

# Effect of Yogic Practices with and without Counselling on Self-Confidence and Self-Esteem among Inter-Collegiate Athletes

Dr.P.Gopinathan\*

## ABSTRACT

*The purpose of the present study was to find out the effect of yogic practices with and without counselling on self-confidence and self-esteem among inter collegiate athletes. For achieving the purpose of the study total of 45 subjects were selected as samples from sports academics in Chennai, taking athletic training. Their age group was between 18 to 23 years and the selected subjects were divided in to three groups equally, with 15 each as experimental group-I with yogic training, experimental group-II yogic training with counselling and control group. All the selected subjects were under graduate and post graduate students studying in Chennai city colleges and they all taken the athletic training both morning and evening in the city based Athletic academy. The experimental group I and II underwent yogic practice for eight weeks in a schedule of weekly three days, with forty five minute session each; and in addition the yogic training experimental group-II underwent fifteen minutes psychological counselling after the yogic training. Analysis of covariance (ANCOVA) was used as a statistical tool. The statistical findings of the study revealed that the experimental group which had done the yogic practices with counselling significantly improved the self-confidence and self-esteem qualities than other groups.*

**KEY WORDS:** self-confidence, self-esteem, yogic training and counselling

## INTRODUCTION

Athletes are doing different types of training to enhance their performance. New training procedures are coming frequently due to research in training method. It is proven method that yogasanas enhance psychological state; and counselling is a new area where the benefits of counselling are to be found out. Yoga helps psychologically to relax and handle stressful situations more

easily. Yoga teaches to have a calm mind and to focus our energy on the particular activity. Yoga brings positive thoughts and self-acceptance. Yoga is a great form of exercise for mind-body 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.

---

\*Assistant Professor, Dept. of Sports Psychology & Sociology and Sports Secretary,  
Physical Education and Sports University, Melakottaiyur Post, Chennai-600 127 (Tamil Nadu )

Yoga is perhaps the only form of activity which massages all the internal glands and organs of the body in a thorough manner. Yoga ensures the optimum blood supply to various parts of the body, by gently stretching muscles and joints as well as massaging the various organs. Regular yoga practice brings about mental clarity and calmness, increases body awareness and also relieves chronic stress patterns, relaxes the mind, improves attention and also concentration

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

Counselling is an activity that utilizes interpersonal relationships to enable people to develop self-understanding and to make changes in their lives. The assessment was done to clearly understand the problems of the athletes, so that their situations could be improved. The experimental group-II was allowed to express their problem and full confidentiality was assured to them. We offered encouragement and solutions to their problems and promised to support them whenever they wanted. Aikaterini Koutra et al (2010) found that the psychological

counselling increased the self-esteem of students.

Nathaniel Branden (1969) defined "Self-esteem as the experience of being competent to cope with the basic challenges of life and being worthy of happiness". Psychological Counselling is defined as the practice of psychology, with an emphasis on coping with everyday living and development (Roy Woolfe, 2009). Abishek et al (2013) found out that the yogic practice enhances the level of self-esteem in pre-adolescent school children. Hamid Dehghanfara et al (2014) found out that the yoga training is benevolent and reduces stress and improves self-esteem. Elissa Townsend (2013) found that the yoga interventions develop the self-esteem of 8<sup>th</sup> grade girls.

Self-confidence is the only quality that helps you to become successful in life. Despite talent, skills and qualities, majority of people won't succeed in their life due to low confidence levels. To boost up the self-confidence and self-esteem certain types of training is essential. The yoga and counselling bring psychological efficiency in an individual. Rajesh B. Shirsath (2015) found that the regular yoga practitioners are significantly improving self-confidence. Arndt Bussing et al (2012) found that the yoga interventions provides life-long behavioural skill, enhances self-efficacy and self-confidence.

The present study is intended to find out the effect of yoga and counselling on self-confidence and self-esteem among athletes.

## METHODOLOGY

The selection of subjects, training procedure, testing procedure and statistical procedure were explained below.

