

Empirical Study of the Effect of Surya Namaskar Yognidra and Chanting of 'Aum' On the Self Confidence Level of Children

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ABSTRACT

Suryanamaskar, Yognidra and the chanting of AUM is essential and unavoidable for today's misguided youth if indeed the country needs a generation filled with the jewel of self confidence and they will have to be kept from coming into the grips of depression , emotional imbalances and most importantly children will have to be motivated by inculcating among them as inclination to follow yogic practices by the parents and the teachers themselves presenting Yoga driven character before their children. Succinctly put, Yogic practices have the capability of bringing about numerous positive changes in one's being and more so when it comes to the teenagers as has been proved in the case study delineated above.

Keywords: *Self confidence, Suryanamaskar, Yognidra, AUM*

Self Confidence is a positive attitude of oneself towards one's self-concept. [1] Confidence is one of those odd things in life that turn out to be surprisingly difficult to tie down (beauty and quality belong to this strange group too)[2] the probability of bright future is on the decline. over a couple of years in the past, a host of methods have been incorporated in the educational system to overcome these problems wherein steps are being undertaken to strengthen the psychological profile, however they too severely lack the real education. In most of these methods the actual process of learning is based only at the level of intellect. In such situation if looked directly, Yogic method alone appears to be an authentic process. There is an increasing interest in the use of yoga to calm the mind, and increase overall health and wellbeing [3]. Yoga is an ancient Indian way of life which includes the practice of certain postures (*asanas*), regulated breathing (*pranayamas*), and meditation [4].Sun salutation (Surya Namaskar) is an ancient Indian method of offering prayers to the rising Sun in the morning along with a series of physical postures with regulated breathing aiming at range of physical, mental and spiritual benefits. Facing east, in the early hours of morning, one standing with serene mind offers prayer to Lord Sun (Surya in

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sanskrit) with Surya namaskar[5]. According to the scriptures, if performed correctly, Surya namaskar does not strain or cause injury. If performed in the morning, it relieves stiffness, revitalizes the body, refreshes the mind and purifies subtle energy channels [6]. Swami Satyananda Saraswati (1975) explains Yoga nidra as a state of mind between wakefulness and dream. When someone practices Yoga nidra he opens the deeper phases of the mind. During the practice of Yoga nidra the consciousness is at different levels. [7] AUM Mantra [8]. It is these realities that are most useful in our spiritual practices. If the OM mantra is repeated just for the feeling, having no sense of meaning at all, the experience can be quite pleasant, calming, and balancing [9].

REVIEW OF LITERATURE

David Dapeng Chen, Linda Pauwels (2014) The study have clearly indicated that yoga practice improved emotional health, as indicated by increases in perceived self-confidence, level of joy, and self-esteem. These emotional indicators suggest that students who practice yoga may feel less stressed and more resilient when confronted with stressful situations. This finding also confirms the previous studies suggesting the benefits of yoga in reducing anxiety and enhancing positive affect [10]. (e.g.,Gloeckner & Stück, 2005; Platania-Solazzo et al., 1992). [11]. A recent review of research on the effects of yoga practice on children produced moderate evidence suggesting benefits for cardiovascular health, physical functioning, and behavior(see Galantino et al., 2008 for a review) [12]. Yoga research on children also points to improved attention and emotional control (Jensen & Kenny, 2004) [13].The *Yoga Nidra* state appears to reflect an integrated response by the hypothalamus, resulting in decreased sympathetic (excitation) nervous activity and increased parasympathetic (relaxation) function.[14]

Aims and Objectives of Research:

The present study has been conducted with the following objectives in mind

1. To comprehend the level of self confidence among the teenagers.
2. To undertake a study of the effect of SuryaNamaskar, Yognidra and the chanting of Aum on an average and problem stricken students.
3. To undertake a study of waning self confidence among the youth.

Hypothesis:

1. Surya Namaskar, Yognidra and the chanting of Aum will have positive impact at the level of self confidence. There shall be positive enhancement in the degree of self confidence.
2. If the students are made to practice Yoga for half an hour everyday and are made to chant AUM in the manner prescribed their self confidence will be positively enhanced.
3. Students not being quite familiar with the way of practicing it properly and are unaware of the activities involved therein will not experience any meaningful changes in within.

