

# A Study on the Influence of Yogic Practices on Self Concept and Locus of Control among School Going Students

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**Abstract:** *The present work was taken up as data reported on the influence of yogic practices on self concept and locus of control among school going student. To know whether there is any change in self concept and locus of control the subjects practicing yoga and with that of subjects not practicing any type of yoga. 80 male student volunteers from Muni International School, A-2/16-18, Mohan Garden, Uttam Nagar New Delhi-110059, India, of age between 11 to 14 years were selected. They were assigned to four groups as per Solomon Four Group Design that included a random assignment to respective groups, pre-test for experimental and control groups and post-test for all four group. A significant effect of yoga on self concept ( $p < .001$ ) was observed. However, no significant effect of Yoga was observed on locus of control. The authors recommended that a yoga intervention of a longer period might show a significant effect on locus of control, as well.*

**Keywords:** yoga, self concept, locus of control.

## 1. Introduction

A sound mind in a sound body Physical fitness or health and yoga are very much interrelated. Unless one has good health, one cannot aspire to attain self realization. Yoga occupies an important place in the scheme of spiritual practices. The conclusions about yoga are based not on mere theory or speculation, but on facts that have been tested time and again through practice. Its approach to life's problem is objective and analysis of the problems is scientific. Patanjali defined yoga as "subjugation of the thought waves of the mind" (Patanjali, yoga aphorisms 1.2). The mind is like a lake that remains constantly agitated by distracting thought waves (Vutti). Hence one does not see the self that is at the bottom of the lake. The aim of yoga is to control the outgoing tendencies of the mind, the senses, and the body. The methodology of yoga is to control the subconscious with the help of conscious efforts. Restlessness of the body is to overcome by the practice of postures (Asanas) conducive to tranquility. Irregular breath, an indicator of restlessness, is to be made regular by breathing exercises. Incoherent thoughts and the tendencies of the mind must be countered by the cultivation of moral and ethical values.

## 2. Objectives

The purpose of the study was to investigate the influence of yogic practices on

- Self concept
- Locus of control

## 3. Hypotheses

On the basis of evidence indicating positive effect of yoga on physical and psychological well being of an individual the following hypotheses are formulated.

**H1** Yoga contributes to an enhanced self concept of an individual.

**H2** Participants show more Internal Locus of Control after yogic practices.

## 4. Methodology

### 4.1 Selection of subjects

Eighty (80) school going boys were selected randomly as subjects in the age group of 11 to 14 years from Muni International School, A-2/16-18, Mohan Garden, Uttam Nagar New Delhi-110059, India. The total sample consisted of 80 students divided in to 4 groups. (40 in the experimental groups and 40 in the control groups). The study was confined to 12 weeks of training programme.

### 4.2 Design

Soloman four group design is a rigorous and elegant design (Braver and Braver 1988, Solomon 1949). The design includes random assignment to groups, pretest for a training and control group and post test for all four groups. In the present study this four group design is used.

Group	Pre Test	Yoga Training	Post Test
Exptl. Group 1	Yes	Yes	Yes
Control Group 2	Yes	No	Yes
Exptl. Group 1	No	Yes	Yes
Control Group 2	No	No	Yes

## 5. Experimental Protocol

A period of twelve weeks in the month of August to November 2012, the climate condition was rainy and atmospheric temperature was varying from 25<sup>o</sup> C to 38<sup>o</sup> C. Experimental population of 40 subjects were assembled in Activity Hall at Muni International School, A-2/16-18,

Mohan Garden, Uttam Nagar, New Delhi-110059, India. Experimental training was executed from 7:00 AM onwards for 60 minutes, for six days a week and Sunday has been observed as weekly off. Each subjects of the experimental group was ready to learn yoga.

### 6. Preparation of Treatment Programme

For the purpose of the study “the influence of yogic practices on self concept and locus of control among school going students” the training programme consisted of three experimental groups (one control group). Keeping in mind the basic philosophy behind practicing Yoga that is “*fLfkjlq[keklu~*” (*Sthira Sukham Asanam*) Patanjali, the deep rooted meaning that has been taken as a guide line

while execution of a training nobody has been forced to do on an above his capacity on the contrary it has been observed by research scholar improvement has taken place like students could able to attend better posture and sustain it. Even in case of pranayama the magnitude has been increased like retention and frequency of stroke. Three experts Yoga trainer were involved to administer the training simultaneously to all three experimental groups. All the training groups were supervised by the scholar.

#### 6.1 Yogic practices

The Experimental groups participated in the following scheduled of training. It comprised sixty minutes of training followed by discussion and informative lectures.

Initial warm up activity with relaxed breathing techniques and stretching.					
Name of Asana	1 <sup>st</sup> -3 <sup>rd</sup> week	4 <sup>th</sup> -6 <sup>th</sup> week	7 <sup>th</sup> -9 <sup>th</sup> week	10 <sup>th</sup> -12 <sup>th</sup> week	
Surya Namaskar	(Repetition 1)	(Repetition 2)	(Repetition 2)	(Repetition 4)	
Sarvangasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Matsyasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Halasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Bhujangasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Shalvhasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Dhanurasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Chakrasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Ardha Matsyendrasana(Left)	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Ardha Matsyendrasana(Right)	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Paschimottanasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Vajrasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Yogamudra	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Standing kati chakrasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Tadasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	
Anulom Vilom pranayama (3 set)	10 times (without kumbhak) 3Repetition (rest every Repetition) (1:1)	15 times (without kumbhak) Repetition3 (rest every Repetition) (1:1)	15 times (with kumbhak) Repetition3 (rest every Repetition) (1:1:1)	20 times (with kumbhak) Repetition3 (rest every Repetition) (1:1:2)	1 set
	Savasana	Savasana	Savasana	Savasana	
Bhastrika pranayama 5 round (10 set)	10stroke of Kapalbhati with one Surya Bhedhana pranayama(without kumbhak) (1:1)	15stroke of Kapalbhati with one Surya Bhedhana pranayama(without kumbhak) (1:1)	20stroke of Kapalbhati with one Surya Bhedhana pranayama(with kumbhak) (1:1:1)	20stroke of Kapalbhati with one Surya Bhedhana pranayama(with kumbhak) (1:1:2)	1 round
Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	
Omkar Chanting.					
Meditation.					
Discussion Session.					

