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EFFECT OF YOGASANAS PRANAYAMA AND MEDITATION ON SELF-CONCEPT VARIABLES OF HIGH SCHOOL GIRLS

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ABSTRACT:

purpose of the study was to find out the effect of yogasanas pranayama and meditation on self-concept variables of high school girls for this purpose eighty (n=80) girls were selected from B D E Society girls High School Vijayapura and their age were ranged between 14 to 16 years. Twelve weeks of yogasanas pranayama and meditation training was given to the subjects. The data were collected before and after twelve weeks of intervention. t-ratio was used to find out the significant difference between pre and post-test. It was concluded from the result that the 12 weeks of yogasanas pranayama and meditation training was made a significant improvement in self-concept variables of high school girls.



KEYWORDS: *Yogasanas, pranayama, Meditation, and Self-concept.*

INTRODUCTION:-

Yoga is a physical, mental and spiritual practice aimed at attaining permanent peace within. This practice for permanent inner peace originated in ancient India and it also belongs to the six schools of Hindu philosophy or six "astika". Yoga is also considered as a form of exercise because of its physical forms and postures that have physical benefits to the body and it is also considered as meditation because of the mental and emotional benefits. It gives as well as it is also considered spiritual because it involves getting in touch with your spirit or beyond physical nature. This

is why yoga is known as a combination of physical, mental and spiritual exercise and development or creating a union with your inner self which can benefit life.

The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word yuj, which means 'to join'. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness. On a more practical level, yoga is a means of balancing and harmonizing the body, mind and emotions. This is done through the practice of Asana, Pranayama, Mudra, Bandha, Shatkarma and Meditation, and must be

achieved before a union can take place with the higher reality.

The science of yoga begins to work on the outermost aspect of the personality, the physical body, which for most people is a practical and familiar starting point. When the imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony; rather they act in opposition to each other. For instance, the endocrine system might become irregular and the efficiency of the nervous system decrease to such an extent that a disease will manifest. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the

whole body.

IMPORTANCE OF YOGASANAS

- Attainment of perfect equilibrium and harmony
- Promotes self-healing
- Removes negative blocks from the mind and toxins from the body
- Enhances personal power
- Yoga to live with greater awareness
- Helps in attention, focus and concentration, especially important for children

BENEFITS OF PRANAYAMA

- 1) Pranayama creates oxygen circulation smooth, helps in weight regulation by melting fat as more oxygen burns fatter.
- 2) It provides lightness to the body, acts as diseases destructor brings vigor and power.
- 3) Pranayama helps in lungs expansion thereby improves its efficiency and makes it healthy.
- 4) It also helps in contending blood pressure and heart diseases, make digestion smooth.
- 5) It cures the phlegm, mucus and tonsillitis problems. Makes your gums and teeth healthy.

METHODOLOGY

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SELECTION OF SUBJECTS

For the purpose of the study, only eighty girl's students were selected at random from B.D.E. Society Girls High School, Vijayapura. The age of the subjects was ranged between 14 to 16 years. The subjects were divided into two equal groups of forty subjects each. Group, I underwent Yogasanas Pranayama and Meditation practices and for six days per week for twelve weeks. Group II acted as a control that did not participate in any training programme apart from their regular activities as per their curriculum.

Analysis of the Data The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent't' test was used with 0.05 levels as confidence.

The Analysis of Covariance for Pretest and Post-test on Self Concept of Control group and Experimental Group of High School Girls.

Type of test	Control group	Experimental group	Source of variance	Sum of the squares	df	Mean square	F Ratio
Pre Test Mean	142.5000	145.0000	Between	125.000	1	125.000	.759
SD	8.08290	16.25439	Within	12852.000	78	164.769	
Post Test Mean	144.2750	161.8500	Between	6177.612	1	6177.612	112.031
SD	6.76714	8.03055	Within	4301.075	78	55.142	
Adjusted post-test mean	144.474	161.651	Between	5844.747	1	5844.747	113.168
			Within	3976.789	76	51.647	

*significance $\alpha = .05$ Table value = 4.0

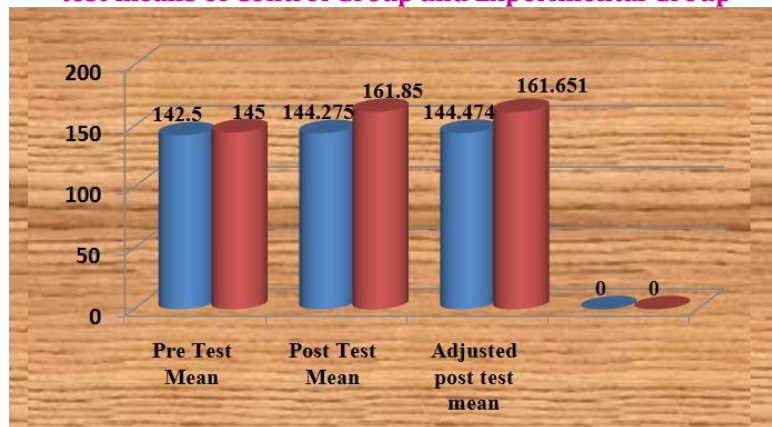
Table- Shows that the pre-test means scores of Self-Concept of control and experimental groups of high school girls students. It is observed that mean scores of pretest of control and experimental groups of high school girls students are 142.5000 and 145.0000 and their standard deviation are 8.08290 and 16.25439 respectively. The obtained 'F' Ratio value is (F=.759 1,78, $\alpha = .05$) .759 at 5% level of significance, which is less than the table value (F=4.0), hence the null hypothesis is accepted, it can be concluded that the Self-Concept level between the experimental group and control group found almost similar among the high school girls students.

Further, it is observed that mean scores of post-test of control and experimental groups of girl high school students are 144.2750 and 161.8500 their standard deviation are 6.76714 and 8.03055 respectively. The obtained 'F' Ratio value is (F=112.031 1, 78, $\alpha = .05$) at 112.031 5% level of significance, which is much more than the table value (F=4.0), hence the null hypothesis is rejected and the alternative hypothesis is accepted. It can be concluded that there is a significant difference found between the experimental group and control group for Self-Concept level of girls high school students. This indicates that the Self-Concept level is more among the control group when compared to the experimental group.

Finally, it can be concluded that Yogasanas Pranayama and Meditation training has made a significant impact on the control of Self-Concept level of the high school girls students.

The adjusted post-test means scores on Self-Concept of the control and the experimental groups are 144.474 and 161.651 respectively. The obtained 'F' Ratio value is (F=113.168 1, 76, $\alpha = .05$) 113.168 at 5% level of significance, which is much higher than the table value (F=4.0), hence the null hypothesis is rejected and the alternative hypothesis is accepted. It can be concluded that there is a significant difference is found between the experimental group and the control group for the Self-Concept level of high school girls students.

Figure-The Graphical Presentation on Self Concept of Pre-test and Post-test and Adjusted post-test means of Control Group and Experimental Group



MAJOR FINDINGS OF THE STUDY

1. Pre-test means scores of self-concept level of control and experimental groups of high school girl students is found to be similar.
2. Post-test means scores found significant difference found between the experimental group and control group for self-concept level of high school girl students.
3. The adjusted post-test means scores on the self-concept of the control and experimental groups found to be significant.

CONCLUSION

1. There was a significant difference between the experimental and control group on Self-concept after the training period.
2. There was a significant improvement in self-concept. However, the improvement was in favour of the experimental group due to twelve weeks of yogasanas pranayama and meditation training.

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