



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2021; 8(3): 234-235  
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[www.kheljournal.com](http://www.kheljournal.com)  
Received: 15-03-2021  
Accepted: 21-04-2021

**Dr. Kanthraj S**  
Director, Department of  
Physical Education,  
CBR National College of Law,  
Shivamogga, Karnataka, India

## Influence of yogic exercises on self-confidence and study skills among college boys

**Dr. Kanthraj S**

### Abstract

The purpose of the study was to find out the influence of yogic exercises on self-confidence and study skills among college boys. It was hypothesized that there would be significant differences on self-confidence and study skills due to the influence of yogic exercises among college boys. For the present study the 30 college boys were selected at random from CBR National college of Law, Shivamogga and their age ranged from 18 to 20 years. For the present study pre-test – post-test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent yogic exercises and Group 'B' has not undergone any training. The data was collected before and after six weeks of training. The data was analyzed by applying dependent 't' test. The level of significance was set at 0.05. The yogic exercises had positive impact on self-confidence and study skills among college boys of CBR National college of Law, Shivamogga.

**Keywords:** Influence, yogic exercises, self-confidence, skills

### Introduction

As we live in the age of modern science and technology, our lifestyle has become very fast. It is also becoming very hard and difficult to live a natural and normal life because of the changing scenario of the world. The very air is becoming unfit for human consumption. Our cities are growing noisier, dirtier and congested. All these do create tension. The mind is always under strain due to various social evils. Maharishi Patanjali, the father of modern concept of yoga and a great physician himself, in the 300 BC defined yoga as the complete mastery of mind and emotions. Unlike so many other philosophies of the world, it is a scientific philosophy that is wholly practical. Yoga is an exact science which has its foundation on certain immutable laws of nature and establishes "Mind over body". The gaining of a healthy body with a calm and steady mind under all circumstances is the common aspiration of every individual. The word yoga is derived from the Sanskrit word "Yuj" which means Control or „unite". Both these words quite adequately give the meaning of "yoga. Yoga postures are the physical positions that co-ordinate breath with movement and with holding the position to stretch and strengthen different parts of body. Yogic exercises are the ideal complement to other forms of physical exercises such as running, cycling, and swimming. Yogic postures systematically work on all the major muscle groups, including the back, neck and shoulders, deep abdominal, hip and even ankles, feet wrists and hands. By their very nature, yogic exercises affect all the muscles groups and organs as they simultaneously impart strength, increase flexibility and bring nourishment to internal organs. Although most poses are not aerobic in nature, they do in fact send oxygen to the cell by way of conscious deep breathing and sustained stretching and contraction of different muscle groups.

The socio-psychological concept of self- confidence relates to self-assuredness in one's personal judgment, ability, power, etc. The term study skills are used for general approaches to learning, skills for specific courses of study. There are arrays of study skills, which may tackle the process of organizing and taking in new information, retaining information, or dealing with assessments.

**Corresponding Author:**  
**Dr. Kanthraj S**  
Director, Department of  
Physical Education,  
CBR National College of Law,  
Shivamogga, Karnataka, India

## Methodology

The purpose of the study was to find out the influence of yogic exercises on self-confidence and study skills among college boys. It was hypothesized that there would be significant differences on self-confidence and study skills due to the influence of yogic exercises among college boys. For the present study the 30 college boys were selected at random from CBR National College of Law, Shivamogga and their age ranged from 18 to 20 years. For the present study pre-test – post-test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group A and Group B. Group A underwent yogic exercises and Group B has not undergone any training. The data was collected before and after six weeks of training. The

data was analyzed by applying dependent t test. The level of significance was set at 0.05.

**Table 1:** Variables and test

S. No.	Variables	Tests
1	Self confidence	Self-confidence questionnaire (Robin S. Valley)
2	Study skills	Study skills questionnaire

## Results

The findings pertaining to analysis of dependent t test between experimental group and control group on self-confidence and study skills for pre-post-test respectively have been presented in table 1 to 2.

**Table 2:** Significance of mean gains and losses between pre and post test scores on selected variables of yogic exercises group (YEG)

S. No.	Variables	Pre-test mean	Post-test mean	Mean difference	Standard deviation	DM	't' ratio
1	Self-Confidence	59.13	75.20	16.06	7.03	1.81	8.84*
2	Study Skills	66.86	80.80	13.93	14.40	3.71	3.74*

\*Significant at 0.05 level

Table 2 shows the obtained "t" ratios for pre and post-test mean difference in self-confidence (8.84) and study skills (3.74). The obtained ratios when compared with the table

value of 2.14 of the degrees of freedom <sup>[1, 14]</sup> it was found to be statistically significant at 0.05 level of confidence.

**Table 3:** Significance of mean gains and losses between pre and post test scores on selected variables of control group (CG)

S. No.	Variables	Pre-test mean	Post-test mean	Mean difference	Standard deviation	DM	't' ratio
1	Self-confidence	59.60	58.53	1.06	8.4	2.19	0.48
2	Study skills	65.80	63.40	2.40	12.70	3.30	0.72

\*Significant at 0.05 level

Table 3 shows the obtained t ratios for pre and post-test mean difference in self-confidence (0.48) and study skills (0.72). The obtained ratios when compared with the table value of 2.14 of the degrees of freedom <sup>[1, 14]</sup>, it was found to be statistically significant at 0.05 level of confidence. In case of the selected variables i.e. self-confidence and study skills the results between pre and post-test has been found significantly higher in experimental group in comparison to control group. This is possible because due to regular yogic exercises which may also bring sudden burst in self-confidence and study skills in school boys. The findings of the present study have strongly indicates that yogic exercises of six weeks have significant influence on self-confidence and study skills i.e., self-confidence and study skills of school boys. Hence the hypothesis earlier set that yogic exercises programme would have been significant influence on self-confidence and study skills in light of the same the hypothesis was accepted.

## Conclusions

On the basis of findings and within the limitations of the study the following conclusions were drawn:

1. The yogic exercises had positive impact on self-confidence and study skills among college boys of CBR National College of Law, Shivamogga.
2. The experimental group showed better improvement on self-confidence and study skills among college boys of CBR National College of Law, Shivamogga, than the control group.

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