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Data Collection Process:

The researchers chose the students hailing from District Tikamgarh, (M.P) as the subjects of their research. Self confidence measuring equipment was provided to all the boy and girl students from class VI to X . In the month of June, during the process of taking the measurement of self confidence among the students concerned as many as 50 students were found to be lacking in self confidence. They were persuaded to undergo regular yogic practices for a period of six months. The Yogic practice got commenced in early July and after six months' interregnum they were again tested. To conduct a test of these people, self confidence measuring equipment devised by 'M. Baswanna' was used. This self confidence measuring equipment was used to ensure that it is ascertained for all practical purposes as to who lacks the element of self confidence.

- A group of students were found who did not have any symptom or sign of psychological instability of lack of self confidence.
- Another group of students was such that were found to be reeling under the absence of self confidence in within.

ANALYSIS AND RESULT

Result has been divided into three parts

First- on the basis of age

Second- on the basis of gender

Third- on the basis of overall sample

This has been done with a prime view to easily understand the impact of growing age vis a vis their respective class of studies. The main objective of this study has been to observe whether self confidence is linked to gender.

FIRST:- ANALYSIS MADE ON THE BASIS OF AGE AND THE RESULT THEREOF.

Table 1: Analysis of self confidence among 12 year old children and the result thereof

	EXP-PRE	EXP-POST
MEAN	42.5	60.83
SD	4.83	6.33
N	12	12
t VALUE	-7.96*	

Note: Meaningful at the level of 0.1 scale

In table 1 adolescent boys and girls aged 12 years have been subjected to research process to make an assessment of their self confidence level. In the results obtained:-

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Before training

Average value of self confidence: 42.5

Psychological variation of self confidence: 4.83

After obtaining the following statistics Yogic practice was conducted for a period of six months wherein

Practice

Surya Namaskar

Yognidra

Chanting of Aum

Time

12 Minutes

20 Minutes

8 Minutes

Post training

Average value of self confidence: 60.83

Psychological variation of self confidence: 6.33

It has been observed through the statistics obtained and after t test that there has been huge difference in the degrees of self confidence when it comes to making a comparison between the findings of pre training vis a vis post training, T result was found to be-7.96.

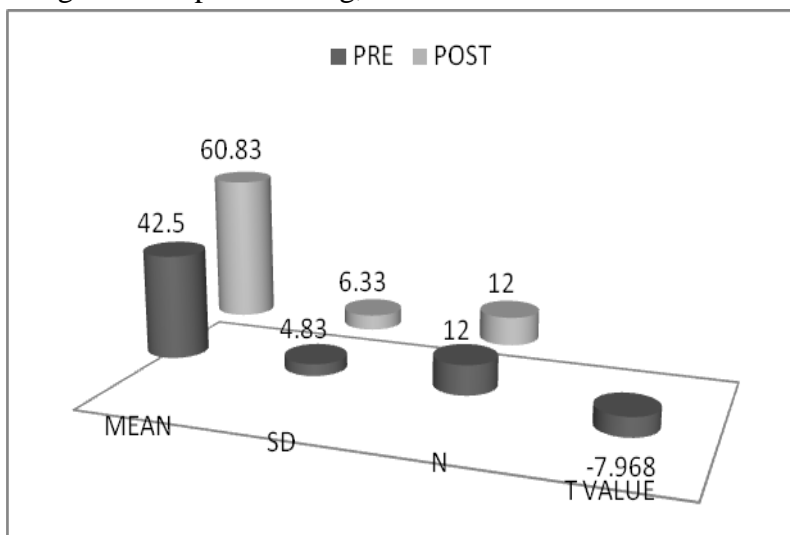


Table 1.1, Analysis and result of the level of self confidence in the empirical group and the controlled group post training session.

