



“EFFECT OF YOGA ON PERSONALITY TRAITS AND SELF CONFIDENCE ON SECONDARY SCHOOL CHILDREN”

Kum Rajeshwari G. Konnur

**Research Scholar , Department of Studies in Physical Education and Sports Sciences Akkamahadevi
Women’s University Vijayapura.**

ABSTRACT:

There have been numerous studies to study the personality of successful sports persons .But the impact of indulging in sports activities on overall development have been done sparingly. However with our aim to make India a sports superpower and to attract the right talent towards the field, its impact needs to be analyzed thoroughly. Most of the studies conducted in the field of physical education and sports have tried to link personality of sportspersons to fit on various team and non-team sports and also different disciplines within these categories. However, there has been little or less research on how participating in sports activities helps building the character and improving personality. As sports activities are a part of learning process and they do influence the personality of people who takes part in these physical activities. Here we are trying to access the impact of sports activity on personality and character.

Although you may not know it at the moment, there are some key factors which make you feel less confident. An important one is not being in control - or at least not feeling that you're in control. If you think of situations where you feel less confident, you're almost certain to recognize that the common factor is that they are beyond your control. This is why you can increase your confidence by rehearsing for some situations: going on stage, being in an interview, taking an exam - all of these things can be rehearsed to some extent, and the more you do so, the more confident you feel when you're in the situation "for real."

KEYWORDS – Yoga, self confidence and Personality on volleyball players.

INTRODUCTION

There have been numerous studies to study the personality of successful sports persons .But the impact of indulging in sports activities on overall development have been done sparingly. However with our aim to make India a sports superpower and to attract the right talent towards the field, its impact needs to be analyzed thoroughly. Most of the studies conducted in the field of physical education and sports have tried to link personality of sportspersons to fit on various team and non-team sports and also different disciplines within these categories. However, there has been little or less research on how participating in sports activities helps building the character and improving personality. As sports activities are a part of learning process and they do influence the personality of people who takes part in these physical activities. Here we are trying to access the impact of sports activity on personality and character.



SELF-CONFIDENCE:

I think most of us now what self confidence means: we usually define it in relation to what we want to do, but feel too anxious, nervous or worried about! So for one person self confidence might be about speaking in public. For another, it might be about being confident in social situations. For a third, it might mean having the confidence to approach potential sexual partners. But whatever the situation that reveals our lack of confidence, the definition of confidence that is

implicit here is always something about being self-assured, showing self-reliance, or not being anxious or nervous.

Another common definition of self-confidence centre's on being assertive, on getting what you want. This is about standing up for yourself, about having the presence, the personal power, if you like, to regard yourself as equal to others and to behave in a way that reflect this.

Personality

Personality is the totality of his being and includes his physical, mental, emotional, and temperamental makeup. The modern life is full of stress and tension, which might change the personality of the individual. The personality of the individual is determined by their activities. Hence, the personality of the sportsman and non-sportsman differs in some extent. Mohan et al (1979) found that the players were more extraverted than the non-players and low on neuroticism implying more stability of emotionality. Researchers have found that the higher level of performance group was more extravert than low performance group, and non-sportsmen are more neurotic than the higher performance group (Singh, 1979; Thakur & Thakur, 1980; Lajj Mohan & Bhupinder, 2008).

Statement of the Problem:

The purpose of the study was to find out the "Effect of yoga on personality and self confidence of secondary school children

Objectives:

- ❖ To study the level of significant of yoga on personality and self-confidence.

Hypothesis:

- ❖ Practicing of yoga would influence on personality and self confidence of secondary school children.

Limitation:

- ❖ The study is limited to the measuring the level o psychological self confidence of secondary school children.

The study would be limited to 20 girls 20 boys, of secondary school children's of Kendariya Vidhalay Vijayapur. Among that 10 girls and 10 boys are control group and experimental groups.

Delimitation:

- ❖ The present study tries to analyze the level the personality.
- ❖ The present study tries to analyze the level the self confidence.
- ❖ The study was delimited to the students between the age 13 to 17 years.
- ❖ The study was delimited 6 week training

Significance of the Study:

1. The study was significant in determining different training schedules for school students.
2. The study was significant in assessing the personality and self confidence of secondary school students.

