

EFFECT OF YOGIC PRACTICES ON STUDY SKILLS AND ASSERTIVENESS AMONG ADOLESCENT GIRLS

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ABSTRACT

The purpose of the study was to find out the effect of Yogic Practices on Study Skills and Assertiveness among Adolescent Girls. It was hypothesized that there would be a significantly improved on Study Skills and Assertiveness among Adolescent Girls due to Yogic Practices group than the control group. To achieve the purpose of the study investigator selected 30 Adolescent Girls were randomly selected from Chennai district. Their age ranges from 12 to 17 years. The subjects were divided into two equal groups namely, experimental group and control group. After analyzing the various factors associated with the presented study. Selected psychological variables - Study Skills was measured using measured using Study Skills questionnaire developed by M. Kanchana and Assertiveness was measured through measured using Assertiveness questionnaire developed by Rathus. The selected subjects underwent eight weeks Yogic Practices from Monday to Friday every week. The collected data were Analysed statistically by analysis of covariance (ANCOVA) test and 0.05 was fixed as the level of significance. It was concluded that significant Improved in the Study Skills and Assertiveness due to effect of eight weeks training of Yogic Practices when compared to control group among Adolescent Girls.

Key words: Yogic Practices, Geriatric, Study Skills and Assertiveness

INTRODUCTION

Adolescence is characterized by dramatic physical changes moving the individual from childhood into physical maturity. Early, prepubescent changes are noted with the appearance of secondary sexual characteristics. Girls may begin to develop breast buds as early as 8 years old, with full breast development achieved anywhere from 12 to 18 years. Pubic hair growth, as well as armpit and leg hair typically begins at about age 9 or 10, and reaches adult distribution patterns at about 13 to 14 years. Menarche (the beginning of menstrual periods) typically occurs about 2 years after initial pubescent changes are noted. It may occur as early as 10 years, or as

late as 15 years, with the average in India being about 12.5 years. A concurrent rapid growth in height occurs between the ages of about 9.5 and 14.5 years, peaking somewhere around 12 years. A concurrent rapid growth in height occurs between the ages of about 10.5 to 11 and 16 to 18, peaking around age 14. The human body has several glands, many of which are ductless. The various hormones they produce kill germs in our body as they mingle with the blood. If these glands work as well as they should, we would all be disease-free. Yoga gives strength to these glands to do their job properly. Each gland secretes a different fluid that affects a different function in the body. Hormones secreted by ductless glands are very important for a healthy life. When hormones are at a particular performance level, the body can function to its optimum. The improper functioning of these glands is usually the primary cause of most diseases. Fortunately, there are yogic practices that activate each of these glands. (Dr.AnandhaBalayogiBhavanani, 2004). Study Skills and Assertiveness are both the most prevalent and most important factors affecting the psychosocial function of the elderly people. Yogic Practices is one of the very antiquity and for most sciences. Yogic Practices helps to promote a balanced development of physical, mental and spiritual wellbeing.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the effect of Yogic Practices on Study Skills and Assertiveness among Adolescent Girls.

HYPOTHESIS

It was hypothesized that there would be a significantly improved on Study Skills and Assertiveness among Adolescent Girls due to Yogic Practices group than the control group.

REVIEW OF RELATED LITERATURE

Karthika, P. (2020).Conducted study on the Influence of yoga intervention on assertiveness among under graduate students. For this purpose, 20 college going girls were randomly selected from Private Institution, Chennai. Their age was ranged between 19 and 21 years. The study was conducted after college hours so that the class routine was not disturbed. Further, the selected twenty subjects were randomly assigned into experimental group (Group I (n=10)) and control group (Group II (n = 10)). The experimental group underwent 8 weeks of

practices which include Prayer, loosening exercises, Asana, pranayama and OM chanting for six days (i.e. Monday to Saturday) in a week. Each yoga session consisted of 5 minutes of loosening exercises, 5 minutes of Surya Namaskar, 20 minutes of asana, 10 minutes of pranayama and 5 minutes of OM meditation. Control group didn't undergo any such practices. Finally, when the training period of eight weeks was over, all the subjects of experimental and control groups were assessed for assertiveness. Standardized assertiveness questionnaire Rathus assertiveness Schedule (30 items) were used for Pre-test and post-test of both control group and experimental group before and after the training period. The eight weeks yogic practices significantly increase the assertiveness among under graduate students.