	EXP-POST	CON-POST
MEAN	60.83	50.55
SD	6.33	7.48
N	12	09
t VALUE	3.40*	

Note: Meaningful at the level of 0.1 scale

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In Table 1.1 after boys and girls aged 12 years were subjected to training the average percentage and psychological variation was witnessed to be 60.83 and 6.33 respectively. Whereas the children who were not provided yogic practice were found to be having average scale of 50.55 in terms of self confidence and the standard variation was 7.48. t result was 3.40. This value was meaningful enough from statistical point of view.

Table 2, Analysis of self confidence among 13 year old children and the result thereof

	EXP-PRE	EXP-POST
MEAN	44.07	69.42
SD	4.76	10.87
N	14	14
t VALUE	-7.99*	

Note: Meaningful at the level of 0.1 scale

IN table 2 adolescent boys and girls aged 13 years have been subjected to research process to make an assessment of their self confidence level. In the results obtained:-

Before training

Average value of self confidence: 44.7

Psychological variation of self confidence: 4.76

After obtaining the following statistics Yogic practice was conducted for a period of six months wherein

Practice	Time
Surya Namaskar	12 Minutes
Yognidra	20 Minutes
Chanting of Aum	8 Minutes

Post training

Average value of self confidence: 69.42

Psychological variation of self confidence: 10.87

It has been observed through the statistics obtained and after t test that there has been huge difference in the degrees of self confidence when it comes to making a comparison between the findings of pre training vis a vis post training, t result was found to be-7.99

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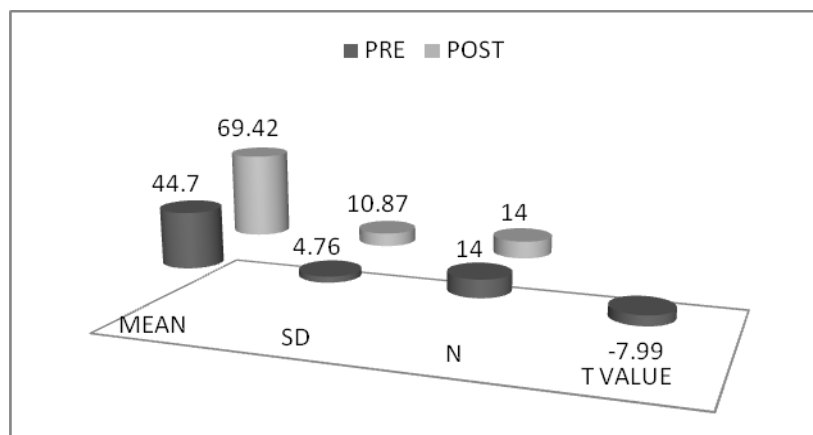


Table 2.1

Analysis and result of the level of self confidence in the	EXP-POST	CON-POST
MEAN	69.42	48.55
SD	10.87	13.37
N	14	9
t VALUE	4.10*	

Note: Meaningful at the level of 0.1 scale

In Table 2.1 after boys and girls aged 13 years were subjected to training the average percentage and psychological variation was witnessed to be 69.42 and 10.87 respectively. Whereas the children who were not provided yogic practice were found to be having average scale of 48.55 in terms of self confidence and the standard variation was 13.37. t result was 4.10. This value was meaningful enough from statistical point of view.

Table 3, Analysis of self confidence among 14 year old children and the result thereof

	EXP-PRE	EXP-POST
MEAN	44.91	64.66
SD	3.57	11.85
N	12	12
t VALUE	-5.52*	

Note: Meaningful at the level of 0.1 scale

In Table 3 boys and girls belonging to the age group of 14 years were subjected to self confidence measurement and on the basis of the findings it has been found that before teaching the average value was 49.91 and the standard difference was to the order of 3.57 and the

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respondents were continuously provided with training for six months. In this training they were regularly subjected to 12 minutes of Surya Namaskar practice and in its course they were also made to practice Yognidra for 20 minutes as well as chanting of AUM for 8 minutes. The process continued for 6 months in a row and thereafter they were assessed value wise. In the post training findings average value was 64.66 having the variation of 11.85 and with T-test it was found that pre and post training results had a marked distinction. t score was 5.52.

