variable	N	t'	df	Sig (2-tailed)
Physical Self-worth	50	-0.360	49	.717

\*Significant at 0.05 level

Table-3 depicts the 't' values of the paired sample t-test for pre and post test scores of physical self-worth, which shows that there is a no significant effect of four weeks yogic practices on physical self-worth of male school going students as the value to be -0.360, which is not significant at 0.05 level.

**DISCUSSION**

Yogic activities are ancient and well known Indian technique, which includes Asana, Pranayama, and meditation etc., as well as certain philosophical principles. The purpose of the present study was to determine the effect of yogic practices on physical self-worth on male school going students. At the baseline the level of physical self-worth was almost same in both the groups but after the yogic practices of four weeks, the experimental group had better physical self-worth in comparison to the control group. We found that there was a significant effect of four weeks yogic practices on PSW on male school going students as the 't' value is found to be -2.036 for physical self-worth, which is significant at 0.05 level.

**CONCLUSION**

The asana and pranayama improve mental health power and health of controlling the organs. Practice of yoga improves are resistance power against disease and do not allow any external matter to accumulate in the body as well as in mind. Regular practice of Om Chanting keep our mood fresh which directly related to physical self-worth as a happy minded person always feel confident while doing any task in his/her life.

Yogic exercises are not only for improving body health, but also has sobering effects on the mind. The mind becomes balanced and peaceful. The practice of yogic activities (Asana, Pranayama, and Meditation) is very effective activating on various

glands, so that they secrete their juices in the required quantity and function properly.

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