Thakur, T. S., Pawar, S., & Kumar, G. G. (2020),Conducted study on the Yoga for Well-being of Adolescent Girls. The subjects age between the 13 to 19 years. A sample of 60 girl students pursuing graduation at Sarojini Naidu VanitaMahavidyalaya, Hyderabad, was taken and these girls were those who were practicing yoga regularly for at least a minimum of 1 year before this research. The tool used for the evaluation of these students' experience with respect to various aspects of their well-being was a questionnaire to assess the impact of yoga on relaxation, behavior, responsibility, concentration, sleep, fatigue, eating awareness, knowledge in nutrition, posture, confidence, etc. The subjects expressed their responses in the form of points from 1 (strongly disagree) to 5 (strongly agree) based on which the data were analyzed. The results obtained reflected various benefits gained by these teenage girls by practicing yoga regularly. The results and outcomes of this study will be of great help to enlighten the benefits of yoga to teenage girls so that it makes an impact on their daily living and well-being.

METHODOLOGY

For the purpose of these random groups experimental study. Thirty (30) Adolescent Girls in Chennai were selected at random as subjects based on their Study Skills and Assertiveness and their age was ranged from 12 to 17 years. Yogic Practices was given five days (Monday to Friday at 6.00 pm to 7.00 pm) per week for eight weeks. All the subjects were randomly assigned to experimental groups and control group each consisted of 15 subjects. Experimental groups were involved in Yogic Practices (12) weeks and the control group kept in active rest. The Yogic Practices given to experimental group include Starting prayer, Loosening the joining, Suryanamaskar, Padahasthasana, Trikonasana,Vrikshasana, Parvatasana,

Shasangasana, Gomukhasana, Paschimottasana, Ardhamatsyendrasana, Bhujangasana, Dhanurasana, Sarvangasana, Kapalabati, Sheetal, Bhramari pranayamas, OM Chanting, NadiShodhana, Shavasana, Yoga Nidra (Relaxation) Techniques. Initially pre-test was taken and after the experimental period of eight weeks, post-test was taken from all the two groups. Selected psychological variables - Study Skills was measured using measured using Study Skills questionnaire developed by M.Kanchana and Assertiveness was measured through measured using Assertiveness questionnaire developed by Rathus. The differences between initial and final Study Skills and Assertiveness were considered as the effect of Yogic Practices on selected subjects. Analysis of Covariance (ANCOVA) was used to find out the difference among the experimental and control groups. The test of significance was fixed as 0.05 level of confidence.

RESULTS AND DISCUSSION

The data pertaining to the variables collected from the two groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

RESULTS ON STUDY SKILLS

The Analysis of Covariance (ANCOVA) on Study Skills Yogic Practices and control group was analyzed and are presented in table-I

Table-I
COMPUTATION OF ANALYSIS OF COVARIANCE ON STUDY SKILLS OF
EXPERIMENTAL GROUPS CONTROL GROUP (in Scores)

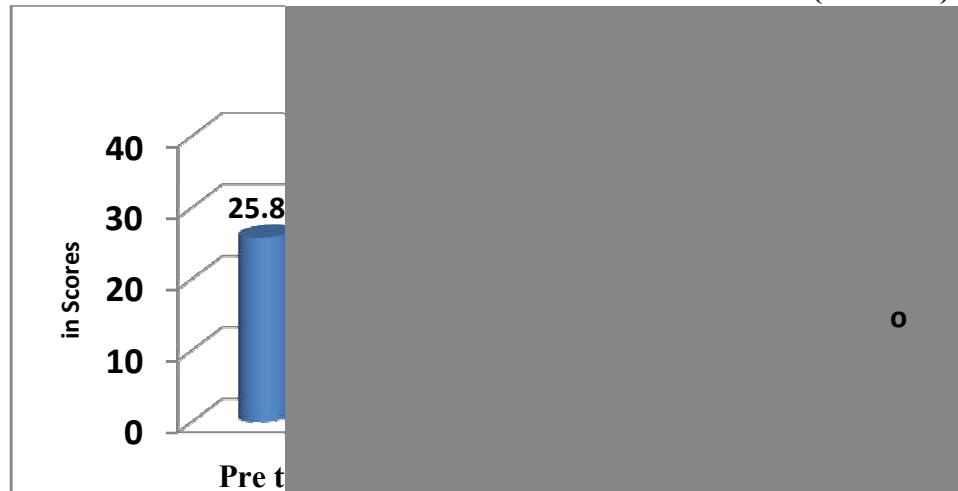
Test	EXP GROUP	CON GROUP	SV	SS	Df	MS	F
Pre test Mean	25.8	25.06	Between	4.03	1	4.03	0.14
			Within	761.33	28	27.19	
Post test Mean	35.93	25.13	Between	874.8	1	437.4	7.44*
			Within	1644.66	28	58.73	
Adjusted test Mean	35.52	25.54	Between	743.30	1	371.65	14.40*
			Within	696.41	27	25.79	
mean difference	10.13	0.06					

* Significant at 0.05 level of confidence (Table F ratio at 0.05 level of confidence for df 1 and 28 = 4.20, 1 and 27 = 4.21).