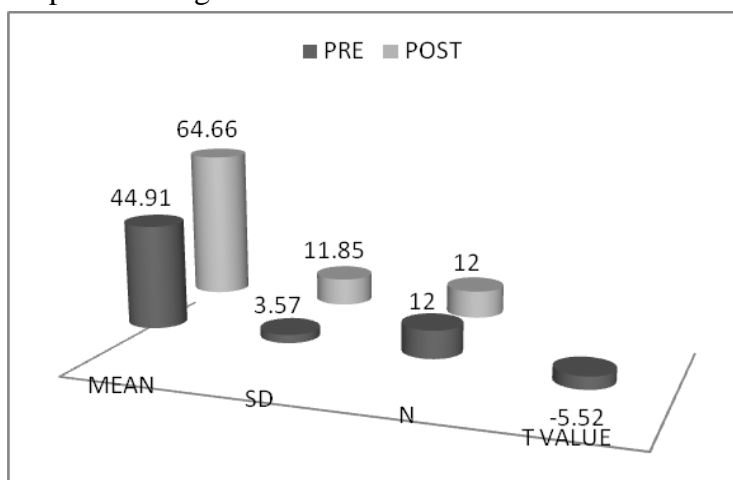


Table 3.1, Analysis and result of the level of self confidence in the empirical group and the controlled group post training session.

	EXP-POST	CON-POST
MEAN	64.66	49.5
SD	11.85	9.10
N	12	10
t VALUE	3.30*	

Note: Meaningful at the level of 0.1 scale

In Table 3.1 after boys and girls aged 14 years were subjected to training the average percentage and psychological variation was witnessed to be 64.66 and 11.85 respectively. Whereas the children who were not provided yogic practice were found to be having average scale of 49.5 in terms of self confidence and the standard variation was 7.10. t result was 3.309452. This value was meaningful enough from statistical point of view.

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Table 4, Analysis of self confidence among 15 year old children and the result thereof

	EXP-PRE	EXP-POST
MEAN	46.5	61.25
SD	8.79	10.22
N	8	8
t VALUE	-3.09*	

Note: Meaningful at the level of 0.1 scale

In Table 4 boys and girls belonging to the age group of 15 years were subjected to self confidence measurement and on the basis of the findings it has been found that before teaching the average value was 46.5 and the standard difference was to the order of 8.79 and the respondents were continuously provided with training for six months . In this training they were regularly subjected to 12 minutes of Surya Namaskar practice and in its course they were also made to practise Yognidra for 20 minutes as well as chanting of AUM for 8 minutes. The process continued for 6 months in a row and thereafter they were assessed value wise. In the post training findings average value was 61.25 having the variation of 10.22 and with T-test it was found that pre and post training results had a marked distinction . t score was 3.09.

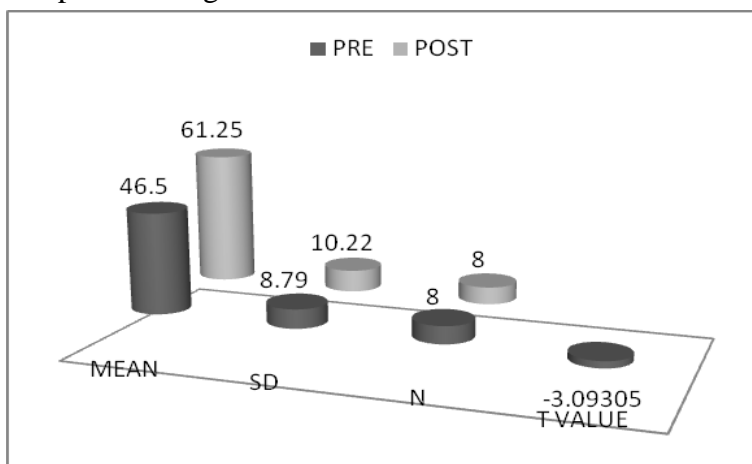


Table 4.1, Analysis and result of the level of self confidence in the empirical group and the controlled group post training session.

