

# Effect of Yogasanas on Self-confidence and Mental Health among Inter-Collegiate Players

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## ABSTRACT

*The purpose of the present study was to find out the effect of yoga on self-confidence and mental health among inter-collegiate players. Thirty inter-collegiate men Volleyball, Football and Handball players were selected as subjects for the study, from the arts science college and they were randomly divided into two groups equally, with fifteen each, as experimental and control group. All the selected players continued training in their respective games; and apart from the training, experimental group underwent one hour yoga training in the morning session, before the games training, for the duration of six weeks. The pre-test and post-test were assessed in the psychological variables of self-confidence and mental health. Self-confidence was assessed through Agni Hotry Rekha's Self-confidence Scale and mental health was assessed through mental health inventory constructed by Jagadish and Srivatsava. The collected data's were statistically analyzed, by using ANCOVA, to find out the significant difference between the groups, if any. The significant level was fixed at 0.05 levels. It was concluded from the result of the study that the yoga training had significant impact on self-confidence and mental health among inter-collegiate players.*

## KEY WORDS

*self-confidence, mental health*

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## INTRODUCTION

Yoga helps psychologically to relax and handle stressful situations more easily. Yoga teaches to have a calm mind and can focus our energy on the particular activity. Yoga brings positive thoughts and self-acceptance. Yoga is a great form of exercise and a mind-body practice that can have physical, mental and emotional benefits. Yoga is also an effective way to develop greater self-awareness, acceptance, and the ability to be present in the moment. Regular yoga practice brings about mental clarity and calmness, increases body awareness and also relieves chronic stress patterns, relaxes the mind, centers attention and also sharpens concentration.

Self-confidence is very important a person's life. Self-confidence may boost a person to work, to think new ideas and achieve the goal he wants to achieve. Self-confidence is commonly defined as the sureness of feeling that you are equal to the task at hand. People who are self-confident are those who acknowledge their capacity to do something and then proceed to do these things. Self-awareness is the key to self-confidence. "Self-esteem is a judgment of self-worth" (Bandura, 2006). In research, confidence has been shown to consistently distinguish between highly successful and less successful athletes.

Self-confidence is a person's belief that he or she has the ability to succeed. Athletes who are self-confident and expect to succeed often do succeed (Williams, 1998)). Genuine self-confidence is the forerunner of achievements. Self-confidence integrates the powers of mind and body and focuses them towards the goal. Cox (1998) states

that successful sport experiences are helping in the development of self-confidence and the motivation to achieve success. This shows that the successful performances correlate with self-confidence.

Yoga has tremendous positive effect on our mental health. Mental health is human ability to face and solve problems and select the correct alternative that results in happiness of mind. Yoga and mental health are closely interrelated. Mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of life. Yoga strives to increase self-awareness on both physical and psychological level. Those who are regularly practicing yoga get tremendous benefits that result in a deep effect on their mental health. Mental health plays an important role in every individual's life. Mentally stable person can do the right things, at the right place, in right time.

There are plenty of research studies conducted in yoga in relation to various psychological variables and almost all the studies have given a very strong input in improving the said qualities. The present study, also intended to find out the effect of yoga on self-confidence and mental health among inter-collegiate players.

## METHODOLOGY

Thirty inter-collegiate players of Volleyball, Football and Handball were selected as subjects for the study; and they were randomly divided into two groups equally, with fifteen each, as experimental and control group. The age groups of the subjects were eighteen to twenty eight years.

### Psychological Tools used in this study

A psychological variable of self-



confidence was assessed through Agni Hotry Rekha's Self-confidence scale. This scale consists of 56 statements. It consists of 35 positive and 21 negative statements, with true or false category. The correct answer was awarded one mark each. The total score consists of the self-confidence score. The score ranges from 0 to 56. Higher score indicates higher self-confidence. Mental Health was assessed through Jagadish and Srivatsava (1983) mental health inventory. This inventory consists of 56 items with four point scale from 1 to 4 score. In the 56 statements, 24 are positive and 32 are negative. The total score ranges from 56 to 224. The higher score indicated better mental health; whereas, minimum score of the inventory indicates poor mental health.

