

The Effect Of Yogic practice Enhances Self–Esteem Among Student Teachers

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Abstract

The purpose of this research was to investigate the effect of four weeks yoga training on self-esteem among student teachers. In this experimental study, demographic questionnaire, Rozenberg self-esteem inventory tool for this study were used. One hundred Sarada college of education student teachers (women) were chosen with randomized way allocated into an experimental and a control group. The experimental group participated in daily yoga classes and pranayama of 30 minutes duration for one month. Both groups were assessed again after the one month study period. The data were analyzed using descriptive Mean, SD and independent-test in statically methods. Result exposed significant increase in self-esteem.

Keywords: Yoga, Pranayama, Self-esteem, Student teachers.

Introduction:

Psychological problems are such difficulties which expose human's mental health and subsequently human's body. Yoga can also help us to balance our mind by helping us to understand that there are things that one is capable of performing, and there are some things that cannot be done. Feeling energetic and healthy will give us a psychological boost and this will translate to us having more confidence. The breathing exercise is excellent for helping us to build a more energetic body. On the other hand, it is thought that individuals who have self-esteem also can identify and find out affections, answer to the other person's emotions with self-confidence. Since, it is necessary to recognize and regulate emotions to meet to life incidents and their consequences, this capacity can be an important factor in prediction about the adaptation among peoples (Esmail et al., 2007; Karami & Matin-Rad, 2005). Researchers think that the mental and physical problems can be prevented and treated through yoga and regular practices.

One of that exercises that seems useful for this goal is yoga. In fact, the performance of yoga is an effort to inverse the stressful mental effects. And it is a way from psycho-physical illness and psycho-physical relaxation.

The role of exercise in development of self-esteem is very useful (Kalogiannis, 2006). Among girl students, after they took part in yoga exercise, they could see the reduction of stress level (Ghasemi, 2004). Moreover, other researches showed that yoga as a mental and physical exercise generally improve individuals, health feeling and reduce their stress (Chen et al., 2010; Salmon et al., 2009; S. Cowen & Adams, 2005). Researchers have sought a way to create more relaxation and mental health and physical health. All over the world, there are many researchers investigating broadly on regular exercise and particularly yoga movements in human's mental and moral health and in challenging with stress during daylight. They also inquired the yoga effect on the life quality and even the relaxation in

humans sleeping time (Carei et al., 2010; Cox et al., 2010).

Without self-confidence, we lack the initiative to perform extraordinary things for ourselves. By performing a set of breathing exercises, postures and meditation, we can maintain the balance of both their physical as well as mental health. Yoga can greatly help us enhance and strengthen our self-esteem, breathing exercises of yoga, more oxygen can enter our muscles, thus providing our muscles with more vigour and it understand more our mind as well as ourbody. With yoga, we will become more aware of our limitations, as well as our potentials. We could possibly do and able to erase all the negative thoughts from our mind. "The yoga of knowledge is perhaps the most important aspect of the Inner Yoga of meditation. It is often regarded as the highest yoga, because it takes us directly to self-realization" (Frawley, 2008, p. 79). The meditation exercises of yoga can help us grasp the concept that limitations are not downfalls, but simply shortcomings that have to be accepted. We are balanced all these thoughts and confidence in ourselves as well as our self-awareness will intensify.

The results show that we can reach to improve mind, body and totally our life quality and human mental practice by training and strengthening our body and moral (Cowen, 2010; Vadiraja et al., 2009; Telles et al., 2009). Among the students in the colleges involve in many various Res. J. Appl. Sci. Vol., 1(5): 119-112, 2014 problems and different difficulties such as, providing the education tuition, having mental disturbance about self-conceits making relationship with other students, reading the plenty volume of different materials, acquiring suitable scores and the quality of study and also programming for future years after graduating in different field, personal and professional, and

continuing the education in higher levels. Through a series of meditation and relaxing breathing exercises, one can increase the circulation of oxygen in the mind and body, thus increasing the flow of energy to our overall body. Yoga can help us to deal with the stress, even when we are placed in an alarming situation. We can deal with all self-esteemis increased.

Self Confidence is a key, not just for success in manifestation, but also a key for making genuine spiritual progress. We all know the important part confidence plays in ordinary life, allowing us to make great strides in our personal development, career, relationships, but in the spiritual realm self-confidence is equally important. In the spiritual realm we have to have confidence in our ability to work our way through the illusion of duality.

