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Effect of Reiki healing technique on selected psychological variable (self-esteem) among sedentary females

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Abstract

The purpose of the study was to investigate the "Effect of REIKI Healing Technique on Selected Psychological Variable (Self-Esteem) Among Sedentary Females." It is hypothesized that there will be no difference in the level of self-esteem among sedentary females. The objective here to assess the level of self-esteem of sedentary females. To compare the level of self-esteem among control group and experimental group of sedentary females. Total 20 subjects were taken for the study from Hazira Gwalior district and data was collected using Rosenberg Self-Esteem Scale and then 'ANOVA' test was applied by using SPSS for finding out the effect of self-esteem among sedentary females. Level of significance was set to 0.05. Significant difference was found in the level of self-esteem. On the basis of which it is concluded that REIKI healing technique works effectively in increasing the level of self-esteem among sedentary females. On the basis of which it is concluded that REIKI healing technique works effectively in increasing the level of self-esteem among sedentary females.

Keywords: Reiki, self-esteem, sedentary females, Rosenberg self-esteem scale

Introduction

Reiki is Gods love in its purest form, it is completely unconditional, it demands nothing of the giver nor of the receiver. It propounds no creed or dogma; it requires no specific belief in the supreme being or in reiki itself.

The word Reiki means "Universal Life Energy". It is defined as being that power which acts and lives in all created manner. The word consists of two parts. The syllable REI describes the Universal, boundless aspect of the energy, while KI being the vital life force energy which flows through all living beings. It is one of the highest forms of energy in existence. Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself (for example, "I am unloved", "I am worthy") as well as emotional states, such as triumph, despair, pride, and shame. Smith and Mackie (2007) [9] defined it by saying "The self-concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it." Self-esteem is an attractive psychological construct because it predicts certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behavior. Self-esteem can apply to a specific attribute or globally. Psychologists usually regard self-esteem as an enduring personality characteristic (trait self-esteem), though normal, short-term variations (state self-esteem) also exist. Synonyms or near-synonyms of self-esteem include: self-worth, self-regard, self-respect, and self-integrity. As most things in the life, REIKI must be experienced to be appreciated. Practicing the technique of reiki regularly amplifies the energy of the person eliminates stress, fatigue and negative emotions such as anger, frustration and depression, leaving the mind calm, focused and the body energized, completely relaxed. REIKI, the Cosmic Energy, is a boon to mankind. In short, a pathway to good health, joy, peace, happiness, and harmony within and around. This research study is an attempt to find out the effect of REIKI healing technique among sedentary females.

Methodology

Total of 20 subjects were selected for the study out of which 10 were in experimental group and 10 were in control group.

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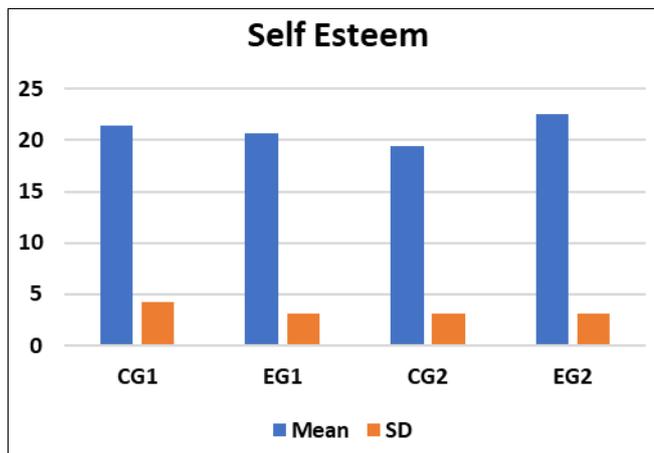
The females were selected from the Hazira, Gwalior district. All the 20 subjects lie in the age group of 19-25 years. Selection of the subjects were done by Random Sampling. For the measurement of self-esteem of the sedentary female, (Rosenberg Self-Esteem Scale) was used. Prior to data collection, all subjects were instructed how to fill the inventory and inventory was filled by all the 20 subjects under the supervision to maintain the accuracy of results.

For the comparison of the level of depression of the sedentary female's 'ANOVA' was used by using SPSS. Level of significance for the study was 0.05. The data collected from the Rosenberg Self-Esteem Scale was treated statistically and 'ANOVA' was employed to the data. The statistical analysis of the raw score is represented in tables below:

Self Esteem

Table 1: Descriptive

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
CG1	10	21.4000	4.24788	1.34330	18.3613	24.4387	16.00	27.00
EG1	10	20.7000	3.12872	.98939	18.4618	22.9382	15.00	24.00
CG2	10	19.4000	3.13404	.99107	17.1580	21.6420	14.00	24.00
EG2	10	22.6000	3.16930	1.00222	20.3328	24.8672	17.00	27.00
Total	40	21.0250	3.51909	.55642	19.8995	22.1505	14.00	27.00



Graph 1(a): Self Esteem

Table 1 and graph 1 (a)s shows the descriptive statistics of self-esteem among sedentary females. A total of 20 sedentary

females were taken (10 in control group and 10 in experimental group) in which the Mean value of self -esteem for CG1 is 21.40, for EG1 is 20.70, for CG2 is 19.40 and EG2 is 22.60. The standard deviation of self -esteem among sedentary females of CG1 is 4.24, for EG2 is 3.12, for CG2is 3.13 and for EG2 is 3.16.

Table 2: Anova

Self-esteem					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	53.675	3	17.892	1.500	.231
Within Groups	429.300	36	11.925		
Total	482.975	39			

Table 2 shows the sum of squares between groups i.e., 53.67 and sum of squares within groups is 429.30 and total sum of square is 482.975 which shows no significant difference between the groups.

