



## IMPACT OF YOGIC PRACTICES ON CONFIDENCE AND ENTHUSIASTIC SECURITY OF ORTHOPEDICALLY TESTED TEENAGERS

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### ABSTRACT

*The current examination was embraced to see whether yogic practices has constructive outcome on confidence and passionate security of orthopedically tested teenagers. The example comprised of purposively chosen 15 school going youths of evaluation VIII and IX matured 12-16. Confidence scale created by M. S. Prasad and G. P. Thakur and Emotional security scale for youngsters created by A.K. Gupta and A.K. Singh was controlled regarding the matter when the yogic program. The segments of yogic intercession contained hypothetical classes on Ashtanga yoga, Asanas, and Pranayamas, and pragmatic classes on Pranayama. One gathering pretest-posttest exploratory plan was utilized to break down the information. Result demonstrates that yogic practices have positive effect on the confidence and passionate security of orthopedically tested youths. Consequently, it might be deduced that training of yoga for one month may build up the better confidence and passionate solidness among the professionals.*



**KEY WORDS :** Yoga, Self-Esteem, Emotional Stability, Orthopedically Challenged Adolescents .

### INTRODUCTION :

Confidence in mental term mirrors an individual's general abstract, enthusiastic assessment or evaluation of their own value. It is a judgment of oneself just as a disposition of a person toward oneself. It includes convictions of a person about oneself in various phases of life, (for instance, "Am I equipped?", "Am I worthy?"), just as his/her enthusiastic states, for example, win, depression, pride, and disgrace. Smith and Mackie (2007) [9] characterized it by saying "The self-idea is our opinion of oneself; confidence, is simply the positive or negative assessments of oneself, as by they way we feel about it." A person's self-esteem and passionate improvement creates for an incredible duration. Having a sound limit with regards to confidence, includes sense of pride, self-acknowledgment, and an energy about self-worth that grasps the two qualities and impediments. A person with sufficient self-esteem, can feel intellectually and sincerely great even notwithstanding difficulty. For instance, when life occasions appear to be troublesome, they despite everything esteem themselves as sufficient and battle hard to conquer the circumstance. Conversely, somebody with ceaseless low confidence in a comparative circumstance may feel overpowered with pessimism which makes bunches of disappointment, uneasiness, gloom and even creates self-destructive propensities among the person.

A young adult's encounter from youth to immaturity assumes a significant job in deciding if a youngster has a sound confidence or a low one as a large portion of the individual formative changes and life challenges are related with this period. It is where each youngster is battling hard to track down his/her own character with their own social connections and good issues and it become progressively hard for a kid who was brought into the world with specific constraints. The significant yearning of each youngster, regardless of whether typical or with handicap, is to find their own one of a kind character separate from family and set up themselves as an important resource of their focal point of populace.

The procedure of childhood of a crippled youngster, particularly during puberty, is increasingly entangled and unsafe. Tolerance, getting, resourcefulness and quality are required in enormous measures from the guardians of these kids. In the event that an incapacitated youngster doesn't get due acknowledgment, acknowledgment, backing and help from his family, society and companion gathering, at that point he/she herself turns into the person in question and experiences the sentiment of weakness, disappointment, tension, despondency, distance and stress and so forth which puts a pessimistic impact on his/her confidence and passionate strength. Consequently, acknowledgment or refusal of an inability by the family, society and network puts a positive or negative effect on their physical, passionate, scholarly, and social improvement of a kid. During youthfulness period, guardians should concentrate to give sound family condition alongside certain interceding administrations, for example, Yogic practices, instructive, professional and individual direction to rouse, encourage the uplifting disposition and to create abilities and quality of an ordinary just as of a crippled kid.

In present day society, yogic practices is considered as extraordinary compared to other mediating administrations to conquer mental just as physiological issues somewhat. It is a significant clinical procedure for building up the physical and mental working of an individual, particularly of debilitated kid. It is one of the most significant, viable and important mediating administration accessible for the understudies with incapacities to defeat their different physical and mental issues and edify their internal identity to perceive their quality and capacities. It incorporates development of right mentalities and reconditioning of the neuromuscular framework to assist the entire body to empower it with withstanding more noteworthy anxiety. It focuses on an incorporated and amicable advancement of the considerable number of possibilities of a person. Through the act of yoga, one can get mindful of the interconnectedness of his/her enthusiastic, mental and physical level.

