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Impact of mantra yoga and hatha yoga practices on stress and self-confidence among middle aged men

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Abstract---The purpose of the study is to investigate the changes of inspiratory reserve volume due to mantra yoga and hatha yoga practices among middle aged men. To achieve the purpose of this study, the study was restricted to 30 middle aged men only. The subject were taken, from in and around Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, India and their age ranged between 30 to 45 years only. The subjects were divided into two groups namely combination of mantra yoga and hatha yoga group, and the control group only. The groups were confined to 15 subjects each only. The training group were confined to participate in the training for a period of twelve weeks (five days per week) only. Prior to and after the training period the subjects were tested for, stress and self-confidence. stress was assessed by using Everly and Giordano stress scale and self-confidence assessed by using Rekha Agnihotry self-confidence Questionnaire. The statistical tool were used for the present study is Analysis of covariance (ANCOVA). The result of the study was a significant altered on stress and self-confidence after twelve weeks of combined yogic practices. However the different was favour of experimental groups.

Keywords---mantra yoga, hatha yoga practices, stress, self-confidence.

Introduction

‘Yoga’ is not an antique legend hidden in forgetfulness. It’s best number of precious in stupor. That is the necessary requirement of today moreover, the traditions of tomorrow. It’s a skill of proper living and, as like as, proposed may be an additional in daily life. It workings on all characteristic of the individual: the

imperative, mind, arousing, corporeal, intuitive, and religious. (Satyananda Saraswati, 1999) Mantra Yoga has its origin in Vedic Sciences and in Tantra, and in fact all the verses in Vedas are called mantras. It is said that any person who can recite Vedas can achieve the ultimate salvation or union with supreme consciousness, which is the ultimate for Mantra Yoga.

In the 20th century, Haṭha yoga evolved which particularly focused on asanas (the physical postures), which became popular throughout the world as a form of physical exercise. This modern form of yoga is now widely known simply as "yoga". Stress is pointed out as one of the important concerning the level of physical and mental health in modern society. Self-confidence states as a sensation about the individual's capabilities and skills. It means when an individual recognize and belief themselves and have a sense to manage in the life. The concept of self-confidence is commonly used as self-assurance in one's personal judgment, ability, power, etc. One's self confidence increases from experiences of having satisfactorily completed particular activities.

Statement of the problem

The purpose of present study was to find out the impact of mantra yoga and hatha yoga practices on stress and self-confidence among middle aged men.

Methodology

The purpose of the study is to investigate the changes of inspiratory reserve volume due to mantra yoga and hatha yoga practices among middle aged men. To achieve the purpose of this study, the study was restricted to 30 middle aged men only. The subject were taken, from in and around Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, India and their age ranged between 30 to 45 years only. The subjects were divided into two groups namely combination of mantra yoga and hatha yoga group, and the control group only. The groups were confined to 15 subjects each only. The training group were confined to participate in the training for a period of twelve weeks (five days per week) only. Prior to and after the training period the subjects were tested for, stress and self-confidence. stress was assessed by using Everly and Giordano stress scale and self-confidence assessed by using Rekha Agnihotry self-confidence Questionnaire. The statistical tool were used for the present study is Analysis of covariance (ANCOVA).

Analysis of data

The data collected prior to and after the experimental periods stress and self-confidence on mantra yoga and hatha yoga practices and control group were analyzed and presented in the following table –I

Table-I
Analysis of covariance of mantra yoga and hatha yoga practices and control groups

Variable Name	Group Name	Combined Yogic Practices	Control Group	F ratio
Stress	Pre-test Mean $\pm$ S.D	23.46 $\pm$ 1.24	23.34 $\pm$ 1.23	0.042
	Post-test Mean $\pm$ S.D.	20.52 $\pm$ 1.12	24.02 $\pm$ 1.31	12.23*
	Adj.Post-test Mean $\pm$ S.D.	22.153	23.567	45.68*
Self-Confidence	Pre-test Mean $\pm$ S.D	27.12 $\pm$ 1.24	27.17 $\pm$ 1.29	0.059
	Post-test Mean $\pm$ S.D.	29.25 $\pm$ 1.11	26.98 $\pm$ 1.35	14.02*
	Adj.Post-test Mean $\pm$ S.D.	29.165	26.800	52.17*

Significant at .05 level of confidence

* (The table value required for significance at .05 level of confidence with df 1 and 28 and 1 and 27 were 4.196 and 4.210 respectively.)

Results

From the table-I it is clear that mantra yoga and hatha yoga practices decrease stress and increases self-confidence when compare with control.

Conclusions

From the analysis of the data, the following conclusions were drawn. The result of the study shows that there was high decrease in stress after yogic practices and aerobic exercises. Cong et.al., (2011) cited that the a survey which depended on eight randomized control preliminaries and clinical controlled preliminaries demonstrated a beneficial outcome of yoga in lessening stress levels on stress symptoms. Shohani et.al., (2018) has discovered critical decrease on stress after the yogic practice. Sharma et.al (2013) has found that significant decrease on stress after the slow and fast pranayama practices. Moreover, the current test's outcome shows that there was no significant difference which was found between the training groups on stress.

For the variable self-confidence, yogic practices group and aerobic exercises group essentially expanded in self-confidence when compared with the control group. Samsudeen and Kalidasan (2007) has discovered that there was a critical improvement in self-confidence after the yogic practices. Claudio Robazza, and Laura Bortoli (2007) has recommended from his research work that there was a high improvement in self-confidence after the yogic practices. The results of the investigation indicated that considerable difference did not happened in self-confidence between the training groups, i.e. aerobic exercises group and yogic practices group.

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