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EFFECTS OF DIFFERENT PACKAGES OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES AMONG ADOLESCENT GIRLS

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ABSTRACT:

A study is intended to study about the effects of different packages of yogic practices on selected psychological variable among stressed adolescent girls. To facilitate the study, the investigator selected eleventh standard higher secondary school girls' students in Chidambaram area in the age group of 16 years at adolescent stage. At first, the randomly selected 120 girl students were tested on their stress level. Finally, the selected 60 girl students with stress were divided into three groups, one control and two experimental groups consisting of 20 adolescent girl students in each group. Pre-test was conducted for all the subjects on selected psychological varia-ble self-confidence. The experimental groups were provided with the training protocols, namely Yogic Packages-1 and Yogic Packages-2 respectively. The post-test was conducted on the above said dependent variable after a period of eleven weeks experimental training. The difference between the initial and final scores on selected variables was considered as the effect of experimental treatments, namely Yogic Packages-1 and Yogic Packages-2 respectively on stressed girls. The statistical significance was tested using ANCOVA. It was found that there exists significant differences in yogic practices of Experimental group I and Experimental group II than the control group on self-confidence among stressed adolescent girls and significant differences in yogic practices exists between the Experimental group I and Experimental group II on self-confidence among stressed adolescent girls. Therefore, it was concluded that eleven weeks of different packages of yogic practices, there was signi-ficant improvement in Self-Confidence for Experimental Group I(Group B) and Experimental Group (Group C) than Control Group (GroupA) of stressed adolescent girls and the differences were significant at 0.05 levels.

KEY WORDS: Yogic Practices , Psychological Variables , training protocols.

INTRODUCTION:
YOGA AND HUMAN LIFE

The aim of human life is to excel. Human being is the smallest unit of a nation. If all the citizens of a nation can excel, the society will excel and ultimately the nation will excel. Therefore for a nation to be strong the individuals of the nation should be physically healthy, cheerful, enthusiastic, affectionate, tolerant, giving service to the society, characterful, truthful, universal fraternity and patriotic, philanthropy, all round healthy and blissful. For acquiring all the above virtues the practice of yoga is a simplest way. Because of modernization, the present student community has become highly competitive, and face this competition at every phase of their life. Today a student is overloaded with daily living stressors, and lives a light rope existence trying to cope up with the tremendous pressures form all socialised institutions, whether, it is school, family or society. These are resulting in various stress related ailments, physiological and psychological problems which pose threat and challenges for the physical as well as mental well being of the students to this twenty first century students especially adolescent girls'.

SELF-CONFIDENCE AND ADOLESCENTS

The adolescents are experiencing various strong cognitive and physical changes, hence proper guidance at this crucial phase of life is all the more important for enhancing their positive self-concept, enriching their knowledge and skills in decision-making, conflict resolution and management of emotions. Many researchers have proved that this is the most impressionable period of one's life and it is during this time the vital foundation is laid for optimum development of an individual personality.

The attitude which a adolescent hold towards herself especially those dealing with self esteem and self worth play an important role in the development of ones personality. It has been argued that the today's' adolescents' girl students self confidence and their educational achievement in school are not independent phenomenon. These are affected by some of the factors like school and family environments as well as level of parent involvement. Self confidence is an essential factor for achievement and basis for the life success. It acts as a foundation for the development of human beings. Success in any field largely depends on degree of self confidence of a person. Those students having high self confidence face the difficulties firmly and perform their work in positive manner.

YOGIC PRACTICES FOR THE PRESENT CONTEXT

Yoga is an ancient discipline and recognised as the most important valuable of Indian Rishi culture which is a science and art to evoke the hidden potentialities of man to become develop his physical, mental, intellectual, emotional, moral, spiritual aspects in a harmonious and integrated fashion to meet all round challenges in this modern technological era. Yoga in which the yogic practices are the different systematic and scientific postures among the most widely used in assessment and treatment efforts with students and their popularity has increased on now-a-days because of mounting pressures to provide service to youth more rapidly and efficiently. It is mainly focused on modifying "inner-characteristics" of the individual such as changing 'irrational' thought, and many other involving a combination of strategies focused on overt and covert behaviour.

