



EFFECT OF YOGA ON SELF CONCEPT OF MALE STUDENTS OF HALIM MUSLIM P.G. COLLEGE, KANPUR U.P. INDIA

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ABSTRACT

The word Yoga means 'Union'. This word is derived from Sanskrit 'Yuja' which means 'to unite'. Actually, Yoga is a way of life which unites first our mind with our body and then unites us with the nature of God or Super cosmic power. Mental health refers to the overall well-being of an individual. It is about the balance of the Physical, Social, Emotional and Spiritual aspects of life. According to the World Health Organization (WHO), mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder. Mental health can affect daily living, relationships, and physical health. However, Factors in people's lives, interpersonal connections, and physical factors can all contribute to mental health disruptions.

Key Words: Mental Health, Self concept and Yoga

1. INTRODUCTION

yoga is best know for its poses or Asanas. These reach deep into the yogi's body, massaging important internal organs. Asanas help cleanse and maintain the nervous and circulatory systems, which automatically result in a healthier body and mind. Breathing Exercises or Pranayama can also help in keeping a person healthy by supplying a fixed amount of oxygen to the muscles and internal organs.

Self-concept is the sum total of the ways in which the individual sees himself or herself. Self-concept is often considered to have two major dimensions a descriptive component, known as the self-image, and an evaluative component, known as self-esteem, although in practice the term is more commonly used to refer to the evaluative side of self-perception.

Self-concept is a person's sense of identity, the set of beliefs about what he or she is like as an individual. Cognitions about identity comprise self-schema an organized body of information that relates to a person's self, pertaining to specific domains, such as dependence or femininity. In addition to self-schemas, part of the self is comprised of possible selves, those aspects of self that relate to the future. In addition, the concept of identity reflects roles and group categories to which a person belongs, along with the set of personal meanings and experiences related to the roles and categories.

Self-concept has been referred by **Lowe (1961)** as one's attitude towards self, and by **Pederson (1965)** as an organized configuration, of perceptions, beliefs, feelings, attitudes and values which the individual views as a part of characteristics of him.

Rogers (1959) defined self concept as the organized, consistent conceptual gestalt composed of perceptions the characteristics of the "I" or "me" and the perceptions of the relationships of the "I" or "me" to others and to various aspects of life, together with the values attached to these perceptions. It is a gestalt which is available to awareness though not necessarily in awareness. It is a fluid and changing gestalt, a process but at any given moment it is a specific entity.

Objective of the study was to assess the effect of yogic training on Self Concept of the students.

2. METHODOLOGY

2.1 Selection of Subjects

40 Male students were selected of Halim Muslim P.G. College, Kanpur for this study. 20 students for Experimental group and 20 for controlled group students. Age was between 20 to 25 years. A yoga module consisting of Yoga Asanas, Pranayama and Meditation, 30 minutes of yoga training given daily for six weeks. For the both groups pre and post tests conducted. Self concept test was used to analyze the data.

2.2 Tools

Self Concept scale used to asses the data. This scale developed by Dr. Raj Kumar Saraswat.

2.3 Variables

1. Independent variable – (Controlled & Experimental groups)
2. Dependant variable –
 - (I) . Self Concept
 - (II) Yoga

3. RESULTS

TABLE I

Self Concept	Pre test of Controlled group		Post test of Controlled group		DF	't'
	Mean	SD	Mean	SD		
	123.25	10.39	117.19	6.77		

Table No. I Pre-test controlled group of students and post-test controlled group of students both the groups difference between the two mean is no difference between the mean ($t'=0.78,df=18$) of self concept.

TABLE 2

Self Concept	Pre test of Experimental group		Post test of Experimental group		DF	't'
	Mean	SD	Mean	SD		
	96.55	14.47	133.68	17.92		

Table No. 2 Pre-test of Experimental group of students and post-test experimental group of students the difference between the two mean is highly significant ($t'= 6.78,df=18$) of self concept.

4. DISCUSSION

Yogic exercises promote the good health, physical fitness and self concept of the students. Yogic exercise must be included in the college curriculum to development the Physical and Psychological aspect of the students.

5. CONCLUSION

Positive effect of yogic exercise was shown on self concept of the students. Yogic exercise can improve the self concept in experimental group.

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