#### Training Procedure

The experimental and control groups practiced training in their respective games in the morning (one hour) and evening (two hours), in a schedule of weekly six days, for a period of six weeks; and apart from games training experimental group underwent one hour yoga training, in the morning, before starting the sports training. The one hour

yoga training included eleven asana and two pranayama. The asana were Padmasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Chakrasana, Dhanurasana, Ardhamatsyenderasana, Vazerasana, Sirashasana and Savasana and Pranayamas are Kapalabati and Shitali.

#### Testing Procedure

The pre and post-test were conducted before and after the six weeks yogasanas training, by using the Agni Hotry Rekha's Self-confidence scale and Jagadish and Srivatsava mental health inventory.

#### Statistical Procedure

The Analysis of Covariance (ANCOVA) was used as a statistical tool, to determine the significant difference on the data of pre and post mean obtained for self-confidence and mental health, between control and experimental groups. The level of significance was fixed at 0.05 level of confidence.

### RESULTS & DISCUSSION

The Analysis of Covariance on the data obtained on self-confidence and mental health of pre and post tests are tabulated and presented in the Tables 1 and 2.

**Table-1: Computation of analysis of covariance on Self Confidence**

Test	Group		SV	Sum of Squares	df	Mean Square	F value
	Exp.	Control					
Pre test	27.133	27.666	B	2.133	1	2.133	0.009
			W	6099.06	28	217.823	
Post test	34.2	29.2	B	135.55	1	135.55	7.829*
			W	484.8	28	17.314	
Adjusted Mean	34.203	29.196	B	187.96	1	187.96	10.491*
			W	483.73	27	17.916	

\*Significant at 0.05 level of confidence

It was observed from the Table 1 that there was no significant difference in the pre test ( $F=0.009 < 4.20$ ). The significant differences were observed in post-test ( $F=7.829 < 4.20$ ) for df 1 and 28 at 0.05 level of confidence and adjusted post-test

( $F=10.491 > 4.21$ ) for df 1 and 27 at 0.05 level of confidence. There was a significant difference in self-confidence and mean score indicated that the experimental group secured higher level of self-confidence than control group, due to six weeks yoga training.

**Table-2: Computation of analysis of covariance on Mental Health**

Test	Group		SV	Sum of Squares	df	Mean Square	F value
	Exp.	Control					
Pre test	131.4	127.2	B	132.3	1	132.3	0.024
			W	153017	28	5464.9	
Post test	151.6	130.5	B	3328.53	1	3328.53	5.358*
			W	17395.33	28	621.2	
Adjusted Mean	151.7	130.3	B	3542.01	1	3452.01	5.001*
			W	18634.05	27	690.15	

\*Significant at 0.05 level of confidence

It was observed from the above Table 2 that there was no significant difference in the pre-test ( $F=0.024 < 4.20$ ). The significant difference were observed through post-test ( $F=5.358 > 4.20$ ), for df 1 and 28, and also on adjusted post-test ( $F=5.001 > 4.21$ ), for df 1 and 27, at 0.05 level of confidence. The discussion clearly indicated that the experimental group considerably improved mental health than control group and also significant difference was observed on mental health through F value, due to six weeks yoga training.

In the light of the above results, the six weeks yoga training significantly improved the self-confidence and mental health of Volleyball players. The result of this study was supported by many previous studies. Anagha Chikte (2013) found that Yoga therapy is a big deal and can improve the

mental health and self-confidence. Sobana et al (2013) found out that yoga training was benevolent to reduce stress and improve self-confidence. The study done by Mohinder (2000) supports the findings that yoga group significantly improved the psychological fitness.

Those who are regularly practicing yoga, get tremendous benefits that result in a deep effect on their mental health. Ray et al (2001) undertook a study to observe any beneficial effect of yogic practices, during training period, on the young trainees; and from the study and found improvement in various psychological parameters like reduction in anxiety and depression and a better mental function, after yogic practices. Vijayendra Pratap (1968) found that the short term Yoga training have shown favorable result towards mental health.

Yoga and mental health are closely interrelated. Khalsa et al (2012) evaluated potential mental health benefits of yoga for adolescents in secondary school and they found that yoga is acceptable and feasible in a secondary school setting and has the potential of playing a protective or preventive role in maintaining mental health.

## CONCLUSION

Based on the result of the study, it was concluded that the six weeks yoga practice is benevolent to improve the self-confidence and mental health of intercollegiate men players. Further, it is recommended that yoga training may be included as one of the training schedule, in the sports training to improve the psychological qualities.

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