Yogic practices or techniques included a combination of various asanas (postures), mudras, pranayamas, and meditations. Asanas like suptavajrasan, ardha-matsayendrasan, dhanurasasn, pashchimottasan, pavanmuktasan, tadasan, bhujangasan and shavasan, mudras(symbols) like yogamudra, gyanmudra, bhairavmudra, hridayamudra and pranayams (breathing excercises) like bhasrika, anulom-vilom and bhramry pranayam are the certain yogic practices that reduces the stress,

anxiety and mental distress among the stress students and have positive improvement over the self confidence and self efficiency of the stressed students.

SCOPE OF THE STUDY

The findings of the study would be reliable source to the Yoga teachers to include the Yogic Packages-I and Yogic packages as simplified physical exercises as a part of their training in suggesting healthful living of adolescent stress girls. The findings of the study may help to compare and contrast the changes that occur in selected psychological variables such as stress, and self-confidence among adolescent girls.

STATEMENT OF THE PROBLEM

The purpose of the study was to find that Effects of different packages of yogic practices on selected psychological variables among adolescent Girls.

OBJECTIVES OF THE STUDY

The primary objectives of the present study is to know whether there would be significant differences in yogic practices of Experimental group I and Experimental group II than the control group on psychological variables stress and self-confidence among adolescent girls.

HYPOTHESES

1.There would be significant differences in yogic practices of Experimental group I and Experimental group II than the control group on stress among adolescent girls.
2.There would be significant differences in yogic practices of Experimental group I and Experimental group II than the control group on self-confidence among adolescent girls.

DEFINITION OF THE KEY TERMS

Packages of yogic practices: According to the researcher, it is set of packages of yoga to practising selected set of asanas, mudras, pranayama and meditation techniques with respect to limited time.
Stress: According to the researcher, stress is an autonomic response to the external or environmental stimulus.
Self-Confidence: According to the researcher, it is the belief that one can successfully perform a desired behaviour. It refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right.
Stressed Adolescent Girls : According to the researcher, the adolescent girl students who suffered with the stress problem are referred as stressed adolescents in this research.

EXPERIMENTAL DESIGN

The study was formulated as a true experimental random design, consisting of a pre-test and post-test. The subjects [N=60] were randomly assigned to three groups of twenty adolescent girls with stress in each group. The Pre-test on self-confidence was tested with standardized tool. The group was assigned as one control and two experimental groups. The experimental groups were provided with the training protocols, namely Yogic Packages-1 and Yogic Packages-2 respectively. The post-test was conducted on the above said dependent variables after a period of eleven weeks experimental training. The difference between the initial and final scores on selected variables was considered as the effect of experimental treatments, namely Yogic Packages-1 and Yogic Packages-2 respectively on stressed girls.

SELECTION OF VARIABLES

The dependent variables of the study were stress and confident. The experimental groups were provided with the six days demo followed by eleven weeks with yogic packages I & II and were considered as the independent variables of the present study.

TOOLS

The standard psychological tool devised by Everly and Girdano's(2009) was used to quantify psychological stress and the standard psychological tool devised by Agnihotry Rekha(1989) Self-Confidence inventory was used to quantify psychological self confidence.

RELIABILITY OF THE RESEARCH TOOLS

For the research tool Everly and Girdano Stress Scale Agnihotry Rekha Self-Confidence Inventory (ASCI), the reliability co-efficient values were found to be 0.86 and 0.84.

TRAINING PROGRAMME

The subjects in the experimental groups were participated in Yogic Packages-1 and Yogic Packages-2 and the control group (Group-A) had no practices. The pre-test initially and post-tests finally were conducted on all the selected subjects (N=60) as on the criterion measure at the end of the experimental training programme. The training programme consists of pre-training session lasts for 20 minutes in a day for the six days and the regular training lasts for 25 minutes in a day for Yogic Packages-1 for experimental group-1 and 45 Minutes in a day for Yogic Packages-II for experimental group-2 for the eleven weeks.

STATISTICAL ANALYSIS

The simple ANCOVA,statistical analysis has been used for the analysis and interpretation.

ANALYSIS AND INTERPRETATION
STRESS

Table – I shows the variance of Stress among Control Group A, Yogic Packages of Experimental Group –I (Group – B) and Experimental Group –II (Group – C) of adolescent girls.

