

A Study of the effect of Surya Namskar and Bhramari Pranayam on Self Confidence

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Abstract

The aim of this study was “A Study of the effect of Surya Namskar and Bhramari Pranayam on self Confidence” for this purpose 30 students were selected from Dev sanskriti Vishwavidyalaya, Haridwar by accidental sampling and the these subjects were divided in two groups one group of boys and second is girls. The duration of time was 45 days of daily practice of Surya Namsakra 10 round daily followed by Shavasana and 5 round Bhramari pranayama.

Data were collected by using self-confidence scale developed by Rekhaagnihotri. The pre post data was statistically analyzed by using ‘T’ test Result proves that Surya Namskara and Bhramari Pranayama shows a significant effect on self-confidence.

Key Words: Surya Namskar, Bhramari Pranayam, & Self Confidence

Introduction – Self Confidence is the quality of human being. It has been described as soil from which the finest flowers grow. Therefore neglecting one’s confidence for other virtues in life is said to be the greatest of follies Self-Confidence is a part of Health and Health is a natural fact of livingness – both by definition and realization. You can acquire it only by following nature and abiding by its laws. Yoga helps in avoiding things and keeping body and mind healthy. The main goals or achievements of such a kind of yoga are physical, mental, social, spiritual health these goals are attained by loving and helping all living beings, by paying respect and confidence to life by protecting Nature and the Environment. Technically, Yoga is a life style management module importing physical fitness breath- control of mind and realization of soul/Self Confidence from disease, better outlook for personal life and society, mental peace and sharpness but Yoga is not only life style it is also the way of living. Surya Namskara and Bhramari Pranayama is the part of yoga. This Excellent warming up exercise consists of a sequence of 12 positions that more the spine in various ways and flexibility in the limbs.

Technically Surya Namskara (The Sun Salutation) is not an asana but a series of gentle flowing movements synchronized with the breath and Bhramari pranayama is very useful for removing Mental and Emotional tension, Prana and Mind exert an influence on each other. When the pranas are restless, they effect the mind and vice versa. By controlling the pranas through the practice of pranayama calmness and tranquility in several ways. Many researcher are sported this work such as according to Hitendradeka et al. (2012)

Bhramari Pranayama significantly decreases the level of stress in the age of 18 to 25 years of female students according to Sunita S. Kene (2012) Yogic practice is improves the personality of students of S.V.D.Y.W.C Amravati. So we says yoga improve our holistic personality while doing the above review over the topic the researcher came effect of the present study which was to assess the effect of Surya Namskara and Bhramari Pranayama on self Confidence there is significant relation between yoga and self-confidence of University students.

Methodology -In the present study 30 student male and female both between the age group

18 to 25 years from Dev Sanskriti Vishwavidyalaya, Haridwar selected for the practice. So all had been practicing the Surya Namaskara and Bhramari pranayama followed by shavasana regularly for 35 minutes daily the period of 30 days (except Sunday and Holidays) pre- post research design had been applied in the present research work. For sample selection accidental sampling was applied on students of DSVV University. Data was statistically analyzed by

using 't' test. All the practice is completed in front of the researcher herself.

To assess the impact of yogic intervention parameters on self-confidence for the measurement of Agnihotri self-confidence inventory (A.S.C.I) 1987 developed by Rekha Agnihotri Agra had been applied one month duration the same test again being applied and the data's at 0.01 significant levels are as shown-

Result

Table - 1 Shows the effect of Surya Namaskara and Bhramari Pranayama on Self Confidence of female students -

	Mean	N	SD	T	Significance Level
Pre	67.73	30	13.42	4.16	0.01
Post	85.13	30	14.32		

(Result observed at 0.01 level of significance) t Value is 4.16, there is a Significant change at 0.01 levels in the self-confidence of female subjects.

Table – 2 Shows the effect of Surya Namaskara and Bhramari Pranayama on Self Confidence of Male students

	Mean	N	SD	T	Significance Level
Pre	72.12	30	13.22	3.96	0.01
Post	83.73	30	13.24		

(Result observed at 0.01 level of significance) t Value is 3.96, there is a Significant change at 0.01 levels in the self-confidence of male subjects.

Discussion and Conclusion –

Yoga on the basis of results came out from this study. It can be stated that there is a significant effect of Surya Namaskara and Bhramari Pranayama on self Confidence particularly on the University students.

Previous researchers (Hitendra, Sunita etc.) support this study. Observed a significant relationship between yoga practice and self-confidence yoga not only releases the mental tension it also teaches how to cop up with the

situation. Thus the practices not only brings a harmony but also the happiness in life. Pranayama produce calmness and tranquility in several ways. It clears all the pranic passages of any blockages – due to the presence of toxins. It is subdivided into the central and autonomic nervous systems. The autonomic nervous system is subdivided into the sympathetic and parasympathetic system. These two systems work in harmonious regulation. The parasympathetic system, for instance, slowdown the heart while the

sympathetic system accelerates it and between these two opposing actions the heart rate is regulated. Research suggests that long pranayamic breathing chanting activates the parasympathetic system and lowers stress (Jarath et-al. 2006) if our stress level is low so our confidence level is defiantly high. So we says pranayama increases our confidence level. Asana are useful in correcting structural

imbalances by using movements to work on each side of the body separately (Mohan, 2009) Asana promote structural well-being, Strength flexibility, Skeletal, Alignment and neuromuscular coordination and physiological well-being for optimum body function and psychological well-being. This leads to clarity and balance of mind.

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