	EXP-POST	EXP-POST
MEAN	61.25	48.33
SD	10.22	8.90
N	8	18
t VALUE	3.26*	

Note: Meaningful at the level of 0.1 scale

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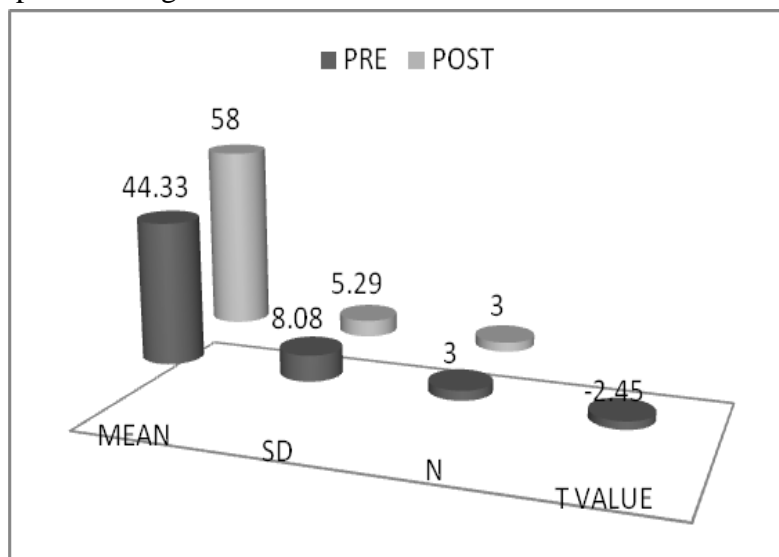
In Table 4.1 after boys and girls aged 15 years were subjected to training the average percentage and psychological variation was witnessed to be 61.25 and 10.22 respectively. Whereas the children who were not provided yogic practice were found to be having average scale of 48.33 in terms of self confidence and the standard variation was 8.90. t result was 3.26. This value was meaningful enough from statistical point of view.

Table 5, Analysis of self confidence among 16 year old children and the result thereof

	EXP-PRE	EXP-POST
MEAN	44.33	58
SD	8.08	5.29
N	3	3
t VALUE	-2.45*	

Note: Meaningful at the level of 0.1 scale

In Table 5 boys and girls belonging to the age group of 16 years were subjected to self confidence measurement and on the basis of the findings it has been found that before teaching the average value was 44.33 and the standard difference was to the order of 8.08 and the respondents were continuously provided with training for six months. In this training they were regularly subjected to 12 minutes of Surya Namaskar practice and in its course they were also made to practise Yognidra for 20 minutes as well as chanting of AUM for 8 minutes. The process continued for 6 months in a row and thereafter they were assessed value wise. In the post training findings average value was 58 having the variation of 5.29 and with T-test it was found that pre and post training results had a marked distinction. t score was 2.45.



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Table 5.1, Analysis and result of the level of self confidence in the empirical group and the controlled group post training session.

	EXP-POST	CON-POST
MEAN	58	48.5
SD	5.29	9.32
N	3	4
t VALUE	1.56**	

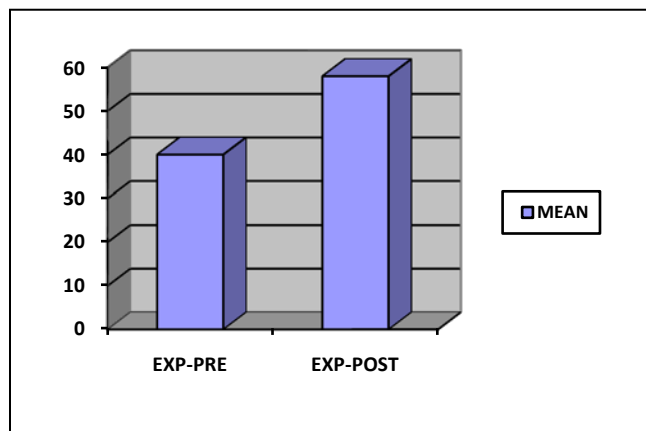
Note: Meaningful at the level of 0.1 scale

In Table 5.1 after boys and girls aged 16 years were subjected to training the average percentage and psychological variation was witnessed to be 58 and 5.29 respectively. Whereas the children who were not provided yogic practice were found to be having average scale of 48.5 in terms of self confidence and the standard variation was 9.32. t result was 1.56. This value was meaningful enough from statistical point of view.

