



EFFECT OF SELECTED PRANAYAMA (NADISUDHI, BRAMARI) ON SELF EFFICACY, SELF-ESTEEM, SELF-CONCEPT AMONG STATE LEVEL KHO-KHO PLAYERS.

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ABSTRACT- The purpose of the study was to find out the effects of psychological variables between pranayama trainees and control group among the twenty Kho-Kho students of age range 15-17 were randomly selected SMMHSS PAZHAMBALACODE PALAKKAD DISRICT. To measure Self-concept, Self-efficacy, Self-esteem to measure Rosenberg Scale is used. The mean and standard deviation of the two groups were calculated. The difference between mean was derived and t-ratio was worked out, t-ratio was used to find out the significant difference of the mean of pranayama trainees and control group. In the case of self-concept by using by test the obtained t-ratio 5.43 was greater than of 2.101 at 0.05 levels of significance for the degree of freedom 18. Therefore the difference between the mean was statistically significant and hypothesis was accepted In the case of speed of self-efficacy by using by the obtained t-ratio 4.72 was greater than the table t-value of 2.101at 0.05 levels of significance for the degree of freedom 18. Therefore the difference between the mean was statistically significant and hypothesis was accepted. In the case of self-esteem by using by the obtained t-ratio 4.56 was greater than the table t-value of 2.101 at levels of significance for the degree of freedom 18. Therefore the difference between the mean was statistically significant and hypothesis was accepted.

Keywords: Psychological, Pranayama, Kho-Kho Players.

I. INTRODUCTION

Yoga is an extraordinary, exemplary and uniquely Indian technique that helps man to develop a deep awareness of every vibration and pulsation within the level of the body, mind and intellect, by virtue of which he can master the internal forces and external. Pranayama is the yogic technique to bring the breath regularly, rhythmic and balanced. Generally pranayama's are breathing exercises to control the breath.

Self-efficacy is the belief in one's effectiveness in carrying out specific tasks. People who consider themselves highly effective think and feel differently from those who perceive themselves as ineffective. Self-esteem as an experience of being competent to face the fundamental challenge of life and to be worthy of happiness. The self-concept is the belief of the individual about himself, including the attributes of the person and who and what the self is.

1.1 STATEMENT OF THE PROBLEM

The core aim of the present study was to find out the "effect of selected pranayama (Nadisudhi, Bramari) on self-efficacy, self-esteem, self-concept among State level Kho-Kho players".

1.2 OBJECTIVES OF THE STUDY

The study will objective with following ways:

1. To analyze the effect of pranayama on self-efficacy among kho-kho players.

2. To analyze the effect of pranayama on self- esteem among kho-kho players.
3. To analyze the effect of pranayama on self-concept among kho-kho players.

1.3 RESEARCH HYPOTHESIS

1. It was hypothesized that the pranayama (Nadishudhi, Bramari) provide significant improvement on self-efficacy, self-esteem and self-concept among state level Kho-Kho players.
2. It was hypothesized that there would be significant improvement to the self-concept rather than self-efficacy and self-esteem as the effect of selected pranayama (Nadishudi, Bramari) among state level Kho-Kho players.

1.4 DELIMITATIONS

1. The study was delimited to a total of 20 Kho-Kho players randomly selected from the higher secondary school, Pazhambalacode, Palakkad.
2. Their age group ranged between 15 and 17 years.
3. For this study the dependent variable are delimited to self-efficacy, self-esteem, and self-concept.
4. The study was delimited to selected pranayama .pranayama namely Nadisudhi, Bramari.

1.5 LIMITATIONS

1. Diet, daily routines and body type of the subject were not taken in to consideration.
2. The quantum of the physical exercise, life style, physiological stress and other factors that affect the metabolic functions were also not taken in to consideration.
3. Previous experience of the subject in the field of sports and games which may influence the training and data collection, were not taken in to consideration.

II. METHODS AND MATERIALS

2.1 SELECTION OF SUBJECTS

20 Kho-Kho students of age range from 15-17 were randomly selected from SMMHSS PAZHAMBALACODE PALAKKAD DISTRICT. They were randomly divided into two groups: (1) a group of 10 subjects (with pranayama) as experimental group and (2) a group of 10 subjects (without pranayama) as control group. 1 signed informed consent obtained from all the subjects.