TABLE-I
ANALYSIS OF CO-VARIANCE OF THE MEANS OF THE CONTROL GROUP AND TWO EXPREIEMENTAL GROUPS IN STRESS

Type of Test	Control Group A	Group B	Group C	Source of variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre-Test Mean	27.30	27.95	27.90	Between	5.233	2	2.617	1.715
				Within	86.950	57	1.525	
Post-Test Mean	27.55	24.15	22.50	Between	265.233	2	132.617	53.047*
				Within	142.500	57	2.500	
Adjusted Post-Test Mean	27.66	24.08	22.45	Between	270.572	2	135.286	55.723*
				Within	135.958	56	2.428	
Mean Difference	3.58	1.63	5.21	-	-	-	-	-

* Significant at 0.05 level Note: Table F-Ratio at 0.05 level of Confidence for 2 and 57 (df) = 3.103, 2 and 56 (df) = 3.103
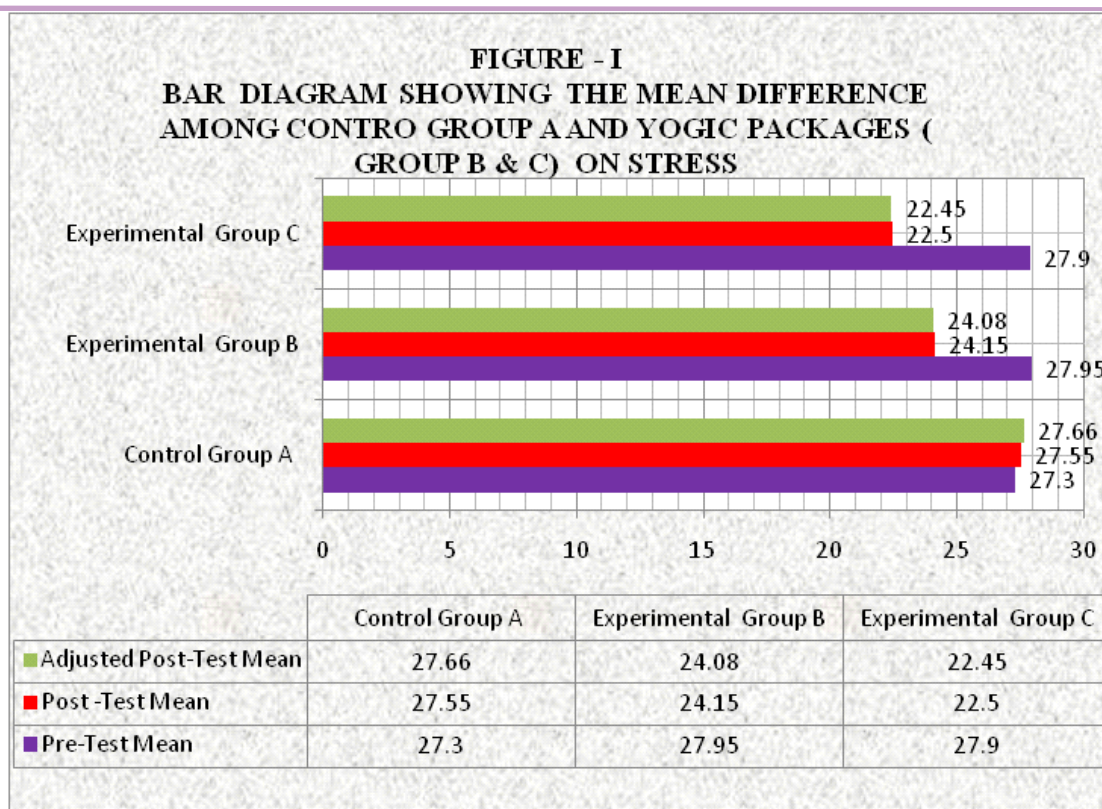
The obtained value on pre-test scores 1.715 was lesser than the required F value of 3.103 to be not significant at 0.05 level. This proved that there was no significant at 0.05 levels. This proved that there was no significant difference between the groups pre-test and post test and the randomization at the pre-test was equal. The post test scores analysis proved that there was significant difference between the groups, as the obtained F – Value 53.047 was greater than the required F-value of 3.103. This proved that the differences between the post test means of the subjects were significant.