Table 6, Analysis of self confidence among 18 year old children and the result thereof

	EXP-PRE	EXP-POST
MEAN	40	58

In table 6 one youth of 18 years was subjected to self confidence level measurement and on the basis of the data received it was observed that in this year 18 year old respondent the average value of psychological aberration was 40 before training with a variation of --- and in the wake of training session for continuous six months wherein they were made to practise Suryanamaskar, Yognidra and chanting of AUM for 12, 20 and 8 minutes on regular basis and were then re-tested the results shown before the average variation of 58.



Note: In the controlled group 18 yrs' children were not included, so therefore table 6.1 does not figure here.

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SECOND: GENDER BASED ANALYSIS AND THE RESULTS.

Table 6.1

Analysis of self confidence among the adolescent ones and the results thereof.	EXP-PRE	EXP-POST
MEAN	43.59	63.03
SD	5.93	10.06
N	27	27
t VALUE	-8.64*	

Note: Meaningful at the level of 0.1 scale

In table 6.1 self confidence was measured among boys and in the data obtained.

Before training

Average value of self confidence : 43.59

psychological variation of self confidence. : 5.93

After obtaining the following statistics Yogic practice was conducted for a period of six months wherein

Practice

Surya Namaskar

Yognidra

Chanting of Aum

Time

12 Minutes

20 Minutes

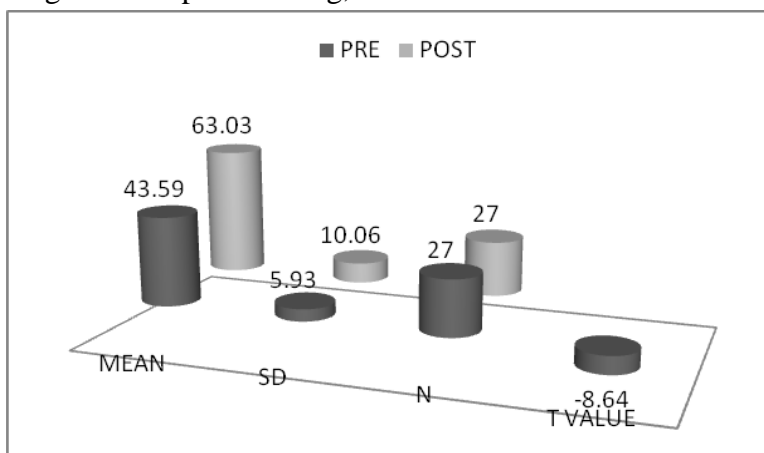
8 Minutes

Post training

Average value of self confidence : 63.03

psychological variation of self confidence. : 10.06

It has been observed through the statistics obtained and after t test that there has been huge difference in the degrees of self confidence when it comes to making a comparison between the findings of pre training vis a vis post training, t result was found to be -8.64.



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Table 7, Analysis and result of the level of self confidence in the empirical group and the controlled group post training session.

	EXP-POST	CON-POST
MEAN	63.03	48.64
SD	10.06	8.23
N	27	28
t VALUE	5.81*	

Note: Meaningful at the level of 0.1 scale

In Table 7 in the empirical group, after Yogic training having been provided to the young boys, the percentage of average value was 69.03 and the standard deviation was 10.06. Whereas the children who were not provided yogic practice were found to be having average scale of 48.64 in terms of self confidence and the standard variation was 8.23. t result was 5.81. This value was meaningful enough from statistical point of view.

Table 7.1, Analysis of self confidence among the adolescent girls and the results thereof.

	EXP-PRE	EXP-POST
MEAN	44.95	65.13
SD	4.90	10.37
N	23	23
t VALUE	-8.43*	

Note: Meaningful at the level of 0.1 scale

In Table 7.1 young girls' self confidence level was measured and in the data obtained.-

Before training

Average value of self confidence : 44.95
 psychological variation of self confidence. : 4.90

After obtaining the following statistics Yogic practice was conducted for a period of six months wherein

Practice

Surya Namaskar
 Yognidra
 Chanting of Aum

Time

12 Minutes
 20 Minutes
 8 Minutes

Post training

Average value of self confidence : 65.13
 psychological variation of self confidence. : 10.37

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It has been observed through the statistics obtained and after t test that there has been huge difference in the degrees of self confidence when it comes to making a comparison between the findings of pre training vis a vis post training, T result was found to be -8.43.

