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A bilateral analysis of pranayama and meditation on selected psychological variable among working men

Dr. C. Malathy

Director of Physical Education, A. V. V. M. Sri Pushpam College (Autonomus)
Poondi, Thanjavur, Tamilnadu, India

Dr. C. Ramesh

Asistant Professor, Department of of Physical Education, Madurai Kamaraj
University, Madurai, Tamilnadu India

Abstract---The purpose of the present study was to investigate the combined quiet breathing pranayama and meditation practices on self confidence among working men. To achieve the purpose of the study thirty working men were selected from Karaikudi, Tamilnadu, India during the year 2022. The subject's age ranges from 35 to 45 years. The selected subjects were randomly divided into two equal groups consists of 15 men each namely experimental group and control group. The experimental group underwent a combined quiet breathing pranayama and meditation practices programme for six weeks. The control group was not taking part in any training during the course of the study. Self confidence was taken as criterion variable in this study. The selected subjects were tested on Self confidence was measured through Vealy's trait sports confidence inventory (TSCI) assessment. Pre-test was taken before the training period and post-test was measured immediately after the six week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to combined quiet breathing pranayama and meditation practices given to the experimental group on Self confidence when compared to control group.

Keywords---combined pranayama, meditation practices, self-confidence, 't' ratio.

Introduction

"Pranayama" means "breath control." "Prana" is the Sanskrit word for "breath" or "vital energy" in the body. Prana signifies the pranic energy responsible for life or life force on a subtle level, while "ayama" denotes control. Pranayama literally means "breath control." "Ayama" refers to the regulation of pranic energy, which is responsible for life or life force. Pranayama literally means "breath control." The constant process of combustion or oxidation in the organism is responsible for quiet breathing. And it is through respiration and blood circulation that the combustion process takes place. As a result, any movement of the body, whether internal or external, impacts the processes of blood circulation and respiration. Meditation is a series of techniques designed to promote heightened awareness and focused concentration. Meditation is another strategy for altering awareness that has been found to provide a variety of psychological advantages.

Research Methodology

Selection of subjects

The purpose of the study was to find out the effect of combined quiet breathing pranayama and meditation practices on self confidence among working men. To achieve this purpose of the study, thirty working men were selected as subjects at random. The age of the subjects were ranged from 35 to 45 years.

Selection of Variable

- **Independent variable**
Combined quiet breathing pranayama and meditation practices
- **Dependent variable**
Self confidence

Experimental design and implementation

The selected subjects were divided into two equal groups of fifteen subjects each, such as a combined quiet breathing pranayama and meditation practices group (Experimental Group) and control group. The experimental group underwent combined quiet breathing pranayama and meditation practices for five days per week for six weeks. Control group, which they did not undergo any special training programme apart from their regular physical activities as per their curriculum. The following psychological variable namely Self confidence was selected as criterion variable. All the subjects of two groups were tested on selected criterion variable Self confidence was measured through Vealy's trait sports confidence inventory (TSCI) assessment method at prior to and immediately after the training programme.

Statistical technique

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

Level of significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

Analysis of the data

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

Table I
Analysis of t-ratio for the pre and post tests of experimental and control group on Self confidence

Variables	Group	Standard Deviation		Sd Error	
		Pre	Post	Pre	Post
Self confidence	Control Group	7.19	7.39	1.85	1.90
	Experimental Group	9.79	9.73	2.52	2.51

(Scores counts in number)

Table II

Variables	Group	Mean		Degree of freedom	t' ratio
		Pre	Post		
Self confidence	Control Group	74.13	74.40	14	0.71
	Experimental Group	74	83.06	14	13.62*

**Significance at 0.05 level of confidence.*

The Table-I and II shows that the mean values of pre-test and post-test of the control group on Self confidence were 74.13 and 74.40 respectively. The obtained 't' ratio was 0.71, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on Self-confidence were 74 and 83.06 respectively. The obtained 't' ratio was 13.62* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in Self confidence. It may be concluded from the result of the study that experimental group improved in Self confidence due to six weeks of combined quiet breathing pranayama and meditation practices.

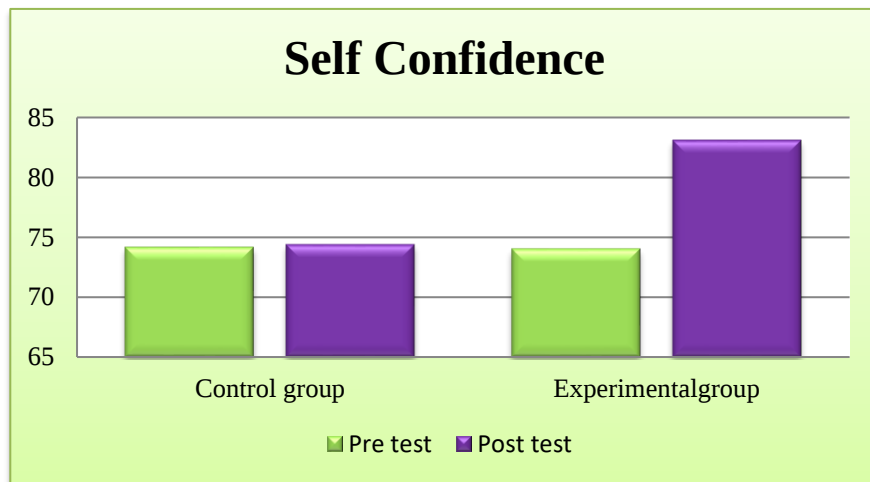


Figure 1. Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Self confidence

Discussions on Findings

The result of the study indicates that the experimental group, namely combined quiet breathing pranayama and meditation practices group had significantly improved the selected dependent variable, namely Self confidence, when compared to the control group. It is also found that the improvement caused by combined quiet breathing pranayama and meditation practices when compared to the control group.

Conclusion

On the basis of the results obtained the following conclusions are drawn,

- There was a significant difference between experimental and control group on Self confidence after the training period.
- There was a significant improvement in Self confidence. However the improvement was in favor of experimental group due to six weeks of combined quiet breathing pranayama and meditation practices.

Conflict of Interest

I declare that no conflict of interest could be perceived as prejudicing the impartiality of the research reported.

Source of Funding

This research did not receive any specific grant from any funding agency in the public, commercial or not for profit sector.

Ethical Approval

Ethical review and approval was not required for the study on human participants in accordance with the local legislation and institutional requirements. The patients/participants provided their written informed consent to participate in this study.

Informed Consent

Informed consent was obtained from all individual participants included in the study.

Data Availability

The datasets used and/or analyzed during this study are available from the corresponding author on reasonable request.

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