### Selection of subjects

For achieving the purpose of the study total of 45 subjects were selected as samples from sports academics taking athletic training. Their age group between 18 to 23 years and the selected subjects were divided in to three groups equally with 15 each as experimental group-I with yogic training, experimental group-II yogic training with counselling and control group. All the selected subjects were under graduate and post graduate students studying in Chennai city colleges and they all taken the athletic training both morning and evening in city based Athletic academy.

### Training Procedure

The experimental groups-I and II underwent yogic training for eight weeks in a schedule of weekly three days with forty five minutes session each. In addition, the yogic training the experimental training group-II was taken the counseling session for fifteen minutes after the yogic training.

### Yoga Training

The forty five minutes yogic training includes fifteen asanas and two pranayama's. The asana are padmasana, sarvangasana, halasana, bhujangasana, matsyasana, chakarasana, dhanurasana, ardhamat-syenderasana, vazerasana, padahastana, trikonasana, sirashasana, bhujangasana, viparitkarani and savasana and pranayama are kapalabati and shitali.

### Counselling Training

The counselling techniques including auto suggestions were administered to reduce stress, overcome fear of failure, cope with success, and creating awareness about coping with possible burnouts. Counselling was conducted on a group basis for the experimental Group-II athletes receiving the same interventions. Smaller groups were formed to interact among themselves at initial sessions and their problems were shared among the team members, to realize that all problems are common and could be discussed. Open talking sessions, with their small team groups, were formed to encourage the athletes to speak outwardly. The session was interactive in nature to enhance the participant's self-esteem with open discussions. This session was conducted in a calm, peaceful and quit condition. The auto suggestion training included explaining how to visualize positive thoughts and actions and use them effective tools to improve their own field performance.

### Testing procedure

The pre and posttest were conducted on selected psychological variables of self-confidence and self-esteem. Self-confidence was assessed by using Agni HotryRekha's Self-confidence scale. This consists of 56 statements. Each item has the response category, which is true or false. It consists of 35 positive and 21 negative statements. The total score constitutes the self confidence score. The correct answer was awarded one mark each. The score ranges from 0 to 56. Higher score indicates higher self-



confidence. Self-esteem was assessed through Rosenberg's Self-Esteem Scale (1965) which consisted 10 items, both positive and negative statements of four point scale of scores 0 to 3, with score ranges from 0 to 30.

### Statistical Procedure

Analysis of covariance (ANCOVA) was used as a statistical tool to determine the

significant difference, if any exciting between pre and post test data on self-confidence and self-esteem. When the F-ratio indicated that there was significant difference between the means, then Scheffe's Post Hoc Test was used to find the paired mean difference. The level of significance was fixed at 0.05 levels

**Table-1: Computation of Analysis of Covariance on Self-Esteem**

Test	Gr.I	Gr.II	Con. Gr.	S.V	df	SS	MSS	Fratio
Pre	21.4	19.87	20.87	Between	2	18.17	9.09	1.54
				Within	42	587.07	13.98	
Post	23.13	22.87	20.33	Between	2	71.64	35.82	4.19*
				Within	42	358.80	8.54	
Adjusted	22.7	23.39	20.23	Between	2	82.14	41.07	12.48*
				Within	41	134.84	3.29	

Table F value at 0.05 level of significance for 2 and 42 (df) is 3.22 & 2 and 42 is 3.23

It was observed from the Table-1 that there was no significant difference in the pretest (1.54). The significant difference was observed in posttest (4.19) for df 2 and 42 and also in adjusted posttest (12.48) for df 2 and 41. The result of the study indicated that there was significant improvements on self=

esteem due to eight weeks yogic practice with and without counselling among inter collegiate athletes. Since significant differences were recorded, the results were subjected to post hoc analysis using scheffe's confidence interval test. The results are presented in Table 2

**Table-2: Scheffe's confidence interval scores on Self Esteem Scores**

Experimental Group I	Experimental Group II	Control Group	Mean Difference	CI
22.7	23.39	-	0.09	1.68
-	23.39	20.23	3.16*	1.68
22.7	-	20.23	2.47*	1.68

\*Significant at .05 level

The above Table showing that there was no significant difference between experimental groups. The significant differences were observed between

experimental group I and control group; and experimental group II and control group on self-esteem

