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Self-confidence response to the influence of yoga practice on school children with disabilities

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Abstract

Person with disabilities often suffer from how others react to them and this contributes to diminishing their self-esteem and to a tendency to take little care of them, which may subsequently hinder social inclusion. In order to assess the real facts the investigator made an attempt to examine the influence of hatha yoga practice of self confidence variables of 48 school children with disabilities were selected from Government disability school, Thondamuthur, Coimbatore. Their aged of the subject ranged from 11 to 15 years. Selected subjects was randomly assigned to two equal groups (n=15), group I underwent hatha yoga practice (HYPG) and group II acted as control group (CG). The hatha yoga practice was given to the experimental group for 5days per week for the period of 8 weeks. The control group did not practice in any training except their routine work. The following variable was measured with standard test item: Self confidence. Pre and post test was conducted on separate days with warm up. The Self confidence measured by Questionnaires in Marks. To find out the individual effect f test was applied at 0.05 level of significant. Further, the findings confirmed the hatha yoga practice is suitable protocol to bring out the desirable changes over the self confidence of school children with disabilities.

Keywords: Self confidence, hatha yoga practice, disability children's

1. Introduction

Yoga is an ancient Indian practice which involves moving the body and training the mind to achieve balance and well-being. The purpose of traditional yoga is for each individual to be healthy, both physically and mentally, and able to reach his or her highest potential as a person. Although there are different schools of traditional yoga (i.e. Bhakti Yoga, Karma Yoga, Patanjali's Ashtanga Yoga, Jnana Yoga, Kundalini Yoga, Swara Yoga, Raja Yoga, Kriva Yoga, and Mantra Yoga), Hatha Yoga is the most popular form practiced in the West. Hatha yoga's aim is to prepare the body for meditation through breathing and physical exercises. Hatha yoga emphasizes body-mind wellness through postures or asanas which tone and strengthen our muscles and increase our flexibility. The different asanas, particularly the twists and inversions, stimulate internal organs, as well as the nervous system, and promote circulation in all the body's major organs and glands. Research has shown that the practice of yoga as a lifestyle enhances overall health and prevents and reverses disease. Yoga can be beneficial for individuals with disabilities or chronic health conditions through both the physical postures and breathwork. Each pose can be modified or adapted to meet the needs of the student. Yoga asanas can be performed while seated in a chair or wheelchair. Chair Yoga: the Sitting Mountain Series by Voelker-Binder was developed for individuals with arthritis, chronic obstructive pulmonary disease, multiple sclerosis, Parkinson's disease, osteoporosis, or stroke. Moreover, with time, the effects of the breathwork can affect a state of calm and renewal in one's life. Brown and Gerbarg (2005) concluded that Sudarshan Kriya yoga (SKY), a sequence of specific breathing techniques (ujjayi or loud breathing, Bhastrika or Bellows Breath, and Sudarshan Kriya, a powerful, rhythmic breathing technique) can alleviate anxiety, depression, everyday stress, posttraumatic stress, and stress-related medical illnesses.

Having mentioned the benefits of yoga practice, it should be noted that yoga is used to complement an individual's already established medical care, therapy program and exercise regime.

2. Materials and methods

2.1 Participants

In order to address the hypothesis presented herein, we selected 30 disability children in Coimbatore District. Their age ranged from 11 to 15 years. The subjects were randomly assigned in to two equal groups namely, hatha yoga practice group (HYPG) (n=15) and Control group (CG) (n=15). The respective training was given to the experimental group the 5 days per weeks (alternate days) for the training period of eight weeks. The control group was not given any sort of training except their routine.

2.2 Research Design

The evaluated psychological parameters were Self confidence were assessed by Standard Hardy and Nelson (1992) Questionnaires the unit of measurement was in Marks. The parameters were measured at baseline and after 12 weeks of hatha yoga practice were examined. The intensity was increased once in two weeks based on the variation of the exercises.

2.3 Training Protocol

The training programme was lasted for 45 minutes for session in a day, 3 days in a week for a period of 12 weeks duration. These 45 minutes included warm up for 5 minutes, and 5 minutes warm down remaining 35 minutes allotted for training programme. The equivalent in hatha yoga practice is the length of the time each action in total 5 day per weeks.

2.4 Statistical Analysis

The collected data on self confidence due to the effect of hatha yoga was statically analyzed with "t" test to find out the significant improvement between pre, post and adjusted post test if any. In all case the criterion for statically significance was set at 0.05 level of confidence (P<0.05).

3. Results

All subjects completed the study according to the aforementioned methodology. The 15 training subjects averaged 96% attendance and no injuries occurred from the training program. There were no significant differences in height or weight between groups either before or after the training and detraining periods.

 Table I: Computation of mean and analysis of covariance of self confidence of yoga practice group and control group (Total Scores in Points)

Test	Yoga Practice Group	Control Group	Source of variance	Df	Sum of square	Mean square	"F" ratio
Pre test	36.60	34.13	Between	1	45.63	45.63	2.54
			Within	28	503.33	17.98	
Post test	18.53	35.93	Between	1	2270.70	2270.70	76.36*
			Within	28	832.67	29.74	
Adjusted post test	19.33	35.14	Between	1	1718.60	1718.60	74.45*
			Within	27	623.25	23.08	

*significant level 0.05 level of confidence

Table value for df 1 and 28 was 3.21 Table value for df 1 and 27 was 3.22.

Table I shows that the pre test mean scores of self confidence of Experimental group I hatha yoga sadhana practices was 36.60 and control group was 34.13 The post test means showed differences due to Twelve weeks of hatha yoga sadhana practices and mean values recorded were 18.53 and 35.93 respectively. The obtained F value on pre test scores 2.54 was lesser than the required F value of 3.22 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal. The post test scores analysis proved that there was significant difference between the groups as the obtained F

value at 76.36 was greater than the required F value at 3.22. This proved that the differences between the post test mean at the subjects were significant. Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 74.45 was greater than the required F value at 3.22. This proved that there was Significant differences among the means due to Twelve weeks of hatha yoga sadhana practices on the psychological variable self confidence.

The obtained adjusted mean values were presented through bar diagram in figure 1.



Fig I: Bar Diagram showing the mean value on self confidence of school children with disabilities on yoga practice group and control group

4. Discussion on findings

The present study experimented the influence of eight weeks hatha practice on the selected parameters of the disabilities. The results of this study indicated that hatha yoga practice is more efficient to bring out desirable changes over the self confidence of the school children with disabilities. Zachman, *et al.*, (2016) ^[5] The Effects of Resistance Training Programs on Physical Self-Perceptions in College Females", Hence, it concluded that for self confidence improvement for hatha yoga practice of school children with disabilities.

5. Conclusions

From the results of the study and discussion the following conclusions were drawn.

- 1. The psychological variable Self confidence was significantly decreased due to eight weeks of hatha yoga among children with disabilities while comparing to the control group.
- 2. Hatha yoga group was effective than control group for psychological variables (Self-confidence).

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