Partaking in yoga exercises helps in socialization, accomplishing aptitude, ampleness, and furthermore making companions and sound connection with peer gathering (Rao et al, 2008) [8]. Rahimi and Bavaqar (2010) [7] proposed that yoga rehearses has noteworthy advantages in making balance in the physical, enthusiastic, mental and otherworldly limits of the people. Consequently, it tends to be utilized as elective wellbeing practice to forestall sorrow and uneasiness.

Gururaja et al (2011) [5] established that yoga has prompt just as long haul beneficial outcome on tension decrease. It additionally assists with improving the psychological wellness of the experts. Transporting et al (2012) [1] presumed that yoga may can possibly be actualized as a helpful steady treatment that is moderately savvy, might be rehearsed at any rate to some extent as a self-care social treatment, gives a long lasting conduct ability, improves self-viability and self-confidence and is regularly connected with extra positive reactions.

Gawali and Dhule (2013) [3] established that normal act of yoga diminishes tension levels and improves emotional sentiment of prosperity.

A few investigations have been directed on various populace from various points to know their necessities, alterations and character qualities and feeling of hardship. Be that as it may, the investigations on the impact of yoga on confidence and enthusiastic steadiness of orthopedically tested teenagers especially in Indian setting are not many. In this manner, the current examination was completed with a target to see whether yogic practices have any constructive outcome on self-concept and passionate dependability of orthopedically tested teenagers.

### Goals

The investigation was arranged with the accompanying goals:

- 1.To evaluate the impact of yogic practices on confidence of orthopedically tested youths.
- 2.To evaluate the impact of yogic practices on enthusiastic dependability of orthopedically tested young people.

### Theories

So as to do the examination, the accompanying speculations were detailed:

- 1.The yogic practices will altogether positively affect confidence of orthopedically tested youths.
- 2.The yogic practices will altogether positively affect confidence of orthopedically tested youths.

### Test

The example contained 15 orthopedically tested young people drawn from various government schools based on degree of their handicap (gentle orthopedically tested understudies) and readiness given by their families to partake in one month yogic intercession program. The age gathering of 15 purposively chose members was 12-16 years. Just those understudies were viewed as who had no past preparing or practice in yoga however had some understanding of physical activities.

### Apparatuses

Confidence stock created and normalized by Prasad and Thakur was utilized for the evaluation of confidence of orthopedically tested understudies. The stock has two sections. Section one estimates by and by apparent self and section two estimates socially apparent self. In the current investigation the initial segment of the stock i.e., by and by saw self was utilized, which has thirty things. Of the thirty things, 17 are socially alluring and 13 are socially unfortunate. There are 7 potential reaction to every thing/ proclamation for example absolutely right, right to a huge degree, in part right, dubious, in part off-base, wrong to an enormous degree and thoroughly off-base. The greatest score of this stock is 210 and least score is 30. Here low score demonstrates helpless confidence while high score shows high confidence.

Enthusiastic dependability test for kids created and normalized by Gupta and Singh was utilized to evaluate the passionate security of orthopedically tested understudies. This scale quantifies the nervousness, mediocrity emotions and blame of a person. The high score on the test shows low passionate steadiness or control while low score on the test demonstrates high enthusiastic dependability or control.

The instruments were directed when the yogic intercession program and information were gathered in like manner.

### Technique

One gathering pre-test/posttest trial configuration was utilized to lead the investigation. The example was pre-tried by utilizing the devices determined above to get the pattern information for self-esteem and enthusiastic steadiness of handicapped understudies.