Table 3: shows the sum of squares between groups

Multiple Comparisons						
Dependent Variable: Self-Esteem						
LSD						
(I) Group	(J) Group	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
CG1	EG1	.70000	1.54434	.653	-2.4321	3.8321
	CG2	2.00000	1.54434	.204	-1.1321	5.1321
	EG2	-1.20000	1.54434	.442	-4.3321	1.9321
EG1	CG1	-.70000	1.54434	.653	-3.8321	2.4321
	CG2	1.30000	1.54434	.405	-1.8321	4.4321
	EG2	-1.90000	1.54434	.227	-5.0321	1.2321
CG2	CG1	-2.00000	1.54434	.204	-5.1321	1.1321
	EG1	-1.30000	1.54434	.405	-4.4321	1.8321
	EG2	-3.20000*	1.54434	.045	-6.3321	-.0679
EG2	CG1	1.20000	1.54434	.442	-1.9321	4.3321
	EG1	1.90000	1.54434	.227	-1.2321	5.0321
	CG2	3.20000*	1.54434	.045	.0679	6.3321

*. The mean difference is significant at the 0.05 level.

Table 4: Shows that mean value of CG1, EG1, CG2 and EG2 is 21.40, 20.70, 19.40 and 22.60

Group 1	Group 2	Mean 1	Mean 2	Mean Difference	Significance Value
CG1	EG1	21.40	20.70	.70	.653
	CG2	21.40	19.40	2.0	.204
	EG2	21.40	22.60	-1.2	.442

Table 4 shows that mean value of CG1, EG1, CG2 and EG2 is 21.40, 20.70, 19.40 and 22.60 respectively with the mean difference of .70, 2.0 and -1.2 respectively and the significance value of the groups are 0.653, 0.204, 0.442 respectively and no significant difference is found between the groups.

Table 5: Shows that mean value of EG1, CG2 and EG2 is 20.70, 19.40 and 22.60

Group 1	Group 2	Mean 1	Mean 2	Mean Difference	Significance Value
EG1	CG2	20.70	19.40	1.30	.405
	EG2	20.70	22.60	-1.9	.227

Table 5 shows that mean value of EG1, CG2 and EG2 is 20.70, 19.40 and 22.60 respectively with the mean difference of 1.30 and -1.9 respectively and the significance value of the groups are 0.405 and 0.227 respectively. Hence no significant difference is found between the groups.

Table 6: Shows that mean value of CG2 and EG2 is 19.40 and 22.60

Group 1	Group 2	Mean 1	Mean 2	Mean Difference	Significance Value
CG2	EG2	19.40	22.60	-3.20	.045

Table 6 shows that mean value of CG2 and EG2 is 19.40 and 22.60 respectively with the mean difference of -3.20 respectively and the significance value is 0.045 and hence significant difference is found between the groups.

Discussions of findings

The purpose of this study was to determine the "Effect of Reiki on Selected Psychological Variable (Self-Esteem) Among Sedentary Females." For the purpose of the study, 20 sedentary females were taken as subjects and data was collected through questionnaire method. Rosenberg Self-Esteem Scale was used to find out the level of self-esteem among sedentary females. All the 3 variables were considered separately which is discussed as below: The Mean value of self-esteem for CG1 is 21.40, for EG1 is 20.70, for CG2 is 19.40 and EG2 is 22.60. The standard deviation of self-esteem among sedentary females of CG1 is 4.24, for EG2 is 3.12, for CG2 is 3.13 and for EG2 is 3.16. The one-way ANOVA was applied and no significant difference was found between CG1 and EG1, CG1 and EG2, CG1 and EG2, EG1 and CG2, EG1 and EG2 and the significant difference was found between CG2 and EG2.

Result

The purpose of this study is to determine the effect of reiki on psychological variables among sedentary females. For self-esteem the data was collected through Rosenberg Self-Esteem Scale, to determine the level of self-esteem. The collected data was statistically treated and the result of the 'Descriptive statistics and One-Way ANOVA' along with the findings of the study are presented in this section, s shows that mean value of EG1, CG2 and EG2 is 20.70, 19.40 and 22.60 respectively with the mean difference of 1.30 and -1.9 respectively and the significance value of the groups are 0.405 and 0.227 respectively.

Hence no significant difference is found between the groups. And the significance value is 0.045 and hence significant difference is found between the groups. The mean value of CG2 and EG2 is 19.40 and 22.60 respectively with the mean difference of -3.20 respectively and the significance value is 0.045 and hence significant difference is found between the groups.

Conclusion

The present research was conducted in order to find out the, "Effect of REIKI on Selected Psychological Variable (Self-Esteem) Among Sedentary Females". Sedentary females and

emotionally stability has been studied broadly from last few decades, yet the researchers have not reached to an imperfect perceptive of the association between the sedentary females and emotionally stability. As the sedentary females remain at home or else, they are working, they undergo many emotional problems such as anxiety, depression and self-esteem. Thus, a lot of researchers still try to see the link between the concepts and researchers not only in the discipline of emotional stability but also in various other disciplines continuously trying to make a general agreement about the relationship in order to illuminate and improve the condition of sedentary females. However, the current research is an attempt to show that REIKI is also one of the techniques to provide emotional stability to sedentary females. Now a days it is important to distinguish the level of anxiety as it is the major concerns for anyone's health and most importantly among sedentary females as they are bounded by many issues and problems whether working or being at home.

This current study is the attempt to find out the effect of REIKI among sedentary females and how REIKI has its positive effect on increasing the level of self-esteem. The present study also shows the positive effect of REIKI on self-esteem.

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