

Impact of Yoga on Self-Concept of High School Students of Raipur City

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Abstract

The present study aimed at investigating the impact of yoga on the self-concept in a sample comprising of 50 high school students selected purposively (25 in experimental group and 25 in control group). Standardized self-concept scale developed by Dr C .G. Deshpande was used for collecting data. Findings revealed positive impact of yoga on the self-concept of students.

Keywords: Self concept, yoga, experimental group, impact.

Introduction

Self-concept is one's own perception of his behavior, abilities and particular characteristics. Self-concept is a continuous process that keep going through self-discovery and identity formation. Rogers 1959 opined that self-concept is incongruent if there is a mismatch between self-image and ideal self that eventually impact self-esteem negatively. Henry Tajfel (2001) in his theory social identity revealed two key parts of self-concept personal identity and social identity. Bracken (1997) believe self-concept to be multidimensional comprising of 6 independent traits viz. academic, affect, competence, physical, family, social. Multi-dimension self-concept scale developed by Bracken (1992) evaluates these 6 elements of self-concept in children and adolescents.

Review of Literature

Practice of yoga bring profound change in an individual (Jadhav). Level of self-concept improves after tractors of (Berwal and Gahlawat, 2013). Yoga exercise Improve self concept (Salvi, 2013). Yoga- mental rehearsal improve self-concept of differently abled children (Rautela and Singh, 2012). Holistic yoga program reduce anxiety symptoms (Nidhi, Padmalatha, Nagarathna and Amritanshu, 2012;Tejvani, Metri, Agrawal & Nagendra, 2016). Siddha yoga positively affect memory power and concentration (Khilji, 2017). Yoga increases self-esteem, stress reduction, mindfulness (2016). Findings of various researchers reveal difference in the self-concept of boys and girls. Boys have better self-concept as compared to girls (Sharma, 1981; Pandit, 1985; Park, 2012). Yoga improve child and adolescents health (Khalsa and Butzer, 2016 and Khalsa, Hickey-Schultz, Cohen, Steiner &Cope, 2012).

Objective of study

To study the impact of yoga on self-concept of high school students of Raipur City.

Hypothesis

H₀ - There will be no significant difference in the self-concept of control group and experimental group

Research Design

A pre-test, post-test quasi-experimental research design was adopted for the present study.

Sample

Sample comprised of 50 normal high school students selected purposively and divided into control group and experimental group.

Tool

Self-concept scale developed by Dr. C. G. Deshpande was used for data collection.

Statistical analysis

Parametric test statistics was used for analysis of data and hypothesis testing. Mean, standard deviation and t value were calculated.

Findings

The results reveal the positive impact of yoga on self-concept of high school students yoga enhanced the self in experimental group students.

Table 1

Self- Concept	Pre-test of control group		Post-test of control group		DF	t
	Mean	S.D.	Mean	S.D.		
	0.24	0.050	0.18	0.049	24	1.36
	DF = 24, P>0.05					

Findings of table no 1 indicates no difference in the self-concept of control group students pre and post test

Table 2

Self- Concept	Pre-test of experimental group		Post-test of experimental group		DF	t
	Mean	S.D.	Mean	S.D.		
	0.24	0.050	0.18	0.049		
DF = 24, P<0.05						

Findings of table no 2 indicate the significant difference in the self-concept of experimental group students pre and post test results, this indicating positive impact of yoga on self-concept of students of experimental group.

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