2.2 SELECTION OF VARIABLES

The research scholar reviewed the available scientific literature pertaining to the study from books, journals, and research papers. Taking into consideration the feasibility of adaptation by the subjects self-esteem, self- concept, self- efficacy, selected as variables.

2.3 ADMINISTRATION OF TEST

This study was conducted among 20 subjects; these 20 subjects were randomly divided into two groups, 10 for experimental group, those who were practicing pranayama for one month and 10 were selected for control group, who were not practicing pranayama. The subjects were demonstrating pranayama regularly. Practicing of pranayama was done in peaceful, lighted and well ventilated room at comfortable temperature between 4.30pm to 5.30pm. Clothing was minimal and very loose.

TABLE -1

Date	Time(pm)	Practice	Duration
28-Jan-2019	4.30-4.50	Speech about pranayama	15 minutes

	4.50-5.05	Nadishodhana pranayama	5 rounds
	5.5-5.20	Bramari pranayama	5 rounds
29-Jan-2019	4.30-5.00	Nadishodhana pranayama	9 rounds
	5.00-5.30	Bramari pranayama	9 rounds
30-jan-2019	4.30-5.00	Nadishodhana pranayama	15 rounds
	5.00-5.30	Bramari pranayama	15 rounds
31-jan-2019	4.30-5.00	Nadishodhana pranayama	20 rounds
	5.00-5.30	Bramari pranayama	20 rounds

2.4 STATISTICAL TECHNIQUES

The following statistical procedure was used to compare the selected variables between pranayama group and control group. Since the two samples were practicing different training procedures the calculation was done by unpaired method. For the purpose of testing the significant difference between the mean of two groups, t-ratio was computed.

T-ratio was calculated by using the following formula.

$$t = \frac{\bar{x} - \bar{y}}{\sqrt{\frac{\sigma_1^2}{n_1} + \frac{\sigma_2^2}{n_2}}} \text{ Where;}$$

\bar{x} = mean value of pranayama group

\bar{y} = mean value of control group

n_1 = number of pranayama trainees

n_2 = number of control group trainee

σ_1 = standard deviation of pranayama group

$$\sigma_1 = \sqrt{\frac{1}{n_1} \sum (x_i - \bar{x})^2}$$

σ_2 = standard deviation of control group

$$\sigma_2 = \sqrt{\frac{1}{n_2} \sum (y_i - \bar{y})^2}$$

III. ANALYSIS OF THE DATA AND RESULT OF THE STUDY

The Mean, Standard Deviation and t-ratio for the difference between pre and post values of both Pranayama trainees and control group for questionnaire have been presented in Table 1 to 5.

3.1 RESULTS ON FINDINGS

TABLE-2

Mean, standard deviation and 't' ratio for the difference between pre and post values of both pranayama trainees and control group for self-efficacy.

Variables	Pranayama group		Control group		't' ratio
	Mean	Standard deviation	Mean	Standard deviation	
Self-efficacy	7.6	2.256	3.3	1.7 34	4.72

*Significant at 0.05 level of significance.

*t-value required =2.101 at 0.05 level of significance for a degree of Freedom 18.

Table 2 shows that the mean of the difference between pre and post values of Attention and concentration of Pranayama trainees was 7.6 and standard deviation was 2.265The mean difference between pre and post values of self-efficacy of control group was 3.3and standard deviation was 1.734. The obtained t- ratio was 4.72 and the required t-value was 2.101 at 0.05 levels of significance for a degree of freedom 18. Since the obtained t-ratio 3.486 was greater than the table t- value 2.101, it is significant.

TABLE-3

Mean, standard deviation and 't' ratio for the difference between pre and post values of both pranayama trainees and control group for self-concept.

Variables	Pranayama group		Control group		't' ratio
	Mean	Standard deviation	Mean	Standard deviation	
Self-concept	8	3.49	1.1	2.02	5.43

*Significant at 0.05 level of significance.