"Traditionally, yoga aims toward self-realization, a term most of us can relate to. We all want to realize our higher potential, to be or gain all that we can in life" (Frawley, 2008, p. 15). This self-awareness is also seen as key to leadership development. Hughes and Beatty (2005) describe this as knowing who you are and where you want to go. Haas and Tamarkin (1992) stress the importance of introspection as a form of self-discovery. This is consistent with the practice of yoga. "The main approach of the yoga of knowledge is self-inquiry, directly looking into whom we really are behind the veils of body and mind. It often begins with asking the question, 'Who am I?'; not just at a mental or emotional level but with our full attention and energy. Through this question one learns to dive deep within, to the mind's origin located in the heart" Frawley (2008 p.80)

Methodology

The purpose of the study was to investigate the effect of yogic practices

enhances self - esteem among Student teachers. To achieve the purpose of these study onehundred student teachers were randomly selected in Sri Sarada College of Education,Tamilnadu, India and their age ranged between 21 to 25years.

For the tests randomized group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of fifty each and named as Group 'A' and Group 'B'. Group 'A' undertook yoga practice for thirty minutes and pranayama for ten minutes once a day for thirty daysand Group 'B' undertooknot

any practice and they had their routine life.The Rosenberg self-esteem scales (**RSES**), developed by sociologist Dr. Morris Rosenberg andself-esteem measure widely used in social-science research. The data was collected. Before and after four weeks of trainingPaired't' ratio was computed. The level of significance was set at 0.01.

Results and Discussion

The primary objective of the paired't' ratio was to describe the differences between the Control group and Experimental Group mean among Student Teachers (Women)

TABLE – I

Showing Mean Difference of Experiment And Control Group Amongstudent Teachers In Their Yogic Practices of Self-Esteem

Self-Esteem	N	Mean	SD	't ' - Value	Significant/ NS Level
Control Group	50	2.54	1.19	4.95	S (0.01)
Experimental Group	50	3.34	0.89		

Required table value: 2.58 (0.01)



It is obvious fact from table that yogic practice has significant effect enhances Self-Esteem level between Experimental Group and Control group. As the mean value of experimental group is 3.34 and control group is 2.54. An examination of table indicates that the obtained't' ratio was 4.95 for self - esteem respectively. The obtained't' ratio was found to be

greater than the required table value of 2.58 at 0.01 level of significance for 1, 49 degrees of freedom. Hence it was found to be significant.

This result has better blood circulation, more oxygen flow and greater self-esteem. It enhances successful relationships among friends are very important to the

development of self-esteem for student teachers. Yoga enhances personality, emotionally stable, extroverted, and reliable individuals experience and social acceptance in self-esteem. Well self – esteem students are able to act according to what they think to be the best choice, trusting their own judgment, and not feeling guilty when others do not like their choice. They learn from the past and plan for the future, but live in the present intensely. Yoga and pranayama had positive effect on self-esteem and it is suggested that yoga is as a universal, effective and suitable sport and can lead to positive mental and physical health. Yoga is more on creating a way to balance the body by enhancing our strength and flexibility. By religiously performing yoga and pranayama it is not only the body that gains benefits from this practice, but also the mind. Pranayama can boost our metabolism, increase our lung capacity and also help us to burn fat. All of these blessings, especially looking and feeling better, also contribute to having more confidence and power. Self-esteem is the suggestion that originates from this self just as kindness, self-respect, and self-love all originate from this habitation.

The self-esteem and hold it confidently where they do not need reassurance from others to maintain their positive self - view, whereas others with defensive, high

self-esteem may still report positive self-evaluations on the Rosenberg Scale, as all great self-esteem individuals do.

Conclusion:

This result seen after data analysis conducted that the practice of yogapactices is quite effective to enhance the Self –Esteem among Student teachers from this further it can be concluded that yoga stands with yoga practices caused significant self - confident and self – realization enhancement among student teachers. They firmly believe in certain values and principles, and are ready to defend them even when finding opposition, feeling secure enough to modify them in light of experience. Student teachers admit and accept different internal feelings and drives, either positive or negative, revealing those drives to others only when they choose and they are able to enjoy a great variety of activities. They are sensitive to feelings and needs of others, respect generally accepted social rules, and claim no right or desire to prosper at others' expense. Pranayama, and yoga act as a refresher for the body and this help to enhance the Self - Esteem. Continuous yogic practice enhances self – esteem among student teachers whose personality and behaviours are changed in their life.

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