



Effect of Yogic Practices on Anxiety, Self Confidence and Depression of Obese School Students

Mr. Chhagan H. Thorat¹

**PhD Scholar, Department of Physical Education,
University of Mumbai,**

Dr. Manohar M. Mane²

**Assistant Professor & Head,
Department of Physical Education,
University of Mumbai,**

Email: manoharmane14@yahoo.com

Abstract:

The aim of present study was to find out the effect of yogic practices on selected Psychological variables of obese school boys students. Design of the study was Experimental design. The study was formulated as pre and post test random group design, in which purposely thirty obese boys students were selected from two schools of Chembur area of Mumbai and were divided into two equal groups namely experimental group and control group. Experimental group underwent 12 weeks of yogic practice of weekly 5 days one hour in morning session. Control group was kept sedentary. The pre test and post test were conducted on the selected psychological variables such as Anxiety, Self Confidence and Depression administering standardized test such as State Trait Anxiety Inventory, Self Confidence Questionnaire, and Depression Questionnaire respectively. To find out the significance between the pre and post test means of control and experimental groups the 't' test were applied for evaluation of the school obese students. The Yoga training program had showed significantly demotion in anxiety, depression and improvement in Self Confidence of school boys students.

Keywords: Obesity, Anxiety, Self Confidence, Depression

Introduction:**Obesity in school children**

Childhood obesity is an increasing problem in Turkey (Tuna et al.2003). Effective early strategies for the prevention of obesity are needed. Although the physical activity in one of the widely accepted strategies for treatment of obesity; the role of physical activity in the prevention of obesity is still unclear (Steinbeck, 2001). Paediatric obesity tends to more severe and is associated with more extreme psychological and physiological and physical mobility, which may contribute disproportionately to the cost of adult obesity .Earlier prevention strategies for kids may decrease obesity in their later life. (Nassis et al., 2005).

In daily life, yoga helps the person to attain a relaxed state of mind. It provides him with vitality, vigor and zest to carry out his life. All negative blocks in the mind are removed. The body is cleansed of all the impurities and toxins. Personal power is enhanced by the practice of yoga. One learns to identify their own inner resources and draw upon the energy needed from their own inner sources. It helps one to increase his or her awareness, i.e. self-awareness. It helps in attention focus and concentration. Children do better in their studies, if yoga practice is inculcated into their daily routine. The whole science of yoga has one view in common-to gain health, personal power, to develop knowledge and attain peace of mind. It also reduces stress, tension in the physical body, activates the parasympathetic nervous system. In daily life, yoga helps the person to attain a relaxed state of mind. It provides him with vitality, vigour and zest to carry out his life. All negative blocks in the mind are removed. The body is cleansed of all the impurities and toxins.

The yoga training is any method, process, procedure, or activity that helps a person to relax; to attain a state of increased calmness; or otherwise reduce levels of pain, anxiety, stress or anger. To effectively combat stress, we need to activate the body's natural relaxation response. You can do this by practicing techniques such as meditation, and yoga. Fitting these activities into your life can help reduce obesity and depression and boost your energy and mood.

Yoga has an important role to play in the treatment of Obesity. Yoga techniques affect body, internal organs, endocrine glands, brain, mind and other factors concerning Body – Mind

Effect of Yogic Practices on Anxiety, Self Confidence and Depression of Obese School Students

complex. Various Yoga techniques can be practiced effectively to reduce the weight and achieve normal healthy condition of Body and Mind. Yoga positions or postures are especially useful to reduce the fats in various parts, especially forward bending, twisting and backward bending asana help reduce the fats near abdomen, hips and other areas. Also the practice of asanas improves functioning of internal organs, strengthening heart, lungs, kidneys, excretory & reproductive organs. Regular practice builds strength in muscles. Any physical activity will improve mobility and general health. Doing yoga decreases stress, improves flexibility and increases muscle tone and strength.

RESEARCH AIM AND OBJECTIVES:

- To find out the effect of yogic practices on Anxiety of obese school boys.
- To find out the effect of yogic practices on Self Confidence of obese school boys.
- To find out the effect of yogic practices on Depression of obese school boys.

HYPOTHESES STATEMENT TAKEN ARE AS FOLLOWS:

- H₁ There would be a significant improvement on Anxiety of obese school boys due to the influence of yogic practices.
- H₂ There would be a significant improvement on Self Confidence of obese school boys due to the influence of yogic practices.
- H₃ There would be a significant improvement on Depression of obese school boys due to the influence of yogic practices.

METHODOLOGY:

Research methods: Design of the study was Experimental design. The study was formulated as pre and post test random group design, in which purposely thirty obese boys students were selected from two schools of Chembur area of Mumbai and were divided into two equal groups namely experimental group and control group. Experimental group underwent 12 weeks of yogic practice of weekly 5 days one hour in morning session. Control group was kept sedentary. The pre test and post test were conducted on the selected psychological variables such as Anxiety,

Effect of Yogic Practices on Anxiety, Self Confidence and Depression of Obese School Students

Self Confidence and Depression administering standardized test such as State Trait Anxiety Inventory, Self Confidence Questionnaire, and Depression Questionnaire respectively.