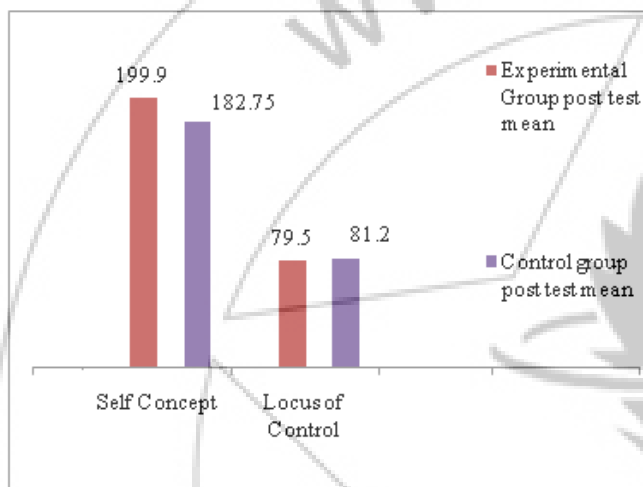
Tools used

1. Children's self concept scale (CSCS) by Dr. S.P Ahluwalia and Dr. Hari Shankar Singh.
2. Multidimensional locus of control scale by Levenson .

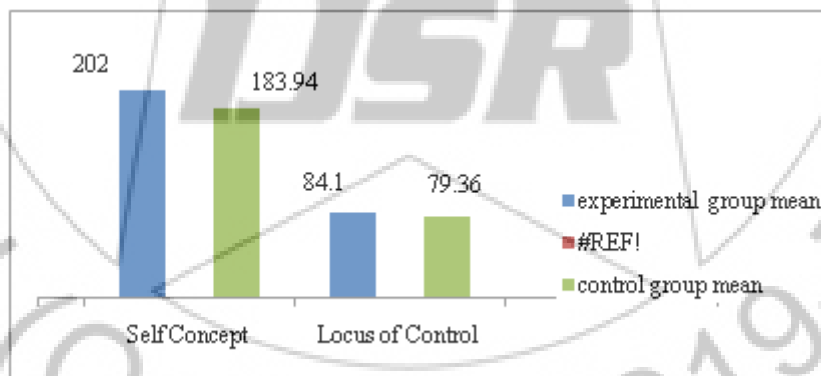
**7. Results**

**Table 1:** Pre And Post Test Mean And Sd's For Experimental Group And Control Group On Self Concept And Locus Of Control

	Experimental Group (20 ss)				Control group			
	Pre-test		Post-test		Pre-test		Post-test	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Self Concept	185.86	5.58	199.8	6.84	185.24	5.80	182.74	6.54
Locus of Control	78.6	10.60	79.6	10.36	79.9	6.63	81.3	9.04



**Figure 1:** Comparison of the Means of the Experimental Group and Control Group



**Figure 2:** Comparison of the Means of the Experimental Group and Control Group (Experimental group 3 and control group 4)

**8. Discussion**

**8.1 Yoga and self concept**

The two way ANOVA mixed in table 2 shows significant effect of Yoga intervention  $F(1, 20) = 22.18, P < .000$ . These findings are in line with the hypothesis that Yoga contributes to enhancing self concept. It appears that self concept is improved. May be due to the effectiveness of yogic practices the result was found significant.

**Table 2:** Two Way Anova (Mixed) Showing The Effect Of Yoga Intervention (Between Subject Variable) And Pre-Post Time Gap (Within Subject Variable) On Self Concept And Locus Of Control

	Source	SS	df	MS	F	Sig.
Self Concept	Within subject variable	667.02	1	667.02	22.80	0.00
	Between subject variable	1575.30	1	1575.30	32.9	0.00
Locus of Control	Within subject variable	24.3	1	24.1	0.71	0.47
	Between subject variable	39.3	1	39.3	0.29	0.58

**Table 3:** Effect Of Yoga On Self Concept And Locus Of Control (Comparison Of Experimental Group 3 And Control Group 4)

	Experimental Group		Control Group		t	df	Sig. (2 tailed)
	Means	SD	Means	SD			
Self Concept	202	5.60	183.94	6.40	10	38	0.00
Locus of Control	84.1	13.24	79.36	9.80	1.30	38	0.02

**8.2 Yoga and Locus of Control**

The two way ANOVA results shown in table 2 indicate no significant effect of yoga and prepost Yoga intervention on locus of control of participants. Further analysis of results of group 3 and group 4 also indicates no significant effect of Yoga on locus of control  $t_{38} = 1.31, n.s.$  (table 3) together these results indicate that one's belief in control is not influenced either by Yoga practice or over a short period of time.

## 9. Conclusion

On the basis of results and discussion the following conclusion can be drawn,

- Self concept of adolescents is enhanced after Yoga practice.
- There was no significant effect of Yoga intervention on locus of control of adolescents.

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