Effect Of Yogic Practices On Self Confidence Among Men Suffering Insomnia

The purpose of the study was designed to examine the effects of yogic practices on self confidence among men suffering in insomnia of 30 to 40 years of age. To achieve this purpose of the study forty men suffering in insomnia were selected as subjects randomly from Tirunelveli. They were divided into two equal groups. Each group divided equally into two, 20 subject each. Group I underwent yogic practices for six days per week for six weeks. Group II acted as control group that did not undergo any special training programme apart from their regular activities. Yogic practice was selected as independent variable and the criterion variable self confidence was selected as dependent variables and the selected dependent variable was assessed by the standardized test item. Self confidence was assessed by Standard Hardly and Nelson (1992) Questionnaire. The experimental design selected for this study was pre and post test randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent ‘t’ test. The results proved that there was significant improvement record in self confidence due to six weeks of yogic practices.

Yoga is one of the six orthodox of Indian philosophy. It was coordinated and systematized by Patanjali in his classical work, the Yoga Sutras, which consists of 195 terse aphorisms in which it is stated that yoga is a state where all activities of the mind are channelized in one direction or the mind is free from distraction. (B.K.S Iyengar).

Most adults have experienced insomnia or sleeplessness at one time or another in lives. An estimated 30% of the general population is affected by insomnia, and 10% have chronic insomnia.

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The subjects selected for this study were grouped in two groups based on their mean random insomnia level. Equated groups design was used with twenty subjects in each group, namely control group, experimental group respectively. Pre test were conducted for all the subjects on self confidence and the experimental group participated in the yogic exercises for six weeks.

The post tests were conducted on the above said dependent variables after a period of six weeks by using Standard Hardly and Nelson (1992) Questionnaire. The training programme was scheduled at 6.30 am to 7.30 am on week days Monday, to Saturday, six days per week, excluding Sundays.

The data collected from the subjects were treated statistically to find out the significant differences among the men suffering in insomnia. The statistical technique used to analyze was

‘t’ test to find out the significant difference in values of the self confidence between pre and post test.

It was concluded that self confidence level of the experimental group showed significant increase when compared to the control group due to yogic practices among men suffering in insomnia.