



Effects of Yoga on Self- Esteem & Anxiety Among Adults

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Abstract

The present study is design to study the effect of yoga on self-esteem and state anxiety among male and female adults. Total 100 adults were included in the study 50 male and 50 female adults. All sample included in this study collected from Jalna district. For data collection Self-esteem scale and State-Trait anxiety inventories use. Statistical analysis t test and descriptive statistic Mean and SD calculated from obtained data. For this study pre and posttest design is used. Result indicates that there is a significant difference between before and after the practice of yoga. It implies that yoga practice is useful in the enhancement of self-esteem of the adults The result shows that there Yoga helps to reduce sate anxiety in male and female adults..

Keywords: Self- esteem and Anxiety

Introduction:

Our self-esteem evolves throughout our lives as we develop an image of ourselves through our experiences with different people and activities. Experiences during childhood play a particularly large role in the s Anxiety is a generalized mood condition that occurs without an identifiable triggering stimulus. As such, it is distinguished from fear, which occurs in the presence of an observed threat. Additionally, fear is related to the specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable.

Anxiety can be accompanied by physical effects such as heart palpitations, fatigue, nausea, and chest pain, shortness of breath, stomach aches, or headaches. Physically, the body prepares the organism to deal with a threat. Blood pressure and heart rate are increased,



sweating is increased, blood flow to the major muscle groups is increased and immune and digestive system functions are inhibited. External signs of anxiety may include pale skin, sweating, trembling, and pupillary dilation. Someone suffering from anxiety might also experience it as a sense of dread or panic. There are many emotional symptoms involved as well. Some Feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching for signs or danger, and, feeling like the mind has gone blank hoping of self-esteem. When we were growing up, our successes, failures, and how we were treated by our family, teachers, coaches, religious authorities, and peers, all contributed to the creation of our self-esteem. Situational incidences such as health related problems may also adversely affect one's self esteem.

Statement of the Problem:

To study the effectiveness yoga on self-esteem and anxiety among male and female adults

Objectives:

The major objectives of the study were:

1. To find out whether yoga enhance self-esteem of male and female adults.
2. To find out whether yoga reduce state anxiety of male and female adults.

Hypotheses:

- 1) Yoga therapy will enhance self-esteem of the male and female adults.
- 2) Yoga therapy will reduce state anxiety of the male and female adults.

Methodology:

For conducting any research it becomes inevitable to select the appropriate research method. Depending upon the objectives and hypothesis of the study the pre-test post-test experiment group design of research deemed appropriate and suitable and is used in the study.

Design of the study:

In the present study two dependent variables have been studied i.e. self-esteem and state anxiety. The independent variable of the study is Yoga. Hence pre-test post-test experiment group research design is used.



Phase I	Phase II	Phase III
Pre-test	Yoga	Post-test

Phase I: Pre-test period.

The first assessment for experimental group is taken as Baseline 1 assessment. During this period, the entire sample (N=100) were administered the Self-esteem scale, State-Trait anxiety inventory.

Phase II: Treatment.

In this phase all participants total 8 days yoga therapy implemented as a treatment. After first phase completed all participants actively participates in yoga institute. Intervention to all these 100 participants will give for 8 days intervention program each day of yoga therapy is two hour.

Phase III: Post-test.

In the third phase all sample in this study after completes their treatment post-test carried out. After this second phase period completed immediate the entire sample (N=100) were administered the Self-esteem scale and State-Trait anxiety inventory.

Sample:

In the present study total 100 samples is selected from the Jalna district in this study. The purposive sampling method is use in the selection of sample for the present study. Male and female adults are included in this study.

Procedure of Data Collection:

Present research follows the pre-test post-test experiment group research design. For the present study 100 sample were selected from yoga centers. After sample selection pre-test was done, in pre-test two psychological tests Self-esteem scale and State-Trait anxiety inventory were administrated on all 100 sample and data were collected. Before post-test was taken 8 days yoga treatment was given to all samples. Post-test was taken from the sample on the day of completion of 8 days yoga treatment. After the treatment that two psychological test Self-esteem scale and State-Trait anxiety inventory were administrated on all sample and data were collected.



Variables:

In the present study following variables will be treated as independent and dependent variables.

1. Independent variable.

- I. Yoga therapy Group.

2. Dependent variables.

- I. Self-esteem.
- II. State anxiety.

Psychological Devices:

Sr. No	Aspect of study	Test and Scale	Developed by
1	Self-esteem	Rosenberg self-esteem scale	Dr. Morris Rosenberg
2	State anxiety	State-Trait anxiety inventory	Spielberg

Descriptions of the test:

Self-esteem Scale:

The Rosenberg self-esteem scale (RSES) developed by sociologist Dr. Morris Rosenberg, is a self-esteem measure widely used in social-science research. It is a ten-item. Likert-type scale with items answered on a four-point scale — from strongly agree to strongly disagree. Five of the items have positively worded statements and five have negatively worded ones. The scale measures state self-esteem by asking the respondents to reflect on their current feelings. The Rosenberg self-esteem scale is considered a reliable and valid quantitative tool for self-esteem assessment.