**Table-3: Computation of Analysis of Covariance on Self-Confidence**

Test	Gr.I	Gr.II	Con. Gr.	S.V	df	SS	MSS	Fratio
Pre	31.47	34.93	33.73	Between	2	92.98	46.49	1.33
				Within	42	1469.60	34.99	
Post	37.07	39.33	34.33	Between	2	188.04	94.02	3.64*
				Within	42	1083.60	25.8	
Adjusted	38.04	38.54	34.15	Between	2	173.15	86.58	5.1*
				Within	41	696.54	16.99	

Table F value at 0.05 level of significance for 2 and 42 (df) is 3.22 & 2 and 42 is 3.23

It was observed from the Table 3 that there was no significant difference in the pretest (1.33). The significant difference was observed in posttest (3.64) for df 2 and 42 and also in adjusted posttest (5.1) for df 2 and 41. The result of the study indicated that there was significant improvement on self-

confidence, due to eight weeks yogic training, with and without counselling, among inter collegiate athletes. Since significant differences were recorded, the results were subjected to post hoc analysis using scheffe's confidence interval test. The results are presented in Table 4.

**Table-4: Scheffe's confidence interval scores on self -Confidence**

Experimental Group I	Experimental Group II	Control Group	Mean Difference	CI
38.04	38.54	-	0.5	3.82
-	38.54	34.15	4.39*	3.82
38.04	-	34.15	3.89*	3.82

\*Significant at .05 level

The above Table 4 shows that there was no significant difference between experimental groups. The significant differences were observed between

experimental group-I and control group: and experimental group-II and control group on self-confidence.



## CONCLUSION

It was concluded from the result of the study that there was a significant improvement on self-esteem and self-

confidence among inter collegiate athletes due to eight weeks yogic practices with and without counselling.

## REFERENCES

- Abhishek, K.R., Bhardwaj & Gaurav Agarwal (2013).** Yoga Practice enhances the level of Self-esteem in Pre-Adolescent School Children. *International Journal of Physical and Health Sciences*, 3(10), 189
- Aikaterini Koutra, Aristeia Katsiadrami & Georgios Diakogiannis (2010).** The Effect of Group Counselling in Greek University Students' Anxiety, Depression and Self-esteem. *European Journal of Psychotherapy and Counselling*, (2), 101-111
- Arndt Bussing, Andreas Michalsen, Sat Bir S. Khalsa, Shirley Telles, & Karen J. Sherman (2012).** Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews, Evidence-Based Complementary and Alternative Medicine. Retrieved from <http://dx.doi.org/10.1155/2012/165410>
- Elissa Townsend (2013).** The Effectiveness of Group Counselling on the Self-esteem of Adolescent Girls. Counselor Education Master's Theses, The College of Brockport: State University of New York Digital Commons. [http://digitalcommons.brockport.edu/edc\\_theses](http://digitalcommons.brockport.edu/edc_theses)
- Hamid Dehghanfara, Maryam Alicheshmealaeab & Nahvash Noorbakhshc (2014).** The Effect of Yogic Training on Stress and Self-esteem and its relation to Emotional Intelligence. *Journal of Research in Applied Sciences*, 1(5), 109-112
- Nathanial Brandan (1969).** The Psychology of Self-esteem. Goodreads, Bantam Publication
- Rajesh B. Shirsath (2015).** Effect of Yoga on Self-Confidence, *Journal of Contemporary Psychological Research*, 2 (1), 109-111
- Ray Woolfe (2009).** Handbook of Counselling Psychology. New Delhi: Sage Publication.
- Rosenberg's Self-Esteem scale (1965).** Retrieved from <http://www.wwnorton.com.college/psych/psychsci/media/Rosenberg.htm>
- Cox, R. (1998).** Sports Psychology: Concepts and applications. Missouri: McGraw-Hill Companies Inc.
- Williams, J.M. (1998).** Applied Sport Psychology: Personal Growth for peak performance (3<sup>rd</sup> ed.). Mountain view: CA Mayfield.