Methodology: The methodology adapted for the present study "Effect of yoga on Personality traits and Self Confidence on secondary school children" selection of subjects, experimental design, selection of variables, selection of tests, experimental design, selection of tests, collection of data and statistical procedure have been explained in this chapter.

Selection of subjects: The purpose of the study was to find out the "Effect of yoga on Personality traits and Self Confidence on secondary school children" .age of the subjects ranged from 13 to 17 years girls and

boys. The investigator was explaining the purpose, nature, studying in government Kendariya Vidhyalaya high school vijayapura.

Selection of variables:

- 1) Yoga
- 2) Personality
- 3) Self Confidence

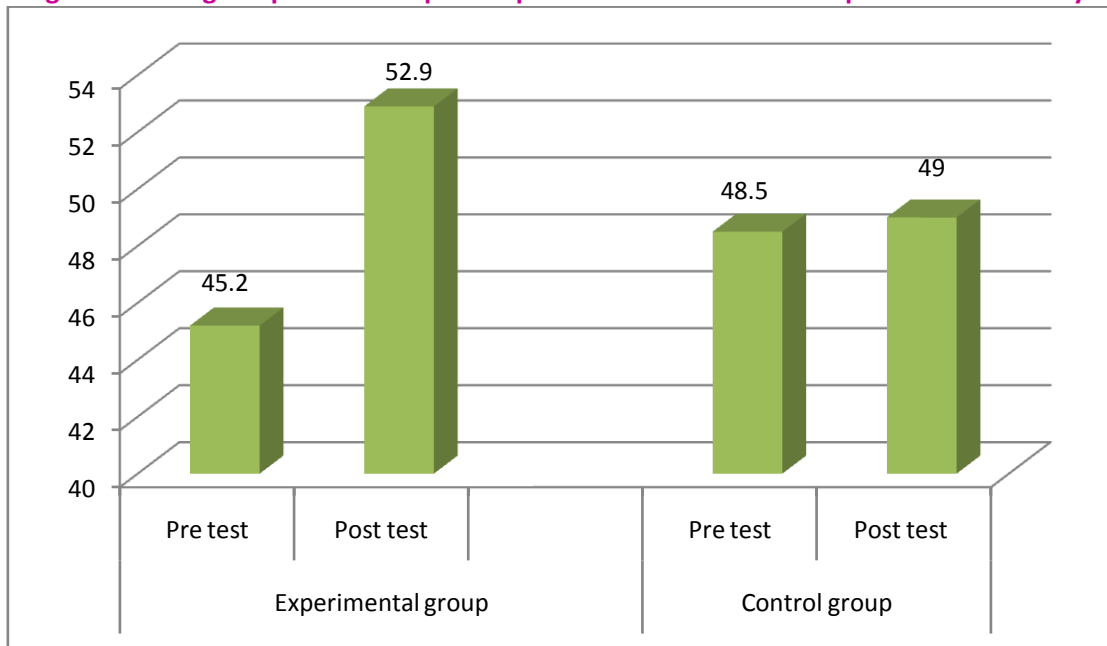
Table Shows Pre test and post test mean SD and 't' value of boys with respect to self confidence

Self confidence Test of boys

	Pre Test		Post test		t-value	Df	p-value	Remark
	Mean	SD	Mean	SD				
Experimental group	45.2000	6.08824	52.9000	3.24722	-3.985	9	.003	S
Control Group	48.5000	6.51920	49.0000	4.26875	-.432	9	.676	NS

Table No: 1. indicates the mean, SD and t valve of pre-test and of experimental group as well as control group with respect to self confidence. The mean score value of experimental group of pre-test is 45.20 and SD, 6.08 and post-test is 52.90 and SD 3.24 respectively the mean score value of control group pre-test is 48.50 and SD 6.51 and post- test is 49.00 and 4.26 respectively the t value found to be significant at 0.05 level of experimental group and it is not significant in case of control group.

Figure: showing the pre test and post improved the self confidence performance of boys



The above figure clearly indicates that the 6 weeks yoga training performance is drastically improved is the self confidence of the boys.