Taking into consideration the pre-test and post test scores among the groups adjusted mean scores were calculated and subjected to statistical treatment. The obtained F-value of 55.723 was greater than the required F value of 3.103 and significant at 0.05 level of significance. This proved that the there was significant differences among the means due to eleven weeks of yogic practices on psychological component, Stress. Since the significant improvements were recorded, the results were subjected to Post-Hoc analysis using the Scheffe's Confidence interval test. The results were presented in Table-I(A).

TABLE – I (A)
SCHEFFE'S POST-HOC TEST FOR RESTING PULSE RATE

Mean Difference			Mean Difference	Required C.I
Control Group A	Group B	Group C		
27.66	24.08	-	3.58	1.51
-	24.08	22.45	1.63	1.51
27.66	-	22.45	5.21	1.51

The multiple mean comparisons shown in Table I (A) proved that there existed significant difference between the adjusted means of Control Group A, Yogic Packages of Experimental Group I (Group-B), and Yogic Packages of Experimental Group -II (Group-C). There was significant difference between Yogic Practices of Yogic Packages of Experimental Group -I (Group-B) and Yogic Packages of Experimental Group -II (Group-C). The ordered adjusted means on Stress was presented through bar diagram for better understanding of the results of this study in Figure I.

FIGURE - I
BAR DIAGRAM SHOWING THE MEAN DIFFERENCE AMONG CONTRO GROUP A AND YOGIC PACKAGES (GROUP B & C) ON STRESS

	Control Group A	Experimental Group B	Experimental Group C
Adjusted Post-Test Mean	27.66	24.08	22.45
Post -Test Mean	27.55	24.15	22.5
Pre-Test Mean	27.3	27.95	27.9

DISCUSSION ON THE FINDINGS OF STRESS

The Table-I (A) shows that the Scheffe's Confidence interval values of Stress among Control Group (Group A), Yogic Packages of Experimental Group – I (Group – B), and Yogic Packages of Experimental Group – II (Group – C) of stressed adolescent girls.

From the Table-I (A), it is clear that the mean value of Control group (Group A) and Yogic Packages of Experimental Group-I (Group B), Yogic Packages of Experimental Group-I (Group B) and Experimental Group-II (Group C), and Yogic Packages of Experimental Group -II (Group C) and Control group (Group A), of stressed adolescent girls were 27.66, 24.08 and 22.45 respectively.

The mean difference between Control group (Group A) and Yogic Packages of Experimental Group-I (Group B), Yogic Packages of Experimental Group-I (Group B) and Experimental Group-II (Group C), and Yogic Packages of Experimental Group -II (Group C) and Control group (Group A), of stressed adolescent girls were 3.58, 1.63 and 5.21 respectively.

The required Scheffe's confidence interval to be significant at 0.05 level was 1.51 and the difference between Control group (Group A), Yogic Packages of Experimental Group – I (Group – B), and Yogic Packages of Experimental Group – II (Group – C), of adolescent girls were greater than required confidence interval and hence it is significant. There is significant differences in yogic practices of Experimental group I and Experimental group II than the control group on psychological variable like stress among adolescent girls and significant differences in yogic practices exists between the Experimental group I and Experimental group II on selected psychological variables like stress among adolescent girls.

Therefore, it was found that due to eleven weeks of different packages of yogic practices, there was significant reduction in Stress for Experimental Group B and Experimental Group C than Control Group A of adolescent girls and the differences were significant at 0.05 levels.

SELF CONFIDENCE

The Table – II shows the variance of Self Confidence among Control Group A, Yogic Packages of Experimental Group – I (Group – B) and Experimental Group – II (Group – C) of stressed adolescent girls.

