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EFFECT OF YOGIC PRACTICE ON ASSERTIVENESS IN STUDENTS OF ANNAMALAI UNIVERSITY STUDENTS



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Short Profile

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ABSTRACT:

The aim of the study was to determine the effect of selected yogic practices on 'Assertiveness', of students. 30 men students were selected randomly from 'Annamalai University' they were selected random and their age group was between 18 - 25 years. Two groups were formed one experimental and one control group of 15 subjects each. The experimental group participated in yogic practice training and for 10 week and the control group performed the routine work. The data was collected in the beginning and at the end. The training schedule was prepared systematically and carefully. The significance was tested at 0.05 levels.

KEYWORDS

Yogic practice, Assertiveness.

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INTRODUCTION:

Yoga is a psycho-somatic-spiritual discipline for achieving union and harmony between our mind, body and soul and the ultimate union of individual. Yoga is a complete science of life that originated in India thousands of years ago. It is the oldest style of personal development in the world, encompassing body, mind and spirit. The ancient yoga had a profound understanding of mans essential nature and of what he needs to live in harmony with himself and his environment. perceiving the physical body as a vehicle, with the mind as the driver, the soul as man's identity, and action, emotion and intelligence as the three forces which pull the body vehicle. In order for there to be integrated development these three forces must be in balance. Taking into account the interrelationship between body and mind, the yogis formulated a unique method for maintaining the balance-a method that combines all the movement need for physical health with the breathing and meditation techniques that ensure mental health, peace of mind.

Assertiveness which enables a person to act in his or her own interest, to stand up for herself or himself without undue anxiety, to express honest felling comfortably, or to exercise personal right without denying the rights of others, this is called assertive behavior.

OBJECTIVES OF THE STUDY

The core aim of the present study was to find out the Effect of Yogic Practice on Assertiveness in students.

METHODOLOGY

For the purpose of the study 30 students were selected randomly from 'Annamalai university' and their age group was between 18 - 25 years were recruited, with their consent. Two groups were formed group -1 yogic practice group (experimental group) and group-2 control group of with 15subjects in each group. The experimental groups participated in yogic practice for 10 week and the control group performed the routine work. The data collected in the beginning and at the end. The training schedule was prepared systematically and carefully. The significance was tested at 0.05 levels.

Administration Of test

Assertiveness

Equipment:

Assertiveness was measured with the 'Rathus' Assertiveness Scale. The questionnaire was given to all subjects to measure assertiveness. It consists of 32 items and it is for adults and adolescents.

Description:

The subject's responses are scored as per the manual. In addition, the results are tabulated. In

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this test some statements are scored in such a way that a response of '1' indicates high assertive behavior and a response of '4' less assertive behavior. The responses only For the following items : 3, 6, 7, 8, 10, 20, 21, 22, 25, 27, 28, 29 have to be reversed for scoring proposes that is as 4, 2 as 3, 3 as 2 and 4 as 1. The greater the overall score. the lesser the assertiveness.

Scoring:

The total score for a subject ranges from 4 to 128. The Individual interpretation can be done as below.

Interpretation:

32-64 Less Assertive.

65-97 Moderate Assertive.

98-128 Highly Assertive.

Training protocol

The experimental group underwent training regime that consists of six to seven exercise session, two sessions a day four days a week for ten weeks. In the morning, yogic training and administrated from Monday to Friday respectively, and the control group did not participated in any specialized training during this period of study.

Schedule of yogic Practice:

Name of the Asana	Duration Of Asana
Shavasana	15 minutes to 20 minutes
Sarvangasana	1/2 minute to 15 minutes
Matsyasana	1/4 minute to 6 minutes
Halasana	1 minute to 4 minutes
Bhujangasana	10 minutes to 1 minute
Dhanurasana	10 minutes to 1 minute
Shavasana	15 minutes to 20 minutes

Experimental Design and Statistical Procedure

The experimental group design used in this study was random group design involving for thirty subjects. (Clark et al., 1972) Analysis of covariance (ANCOVA) was used for computing. Analysis of Covariance on Assertiveness of Yogic Practice Group and Control Group is tabulated in table-1 and graphically represented in figer-1.