From that point, yoga intercession program was structured and executed for multi month with the assistance of a specialist, one hour out of every day toward the beginning of the day. The parts of yogic intercession contained hypothetical classes on Ashtanga yoga, Asanas, and Pranayamas, and down to earth classes on Pranayama. The hypothetical meeting was introduced for just initial three days and commonsense meeting proceeded for the following 27 days. The part of pranayama included preparing of Kapalbhathi, Anulom-vilom and Omkar recitation with

Shavasan as an unwinding method at long last. The example was again tried utilizing similar devices following a hole of fifteen days of yoga preparing program.

### Discoveries

Table 1: Effect of Yogic Intervention on Self-Esteem variable of Orthopedically Challenged Adolescents (N=15)

The scores of mean, standard deviation and t-estimation of orthopedically tested teenagers for confidence variable according to yogic mediation program are given in the Table-1.

**Table 1: Significance of difference between mean pre-test and post-test scores for self-esteem variable of orthopedically challenged adolescents (N=15)**

Sr. No.	Variable	N	Mean		SD's		't' value
			Pre-test	Post-test	Pre-test	Post-test	
1.	Self-Esteem(Personally perceived self)	15	107.33	121.8	9.39	10.99	4.01*

\*Significant at 0.01 & 0.05 level

Table-1 uncovers that there was huge contrast in the pre-test and post-test scores of confidence variable of orthopedically tested teenagers as the determined estimation of "t" (4.01) is higher than its organized worth. Consequently, it might be derived based on result that yogic practice for one month may assist the understudies with developing better positive self about their abilities and gifts. Henceforth, theory 1 of the investigation for example "The yogic practices will altogether positively affect confidence of orthopedically tested youths" was acknowledged.

Table 2: Effect of Yogic Intervention on Emotional security variable of Orthopedically Challenged Adolescents (N=15) The scores of mean, standard deviation and t-estimation of orthopedically tested teenagers for passionate dependability variable comparable to yogic intercession program are given in the Table-2.

**Table 2: Significance of difference between mean pre-test and post-test scores for emotional stability variable of orthopedically challenged adolescents (N=15)**

Sr. No.	Variable	N	Mean		SD's		't' value
			Pre-test	Post-test	Pre-test	Post-test	
1.	Emotional stability	15	9.42	11.78	1.16	1.12	7.46*

\*Significant at 0.01 & 0.05 level

Table-2 uncovers that there was noteworthy distinction in the pre-test and post-test scores of passionate dependability variable of orthopedically tested young people as the determined estimation of "t" (7.46) is higher than its arranged worth. Henceforth, it might be construed based on result that yogic practice for one month may assist the understudies with gaining better passionate turn of events. Henceforth, theory 2 of the investigation for example "The yogic practices will altogether positively affect enthusiastic security of orthopedically tested youths" was acknowledged.

### CONCLUSION:

Results uncovered that there was a constructive outcome of yogic practices on the confidence and enthusiastic solidness of orthopedically tested young people. Thus, it might be reasoned that yoga may help them from coming out of being anxious, antagonistic and forceful. It additionally ingrains in them the capacity to carry on with free life and being dynamic in social exercises. It helps in improving peevishness, tenacity, sentiment of mediocrity, shamelessness among the gathering. It ends up being an inspirational apparatus in the improvement of better self-esteem and positive passionate advancement among these youths who were experiencing the issues of feelings of inadequacy, nervousness, sadness and

maladjustment in their life. Narasimhan et al, (2011) bolster the outcome by saying that incorporated yoga practices can decrease the negative feelings and increment the positive one inside multi week. Dehghanfar, Alicheshmealae and Noorbakhsh (2014) [2] closed critical decrease in pressure and noteworthy increment in confidence and passionate knowledge of the experts.

Thusly, a purposeful endeavors as reasonably structured yogic intercession programs, arrangement of talented yoga instructors by concerned specialists, creating and receiving fitting instructive approaches concerning the presentation of yoga training as a necessary subject in school by government, guaranteeing exacting consistence of individual with inability act, 2005 along with execution of Right to Education Act at various levels and so on are required for changing the mentalities of these young people about their own value, capacities and possibilities which at last influences their confidence and enthusiastic steadiness all through the school world.

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