*t-value required =2.101 at 0.05 level of significance for a degree of Freedom 18.

Table 3 shows that the mean of the difference between pre and post values of self-concept pranayama trainees was 8 and standard deviation was 3.49. The mean of the difference between pre and post values of self-concept of control group was 1.1and standard deviationwas2.02.Theobtainedt-ratiowas5.43andtherequiredt-valuewas 2.101 at 0.05 levels of significance for a degree of freedom 18. Since the obtained t- ratio was 3.362 greater than the table t-value 2.101, it is significant.

TABLE-4

Mean, standard deviation and 't' ratio for the difference between pre and post values of both pranayama trainees and control group for self-esteem.

Variables	Pranayama group		Control group		't' ratio
	Mean	Standard deviation	Mean	Standard deviation	
Self-esteem	3	1.26	0.8	0.871	4.56

*Significant at 0.05 level of significance.

*t-value required =2.101 at 0.05 level of significance for a degree of Freedom 18.

Table 4 shows that the mean of the difference between pre and post values of self-esteem of pranayama trainees was 3 and standard deviation was 1.26 the mean of the difference between pre and post values of self-esteem of control group was 0.8 and standard deviation was 0.871. The obtained t-ratio was 4.56 and the required t-value was 2.101 at 0.05 levels of significance for a degree of freedom 18. Since the obtained t-ratio 4.56 was greater than the table t-value 2.101, it is significant.

TABLE-5

Mean, standard deviation and 't' ratio for the difference between pre and post values of both pranayama trainees and control group for self-concept, self-efficacy, self-esteem.

Sl.No	Variables	Pranayama group		Control group		'T' ratio
		Mean	Standard deviation	Mean	Standard deviation	
1.	Self-concept	8	3.49	1.1	2.02	5.43
2.	Self-efficacy	7.6	2.265	3.3	1.734	4.72
3.	Self-esteem	3	1.26	0.8	0.871	4.56

*Significant at 0.05 level of significant.

*Value required =2.101 at 0.05 level of significance for a degree of Freedom 18.

Table 5 shows the mean, standard deviation and t-ratio for the difference between pre and post values of both pranayama trainees and control group for psychological variables self-concept, self -efficacy, self -esteem scale observations.

SELF-CONCEPTS

The mean of the difference between pre and post values of self-concept of pranayama trainees was 8 and standard deviation was 3.49. The mean of the difference between pre and post values of self-concept of control group was 1.1 and standard deviation was 2.02. The obtained t-ratio was 5.43 and the required t-value was 2.101 at 0.05 levels of significance for a degree of freedom 18. Since the obtained t- ratio 5.43 was greater than the table t-value 2.101 at 0.05 level of significance. So there is significant difference in self-concept between pranayama trainees and control group.

SELF-EFFICACY

The mean of the difference between pre and post values of self-esteem of pranayama trainees was 7.6 and standard deviation was 2.26. The mean of the difference between pre and post values of self-esteem of control group was 1.734 and standard deviation was 4.72. The obtained t-ratio was and the required t-value was 2.101 at 0.05 levels of significance for a degree of freedom 18. Since the obtained t- ratio 4.72 was greater than the table t-value 2.101 at 0.05 level of significance. So there is significant difference in self-esteem between pranayama trainees and control group.

SELF-ESTEEM

The mean of the difference between pre and post values of self-esteem of pranayama trainee's was 3 and standard deviation was 1.26. The mean of the difference between pre and post values of self-esteem of control group was 0.8 and standard deviation was 0.871. The obtained t-ratio was 4.56 and the required t-value was 2.101 at 0.05 levels of significance for a degree of freedom 18. Since the obtained t- ratio 4.56 was greater than the table t-value 2.101 at 0.05 level of significance. So there is significant difference in self-esteem between pranayama trainees and control group.

IV. CONCLUSION

Within the procedures and limitations of the study the following conclusions were made; the study showed that in the case of self-concept, self-efficacy and self-esteem there were significant difference in the difference between the mean of pre and post values of pranayama group and control group. The pranayama trainees had more improvement in self-concept, self-efficacy, and self-esteem compared to control group.

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