Scoring- The scale is a 10-item Likert scale: the 4-point scale of answers range from strongly agree (score 1) to strongly disagree (score 4): for items 2, 5, 6, 8 and 9 scores are reversed. Total scores range from 10 to 40. Scores below 15 indicate low self-esteem.



Reliability and Validity- Across 53 nations, principal components analysis found the RSES component structure generally invariant. Cronbach's α of 0.81 across nations supports the scale's internal coherence across cultural contexts.

State-Trait anxiety Inventory:

STAI comprises self-report scales for measuring state and trait anxiety. According to Charles D. Spielberger anxiety states are characterized by subjective feelings of tension, apprehension, nervousness, worry and by activation or arousal of the ANS. S Anxiety (S-A) scale (STAI form Y-I) consists of 20 statements that assess how people feel 'right now'.

The STAI-T anxiety scale has been widely used in assessing clinical anxiety in medical, surgical, psychosomatic and psychiatric patients. In response to the STAI S-Anxiety scale, the subjects were asked to blacken the number on the standard test form to the right of each item statement that best describes the intensity of their feelings: (1) not at all, (2) somewhat, (3) moderately so, (4) very much so. Similarly, in response to the T-Anxiety scale, the subjects were instructed to indicate how they generally feel by rating the frequency of their feelings of anxiety on the following four- point scale: (1) almost never, (2) sometimes, (3) often, (4) almost always.

To obtain scores for both the S-Anxiety and T-Anxiety scales, the weighted scores were simply added for the twenty items that made up each scale, taking into account the fact that the scores are reversed for the anxiety absent items. Scores for both the S-Anxiety and T-Anxiety scales can vary from a minimum of 20 to a maximum of 80. For the purpose of present study only state anxiety score are calculated.

Result and Discussion:

The mean (with graphical representation) and standard deviation for pre-test and post-test groups on dependent variables self-esteem and state anxiety were analyzed. Looking to the objectives of the present investigation analysis of collected data was done by employed t test and correlation method in order to study the effect of independent variables on dependent variables.

Following statistics is used;

- Mean and standard deviation
- T test
- Pearson Product movement correlation

Table No.1

Descriptive statistics for Dependent variable Self-esteem

Variable	Test	N	Mean	SD	t	Sig.
Yoga therapy	Pre	100	19.11	4.36	6.50	0.01
	Post	100	21.96	6.31		

First dependent variable self-esteem is assessed on yoga. Above table no. 1 shows that the mean SD and t-values were computed. Mean and SD score of self-esteem of adults pretest is (M =19.11) and SD (SD= 4.36) on the independent variable Yoga therapy. Table also shows that the mean and SD score of self-esteem of adults posttest (M= 21.96) and (SD = 6.31) on the independent variable Yoga therapy.

Value of t-test on self-esteem of male and female adults on Yoga therapy is $t = 6.55$ which is a significant at the 0.01 level of the significant. Its means pre-test score on self-esteem of male and female adults on Yoga therapy is differ significant as compared post-test score on self-esteem self-esteem of male and female adults on Yoga therapy. Results are concluded that mean of self-esteem is lower before Yoga treatment and remarkably increased after Yoga treatment. Hen’s hypothesis no. 1, “Yoga therapy will enhance self-esteem of the male and female adults”, is accepted.

Table No.2

Descriptive statistics for Dependent variable Anxiety

Variable	Test	N	Mean	SD	t	Sig.
Yoga therapy	Pre	100	42.87	8.82	7.12	0.01
	Post	100	39.10	8.10		

First dependent variable anxiety is assessed on yoga. Above table no. 1 shows that the mean SD and t-values were computed. Mean and SD score of anxiety of adults pretest is (M =42.87) and SD (SD= 8.82) on the independent variable Yoga therapy. Table also shows that



the mean and SD score of anxiety of adults posttest (M= 39.01) and (SD = 8.10) on the independent variable Yoga therapy.

Value of t-test on anxiety of male and female adults on Yoga therapy is $t = 7.12$ which is a significant at the 0.01 level of the significant. Its means pre-test score on anxiety of male and female adults on Yoga therapy is differ significant as compared post-test score on anxiety of male and female adults on Yoga therapy. Results are concluded that mean of anxiety is higher before Yoga treatment and remarkably decreased after Yoga treatment. Hen's hypothesis no. 2, "Yoga therapy will reduce state anxiety of the male and female adults", is accepted.

Conclusion:

- 1) Yoga therapy is enhancing self-esteem of the male and female adults.
- 2) Yoga therapy is reducing state anxiety of the male and female adults

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