TABLE-II
ANALYSIS OF CO-VARIANCE OF THE MEANS OF THE CONTROL GROUP AND TWO EXPREIEMENTAL GROUPS IN SELF CONFIDENCE

Type of Test	Control Group A	Group B	Group C	Source of variance	Sum of Squares	Df	Mean Squares	Obtained F-ratio
Pre-Test Mean	29.85	29.10	29.55	Between	5.700	2	2.850	0.546
				Within	297.300	57	5.216	
Post-Test Mean	29.45	26.45	22.95	Between	423.333	2	211.667	50.093*
				Within	240.850	57	4.225	
Adjusted Post-Test Mean	29.25	26.61	22.92	Between	405.081	2	202.540	75.423*
				Within	150.382	56	2.685	
Mean Difference	2.64	3.69	6.33	-	-	-	-	-

* Significant at 0.05 level Note: Table F-Ratio at 0.05 level of Confidence for 2 and 57 (df) = 3.103, 2 and 56 (df) = 3.103

The obtained value on pre-test scores 0.546 was lesser than the required F value of 3.103 to be not significant at 0.05 level. This proved that there was no significant at 0.05 level. This proved that there was no significant difference between the groups pre-test and post test and the randomization at the pre-test was equal. The post test scores analysis proved that there was significant difference between the groups, as the obtained F – Value 50.093 was greater than the required F-value of 3.103. This proved that the differences between the post test means of the subjects were significant.
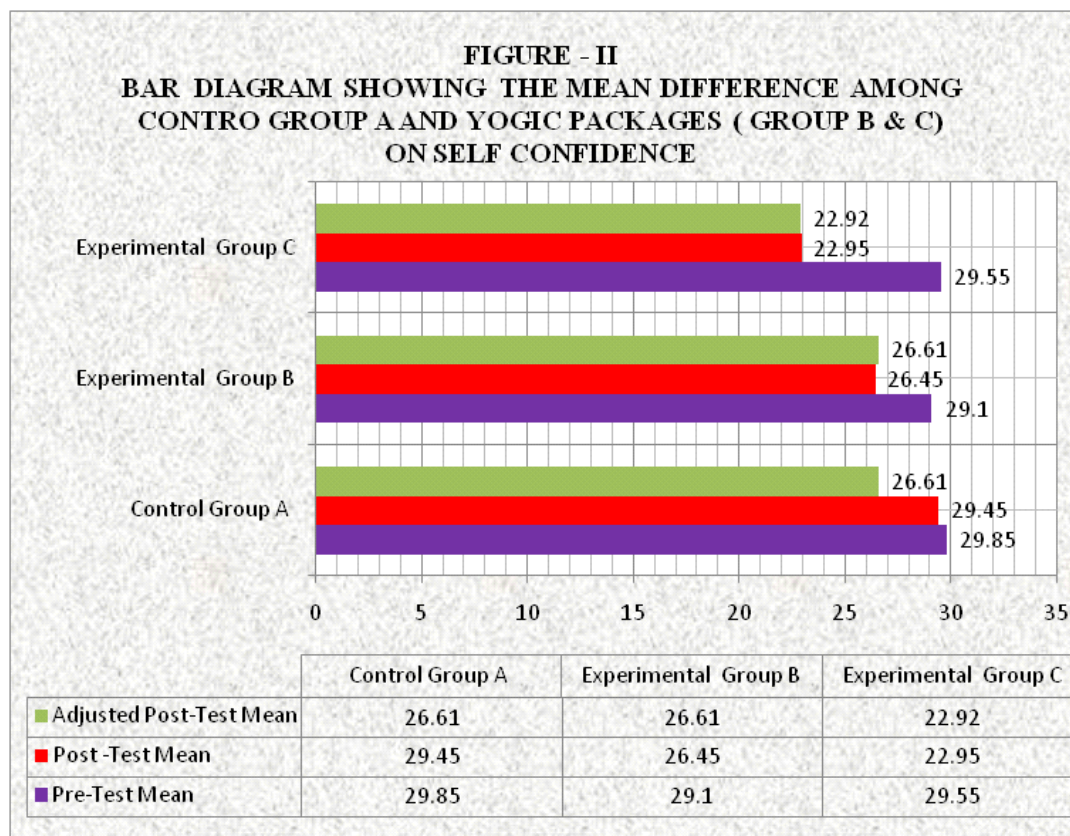
Taking into consideration the pre-test and post test scores among the groups adjusted mean scores were calculated and subjected to statistical treatment. The obtained F-value of 75.423 was greater than the required F value of 3.103 and significant at 0.05 level of significance.. This proved that the there was significant differences among the means due to eleven weeks of yogic practices on psychological component, Self confidence. Since the significant improvements were recorded, the results were subjected to Post-Hoc analysis using the Scheffe's Confidence interval test. The results were presented in Table- II (A)