The obtained F-ratio value for the Study Skills were greater than the table value, it indicates that there was a significant difference among post test and adjusted post-test means of the Yogic Practices group than the control group. The pre-test, post-test and adjusted post-test mean values of Yogic Practices and the control group on Study Skillswere graphically presented in Figure 1.

Figure 1

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE OF YOGIC PRACTICES GROUP AND CONTROL GROUP ON STUDY SKILLS(in scores)



*Significant at 0.05 level of confidence

RESULTS ON ASSERTIVENESS

Table-II

COMPUTATION OF ANALYSIS OF COVARIANCE ON ASSERTIVENESS OF EXPERIMENTAL GROUPS AND CONTROL GROUP (in scores)

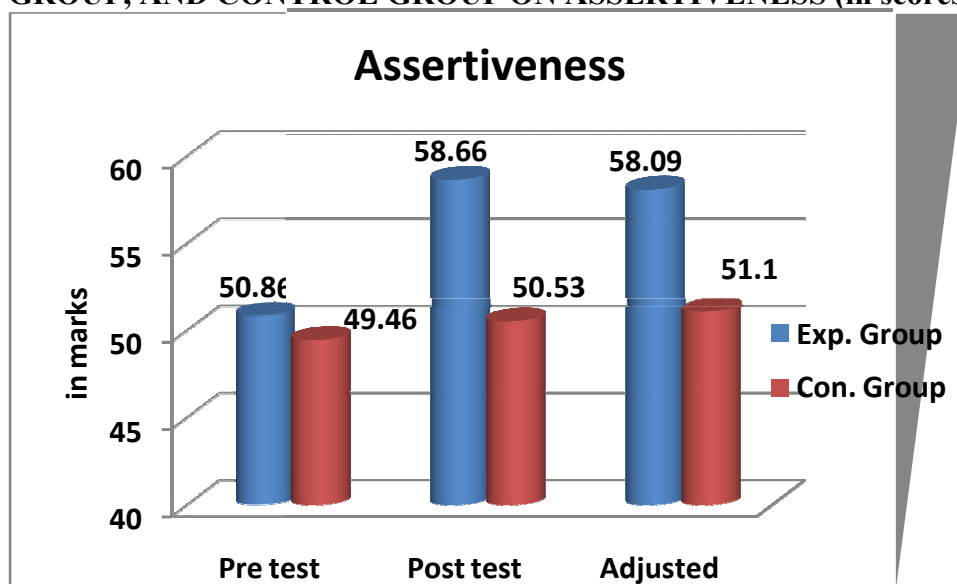
Test	EXP GROUP	CON GROUP	SV	SS	Df	MS	F
Pre test Mean	50.86	49.46	between	14.7	1	14.7	0.24
			within	1711.46	28	61.12	
Post test Mean	58.66	50.53	between	496.13	1	248.06	4.54*
			within	1527.06	28	54.53	
Adjusted test Mean	58.09	51.10	between	363.59	1	181.79	12.56*
			within	390.66	27	14.46	
mean difference	7.8	1.06					

* Significant at 0.05 level of confidence (Table F ratio at 0.05 level of confidence for df 1 and 28 = 4.20, 1 and 27 = 4.21).

The obtained F-ratio value for the Assertiveness were greater than the table value, it indicates that there was a significant difference among post test and adjusted post-test means of the Yogic Practices group than the control group. The pre-test, post-test and adjusted post-test mean values of Yogic Practices and the control group on Assertiveness were graphically presented in Figure 2.

Figure 2

BAR DIAGRAM SHOWING THE MEAN DIFFERENCE OF YOGIC PRACTICES GROUP, AND CONTROL GROUP ON ASSERTIVENESS (in scores)



*Significant at 0.05 level of confidence

CONCLUSION

It was concluded that there was significantly improved in the Study Skills and Assertiveness due to effect of eight weeks training of Yogic Practices when compared to control group among Adolescent Girls.

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