



EFFECTS OF COMBINED PRANAYAMA AND MEDITATION PRACTICES ON SELF-CONFIDENCE

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Abstract

The purpose of the present study was to investigate the effect of combined pranayama and meditation practices on self-confidence among handball players. To achieve the purpose of the study, thirty handball players were selected from Karaikudi, Tamil Nadu, India, during the year 2019. The subjects' age ranged from 14 to 17 years. The selected students were divided into two equal groups consisting of 15 players each, namely the experimental group and the control group. The experimental group underwent a combined pranayama and meditation practices program for six weeks, while the control group did not participate in any training during the study period. Self-confidence was taken as the criterion variable in this study and was measured through Vealey's Trait Sports Confidence Inventory (TSCI) assessment. Pre-test was conducted before the training period, and post-test was measured immediately after the six-week training period. The statistical technique 't' ratio was used to analyze the means of the pre-test and post-test data of both groups. The results revealed a significant difference in self-confidence due to the combined pranayama and meditation practices given to the experimental group compared to the control group.

Keywords: Combined pranayama and meditation practices, Self-confidence, 't' ratio.

Introduction

Today, sports have become an integral part of our culture. They influence and are influenced by various social institutions, including education, economics, arts, politics, law, mass communication, and international diplomacy (Alaguraja, K. et al., 2019) [4]. Yoga benefits people of all ages universally. It is fascinating to those with a philosophical mind and is defined as the silencing of the mind's activities, leading to the complete realization of the intrinsic nature of the Supreme Being (Alaguraja, K. et al., 2017) [1].

In the sports world, physical education is crucial as it enhances performance and effectiveness in sports (Alaguraja, K. et al., 2018) [2]. Yoga is a system of exercises that helps the mind and body achieve tranquility and spiritual insight (Alaguraja, K. et al., 2019) [5]. When practicing yoga asanas, it is important to ensure that the mind is engaged along with the body (Alaguraja, K. et al., 2019) [8]. Yoga practice can be initiated at any time, starting with meditation or pranayama without necessarily performing asanas (postures) (Alaguraja, K. et al., 2019) [3].

Scientific evidence suggests that achieving higher fitness levels and engaging in exercise contributes to appearing smarter, feeling better, and living longer (Alaguraja, K. et al., 2019) [7]. Consciousness, when operating with the intellect and senses, may create the illusion of awareness while the mind remains less receptive and more critical (Yoga, P. et al., 2019) [9].

Research Methodology

Selection of Subjects

The purpose of this study was to examine the effect of combined pranayama and meditation practices on self-confidence among handball players. Thirty female handball players were selected randomly as subjects. The age range of the subjects was between 14 to 17 years.

Selection of Variables

Independent Variable:

- Combined pranayama and meditation practices

Dependent Variable:

- Self-confidence

Experimental Design and Implementation

The selected subjects were divided into two equal groups of fifteen participants: the experimental group, which underwent combined pranayama and meditation practices for five days per week for six weeks, and the control group, which did not participate in any special training program apart from their regular physical activities. The selected psychological variable, self-confidence,

was measured using Vealey's Trait Sports Confidence Inventory (TSCI) assessment method before and immediately after the training program.

Statistical Technique

The 't' test was used to analyze significant differences, if any, between the groups.

Level of Significance

A 0.05 level of confidence was fixed to test the level of significance.

Analysis of Data

The significance of the difference among the means of the experimental group was found using pre-test and post-test data. The dependent 't' test was used with a 0.05 level of confidence.

Table 1: Analysis of 't' ratio for the pre- and post-tests of experimental and control groups on self-confidence

Variables	Group	Standard Deviation	SD Error		
		Pre	Post	Pre	Post
Self-confidence	Control Group	8.15	8.14	2.10	2.10
	Experimental Group	10.11	9.31	2.61	2.40

Table 2: Mean differences and 't' ratio

Variables	Group	Mean	Degree of Freedom	't' Ratio	
		Pre	Post		
Self-confidence	Control Group	75.6	75.86	14	0.77
	Experimental Group	73.6	83.4	14	12.94*

(*Significant at 0.05 level of confidence)

The tables above show that the mean values of pre-test and post-test for the control group on self-confidence were 75.6 and 75.86, respectively, with an obtained 't' ratio of 0.77, which was statistically insignificant. In contrast, the mean values for the experimental group were 73.6 and 83.4, respectively, with an obtained 't' ratio of 12.94, which was statistically significant. The study results indicate a significant improvement in self-confidence in the experimental group due to six weeks of combined pranayama and meditation practices.

Figure 1: Bar Diagram Showing the Pre- and Post-Mean Values of Experimental and Control Groups on Self-confidence

Discussion of Findings

The study results indicate that the experimental group, which practiced combined pranayama and meditation, significantly improved in self-confidence compared to the control group. The improvement was attributed to the combined pranayama and meditation practices.

Conclusion

Based on the results obtained, the following conclusions were drawn:

1. There was a significant difference between the experimental and control groups in self-confidence after the training period.
2. There was a significant improvement in self-confidence, with the experimental group showing greater improvement due to six weeks of combined pranayama and meditation practices.

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