Quantitative and qualitative Analysis of: Descriptive Statistics of mean, standard deviation and variation coefficients were applied to the data using the statistical package for social sciences. To find out the significance between the pre and post test means of control and experimental groups the 't' test were applied for evaluation of the school obese students.

Level of significant: 0.05 is level of significance.

COLLECTION OF DATA:

The subjects were made to perform the selected Psychological variables test and data were collected before and after the study of 12 weeks training program.

STATISTICAL ANALYSIS:

The comparison of result of selected Variables between the Controlled and Experimental Group (Boys)

Variables	Group Compared	Mean Gain	Mean Diff	SEM	T value	Sig. (2-tailed)
Anxiety	Cont Vs.	.466	.866	.251	3.43	.000
	Exp.	.400				
Self Confidence	Cont Vs.	.266	1.00	.286	2.65	.000
	Exp.	.733				
Depression	Cont Vs.	.400	.933	1.84	.506	.000
	Exp.	.533				

CONCLUSIONS :

- The Yoga training program had showed significant demotion in anxiety of school obese boys students.
- The Yoga training program had showed significant improvement in self-confidence of school obese boys students.
- The Yoga training program had showed significant demotion in depression of school obese boys students.

References:

- Barbara Stoler Miller (1996)"Yoga: Discipline of Freedom: the Yoga Sutra Attributed to Patanjali; a Translation of the Text, with Commentary, Introduction, and Glossary of Keywords. University of California Press,
- Bera TK, Rajapurkar MV(1993). Body composition, cardiovascular endurance and anaerobic power of yogic practitioner, *Indian Journal of Physiology & Pharmacology* 37(3) 225-228.
- Calle–Pascual AL, Rodriguez C, Camacho F, Sanchez R, Martin-Alvarez E Yuste, Hidalgo I, Diaz RJ, Calle JR, Charro AL(1992). Behaviour modification in obese subjects with type 2 diabetes mellitus. *Diabetes Research and clinical practice* 15 157–162.
- Datey KK, Deshmukh SN, Dalvi CP, Vinekar SL(1969). "Savasana" an yogic exercise in the 'management of hypertension. *Angiology Research Foundation, Las Vegas* 325-333.
- Dhara R. Doshi ,A Study on Impact of Yoga on Self-Control in Obese Women. *International Journal of Scientific and Research Publications*, Volume 2, Issue 8, August 2012 1 ISSN 2250-3153
- Gombrich Richard (1988), "Theravada Buddhism: A Social History from Ancient Benares to Modern Colombo." Routledge and Kegan Paul,
- Hajime Nakamura's (1987)"A History of Early Vedanta Philosophy," *Philosophy East and West*, Vol. 37, No. 3 (July),
- Iyenger BKS (1968). *Light on Yoga*, George Allen and Unwin Td, London. 243-245.
- Jayaram Gadham et al. Effect of Yoga on obesity, hypertension and lipid profile. *Int J Res Med Sci.* 2015; 3(5): 1061-1065 doi: 10.5455/2320-

Effect of Yogic Practices on Anxiety, Self Confidence and Depression of Obese School Students

Khanam AA, Sachdeva V, Gulera R, Deepak KK(1996). Study of pulmonary and autonomic functions of Asthma patients after Yoga training. *Indian Journal of Physiology & Pharmacology* 40(1) 318-321.

Kothari C.R.,(2008),”Research Methodology methods and Techniques”, publication New Age International, New Delhi.

Lakshmikanthan C, Alagesan R, Thanikanchalam S (1979). Long term effects of yoga on hypertension and/or coronary artery disease. *JAPI* 27 1055-1058.

M.sathish. effect of yogasana practice on physical fitness variables of college obese students ,international journal of innovative research & development, www.ijird.com january, 2013 vol 2 issue 1

Murugesan R., Govindarajulu, N., & Bera, T.K(2000). Effect of selected yogic practices on the management of hypertension. *Indian Journal of Physiology & Pharmacology* 44 207-10.

Pathak JD, Mehrotra PP, Joshi SD (1978). A plea for ‘Pranayama’ for elderly *Indian Journal of Physiology & Pharmacology* 22(Suppl 4) 77-80.

Raub JA. Psychophysiologic effects of Yoga on musculoskeletal and cardiopulmonary function: a literature review. *The Journal of Alternative and Complementary Medicine* 8(6) 797-812.

Steinbeck, KS, (2001). ‘The importance of physical activity in the prevention of overweight and obesity in childhood: a review and an opinion.’ *Obesity Rev.*, Vol.2:

Styne DM. (2001) *Childhood and Adolescent Obesity*. PCNA; 48: Stiles (2001), For an overview of the six orthodox schools, with detail on the grouping of schools Contents, "p. x.