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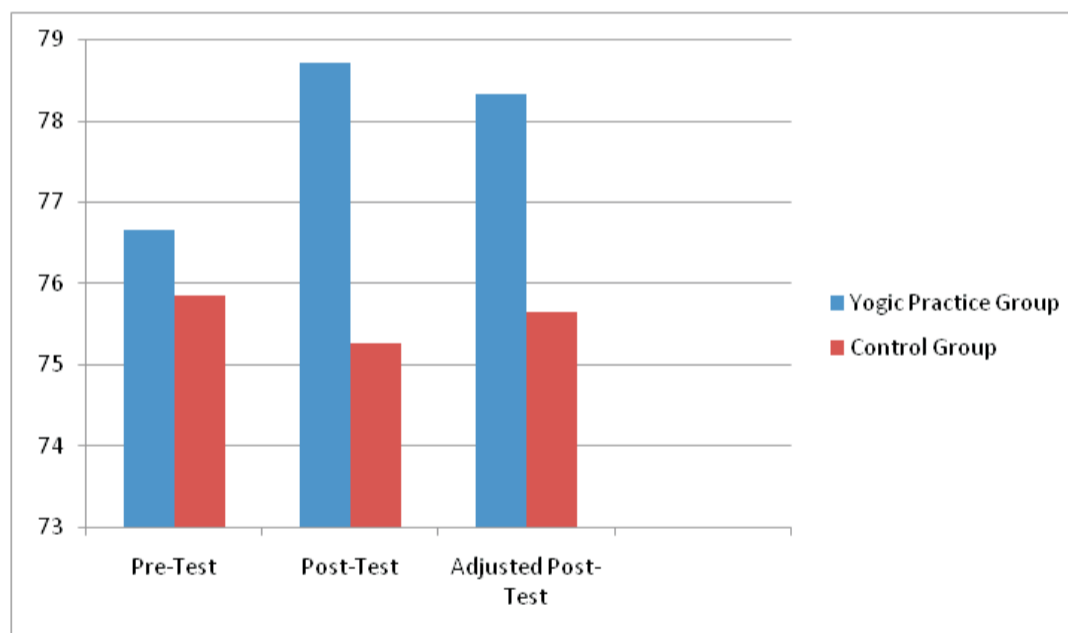
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RESULT AND DISCUSSION:

Table-1
Analysis of Covariance on Assertiveness of Yogic Practice Group and Control Group

	Yogic Practice Group	Control Group	Source of Variance	Sum of Square	Df	Mean Square	'F' Ratio
Pretest Mean	76.67	75.87	Between	4.80	1	4.80	3.626
SD	1.113	1.187	With in	37.067	28	1.324	
Posttest Mean	78.73	75.27	Between	90.133	1	90.133	33.27*
SD	1.870	1.387	With in	75.867	28	2.710	
Adjusted Post Test Mean	78.332	75.668	Between	47.117	1	47.117	33.02*
			With in	38.533	27	1.427	

Figur-1
Bar Diagram Showing the Mean Values of Yogic Practice Group and Control Group



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Table-1 shows that the pretest mean values of assertiveness for yogic practice group is 76.67 and 75.87 respectively. The obtained 'F' ratio value of 3.626 for pretest scores of yogic practice group and control group on assertiveness was less than the required table value of 4.20 for significance with df of 1 and 28 at 0.05 level of confidence.

The posttest mean of Assertiveness of yogic practice group and control group were 78.73 and 75.27 respectively. The obtained F ratio value of 33.27 for posttest score of yogic group and control group was greater than the required table value of 4.20 for significance with 1 and 28 at 0.05 level of confidence.

The adjusted posttest mean value of Assertiveness for yogic practice group and control group were 78.33 and 75.67 respectively. The obtained F ratio value of 33.02 for adjusted post test scores of yogic practice group and control group were greater than the required table value of 4.21 for significance with df 1 and 27 at 0.05 level of confidence.

CONCLUSION

The result of the study shows there is significant difference between yogic practice group and control group on assertiveness. Moreover, the result of the study shows that there was a significant improvement in Assertiveness compared with control group.

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