TABLE – II (A)
SCHEFFE'S POST-HOC TEST FOR RESTING SELF CONFIDENCE

Mean Difference			Mean Difference	Required C.I
Control Group A	Group B	Group C		
29.25	26.61	-	2.64	1.59
-	26.61	22.92	3.69	1.59
29.25	-	22.92	6.33	1.59

The multiple mean comparisons shown in Table II (A) proved that there existed significant difference between the adjusted means of Control Group A, Yogic Packages of Experimental Group I

(Group-B), and Yogic Packages of Experimental Group -II (Group-C). There was significant difference between Yogic Practices of Yogic Packages of Experimental Group -I (Group-B) and Yogic Packages of Experimental Group -II (Group-C).The ordered adjusted means on Self Confidence was presented through bar diagram for better understanding of the results of this study in Figure II.

FIGURE - II
BAR DIAGRAM SHOWING THE MEAN DIFFERENCE AMONG CONTRO GROUP A AND YOGIC PACKAGES (GROUP B & C) ON SELF CONFIDENCE

	Control Group A	Experimental Group B	Experimental Group C
■ Adjusted Post-Test Mean	26.61	26.61	22.92
■ Post -Test Mean	29.45	26.45	22.95
■ Pre-Test Mean	29.85	29.1	29.55

DISCUSSION ON THE FINDINGS OF SELF CONFIDENCE

The Table-II (A) shows that the Scheffe's Confidence interval values of Self Confidence among Control Group (Group A), Yogic Packages of Experimental Group – I (Group – B), and Yogic Packages of Experimental Group – II (Group – C) of stressed adolescent girls. From the Table-II (A), it is clear that the mean value of Control group (Group A) and Yogic Packages of Experimental Group-I (Group B), Yogic Packages of Experimental Group-I (Group B) and Experimental Group-II (Group C), and Yogic Packages of Experimental Group -II (Group C) and Control group (Group A), of stressed adolescent girls were 29.25, 26.61 and 22.92 respectively.

The mean difference between Control group (Group A) and Yogic Packages of Experimental Group-I (Group B), Yogic Packages of Experimental Group-I (Group B) and Experimental Group-II (Group C), and Yogic Packages of Experimental Group -II (Group C) and Control group (Group A), of stressed adolescent girls were 2.64, 3.69 and 6.33 respectively.

The required Scheffe's confidence interval to be significant at 0.05 level was 1.59 and the difference between Control group (Group A), Yogic Packages of Experimental Group – I (Group – B), and Yogic Packages of Experimental Group – II (Group – C), of adolescent girls were greater than required confidence interval and hence it is significant. There is significant differences in yogic practices of Experimental group I and Experimental group II than the control group on psychological variable like

self-confidence among stressed adolescent girls and significant differences in yogic practices exists between the Experimental group I and Experimental group II on selected psychological variables like self-confidence among stressed adolescent girls.

Therefore, it was found that due to eleven weeks of different packages of yogic practices, there was significant reduction in Self-Confidence for Experimental Group B and Experimental Group C than Control Group A of stressed adolescent girls and the differences were significant at 0.05 levels.

CONCLUSIONS

The following are the important conclusions were drawn.
• The practices of the Yogic packages I and Yogic Packages II significantly reduced the Stress of the adolescent girls. The Yogic Packages II is more effective in reducing the Stress than the Yogic Packages I.
• The practices of the Yogic packages I and Yogic Packages II significantly improved the Self Confidence of the adolescent girls with stress. The Yogic Packages II is more effective in improving the Self Confidence than the Yogic Packages I.

RECOMMENDATIONS

The findings of the study proved that the yogic practices of Yogic Packages I and Yogic Packages II significantly reduced stress and improved the self-confidence of the adolescent girl students. The Yogic Packages II is more effective in improving the psychological variables than the Yogic Packages I. Hence it was suggested that practices of Yogic Packages II can be popularized among adolescent girl students for their development. It is recommended that to the teachers, physician and yoga teachers to recommend Yogic Packages II for the health and mental wellbeing of the adolescent stressed girls.

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