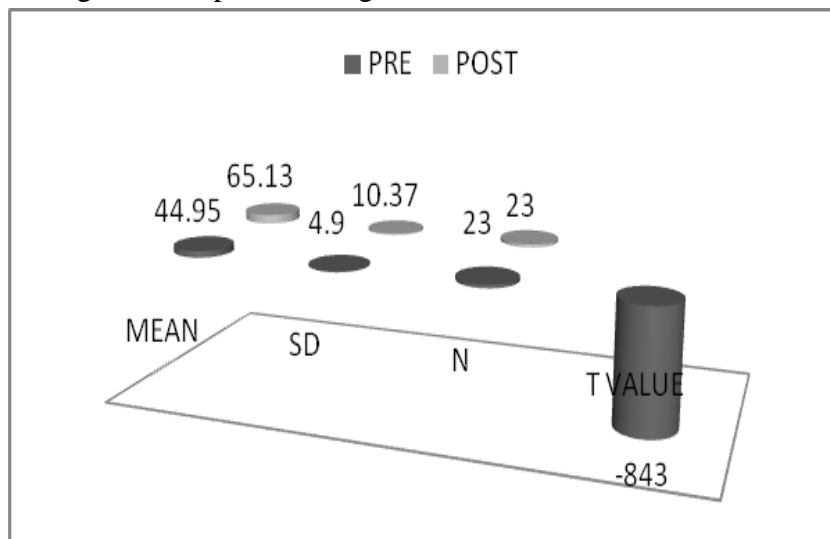


Table 8, Analysis and result of the empirical group and the controlled group after training.

	EXP-POST	EXP-POST
MEAN	65.13	49.5
SD	10.37	10.75
N	23	22
t VALUE	4.96*	

Note: Meaningful at the level of 0.1 scale

In Table 8, after Yogic training the average value and the standard variation among young girls was witnessed to be 65.13 and 10.37 respectively. Whereas the children who were not provided yogic practice were found to be having average scale of 49.5 in terms of self confidence and the standard variation was 10.75. t result was 4.96. This value was meaningful enough from statistical point of view.

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THIRD- ANALYSIS AND RESULT ON THE BASIS OF 3 OVERALL SAMPLE.

Table 8.1, Analysis of self confidence among boys and girls in the empirical group and the results thereof.

	EXP-PRE	EXP-POST
MEAN	44.22	64
SD	5.47	10.15
N	50	50
t VALUE	-12.12*	

Note: Meaningful at the level of 0.1 scale

In Table 8.1 self confidence of young boys and girls of the empirical group was measured and the statistics found;

Before training

Average value of self confidence: 44.22

psychological variation of self confidence. : 5.47

After obtaining the following statistics Yogic practice was conducted for a period of six months wherein

Practice

Surya Namaskar

Yognidra

Chanting of Aum

Time

12 Minutes

20 Minutes

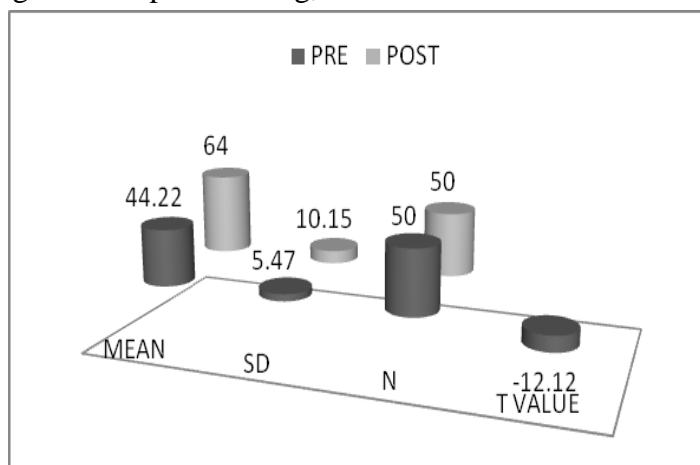
8 Minutes

Post training

Average value of self confidence : 64

psychological variation of self confidence. : 10.15

It has been observed through the statistics obtained and after t test that there has been huge difference in the degrees of self confidence when it comes to making a comparison between the findings of pre training vis a vis post training, t result was found to be -12.12.