Table shows Pre test and post test mean SD and 't' value of girls with respect to self confidence

Self confidence Test of girls

	Pre Test		Post test		t-value	df	p-value	Remark
	Mean	SD	Mean	SD				
Experimental group	53.7000	6.53282	67.7000	5.67744	4.889	9	.001	S
Control Group	58.1000	5.45283	58.8000	4.60555	.771	9	.460	NS

Table No: 2 indicates the mean, SD and t value of pre-test and of experimental group as well as control group with respect to self confidence. The mean score value of experimental group of pre-test is 53.70 and SD, 6.53 and post-test is 67.70 and SD 5.67 respectively the mean score value of control group pre-test is 58.10 and SD 5.45 and post- test is 58.80 and 4.60 respectively the t value found to be significant at 0.05 level of experimental group and it is not significant in case of control group.

Figure: Shows the pre test and post improved the self confidence performance of girls.

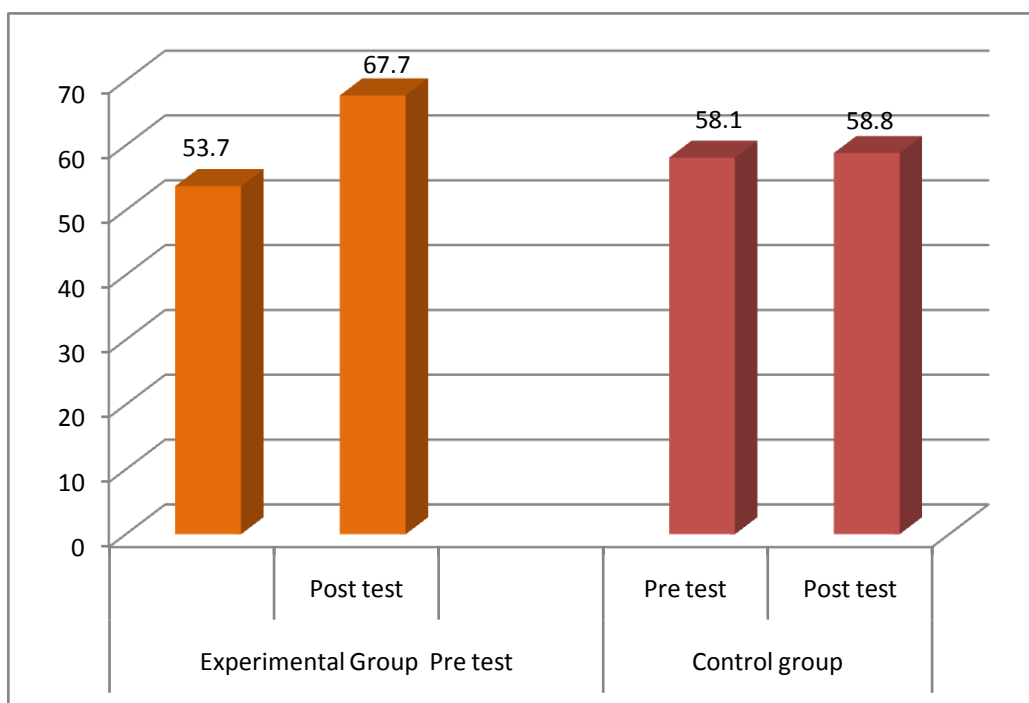


Figure clearly indicates that the 6 weeks yoga training performance is drastically improved of the self confidence of the girls.

CONCLUSION:

On the basis of results it was concluded that 6 weeks of yoga training improved the physical fitness and Personality traits and Self-Confidence.

REFERENCES:

1. Agnihotri, rekha (1986) Manual for the Self-Confidence Inventory, National Psychological Corporation, Agra.
2. Basavanna, M (1975) Manual for the Self-Confidence Inventory, Varanasi, Rupa Psychological Center.

3. Blais, A. R., Thompson, M. M., & Baranski, J. V. (2005). Individual differences in decision processing and confidence judgments in comparative tasks: The role of cognitive styles. *Personality and Individual Differences*, 38, 1701–1713.
4. Dougherty, M. R. (2001). Integration of the ecological and error models of Overconfidence using a multiple-trace memory model. *Journal of Experimental Psychology: General*,
5. Gaurav Dureja and Sukhbir Singh 'Self-confidence and decision making between psychology and physical education students: A comparative study. *Journal of Physical Education and Sports Management*,



Kum Rajeshwari G. Konnur

**Research Scholar , Department of Studies in Physical Education and Sports Sciences
Akkamahadevi Women's University Vijayapura.**