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Table 9, Analysis and result of the level of self confidence in the empirical group and the controlled group post training session.

	EXP-POST	CON-POST
MEAN	64	49.02
SD	10.15	9.33
N	50	50
t VALUE	7.67*	

Note: Meaningful at the level of 0.1 scale

In Table 9 post yogic practices the average value and the standard variation among boys and girls were found to be 7.64 and 10.15 respectively. Whereas the children who were not provided yogic practice were found to be having average scale of 49.02 in terms of self confidence and the standard variation was 9.33. t result was 7.67. This value was meaningful enough from statistical point of view.

DISCUSSION AND RESULTS

A definite design was formulated to corroborate the hypothesis . With that hypothesis, analysis was made in a phased manner to confirm the hypothesis and it was found that there were variations among the students of 12 and 19 years and variations were witnessed at the level of self confidence. There has been substantial impact of Surya Namaskar Yognidra and the chanting of Aum on them. Since the median received in sampling post training has been remarkably high and this tendency has been witnessed among the youth belonging to the age brackets of 12,13,14,15, 16 and even 18 years. Hence, the first hypothesis of the researcher proved to be true.

The second hypothesis was conceived that " if the students are regularly made to do yogic practices for 40 minutes daily and are subjected to chanting of Aum also, their self confidence shall be invariably be placed in the positive territory. To corroborate this conception, a controlled group was also selected along with experimental one who were not made to do any yogic practice and the results of both the distinct groups were evaluated and it was observed that those provided yogic training scored better. Hence this hypothesis is proved.

The results display that the level of self confidence has been found to be on the higher side thanks to regular yogic practice. Thus this hypothesis also gets proved.

The ultimate hypothesis was that the students who are not aware of the practical aspects of yoga won't exhibit meaningful results and the results are sufficient to show that variations were found in the post remedy results. Hence this hypothesis also gets proved.

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The key feelings of the research work may be summed up as follows:

1. Meaningful variations were witnessed among the youth of every group .
2. Efforts were made to analyse self confidence level class wise and it was observed that the youth of every class had a sense of fear for the reasons of various factors.
3. Gender wise sample of fear was found to be of varying order.
4. Substantial effect of Suryanamaskar, Yognidra and chanting of AUM was witnessed and they underwent transformational changes at the level of self confidence. Hence it can be said that Yognidra , Suryanamaskar and the chanting of AUM are essential and unavoidable for those youth whose self confidence is on the wane.
5. Yoga is not just a physical exercise or practice but much more than that which comprises comprehensive aspects. Yogic practice enhances constructive power and controls the problem of this nature. Yoga provides an appropriate apparatus for the development of emotional personality of the youth. Through Yogic exercises like Surya namaskar, yognidra and chanting of Aum one can enhance intellect comprehensively. Surya namaskar is a combination of Asan and pranayam. This strikes a balance of person's physiology with emotional state. During the youth it is a very good exercise as it balances hormonal changes and keeps under check unregulated feelings.

CONCLUSION

The concept which was adopted through literary study of yoga is that lack of consciousness gives birth to psychological aberrations and emotional immaturity.

As there is an inherent relationship between healthy body, psyche and soul. likewise any aberration is founded on the sheer lack of responsible collective consciousness . So therefore, in an attempt to find a remedy thereto it is very much advisable that one takes pains to engage oneself in enriching consciousness through Surya Namaskar for somatic therapy, Yoga nidra for enhancing the consciousness of subtle body and the chanting of AUM for the enrichment of body profile.

Acknowledgments

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Conflict of Interests

The author declared no conflict of interests.

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