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## EFFECT OF SURYANAMSKAR AND PRANAYAMA PRACTICE ON SELF ESTEEM AMONG PROFESSIONAL COLLEGE WOMEN

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### Abstract

The objective of the study was to examine the impact of suryanamaskar and pranayama practice on self-esteem among professional college women. The hypothesis proposed that there would be notable differences in self-esteem as a result of suryanamaskar and pranayama practice. The study involved a sample of 30 female students aged 18 to 22, randomly selected from professional Colleges of Kozhikode. A pre-test and post-test random group design was employed, consisting of an experimental group and a control group. The participants were randomly assigned to two equal groups, named Group 'A' and Group 'B', with 15 subjects in each group.

Group 'A' underwent suryanamaskar and pranayama practice three days a week for a duration of eight weeks, while Group 'B' did not receive any training. Self-esteem was assessed using the Rosenberg self-esteem scale Questionnaire. The experimental group underwent the prescribed treatments for twelve weeks, while the control group did not receive any training. Statistical analysis was conducted using dependent 't' tests. The results indicated a significant positive changes in self-esteem levels within the experimental group compared to the control group.

**Keywords:** Suryanamaskar Pranayama, Self-esteem.

## **Introduction**

Professional courses can often be demanding and rigorous, leading to increased stress levels in students. The pursuit of higher education or specialized training in professional fields requires a significant commitment of time, effort, and mental energy. The pressure to excel academically, meet deadlines, and perform well in exams can contribute to heightened stress levels among students.

Self-esteem refers to the evaluation and perception of one's own worth, value, and confidence. It is an important aspect of mental well-being and can significantly impact various areas of their lives, including academic performance, relationships, and overall psychological health. Factors such as academic pressure, social comparison, body image concerns, and personal achievements can influence self-esteem levels in college women. It is crucial to promote a supportive and empowering environment that encourages positive self-image, self-acceptance, and self-care practices to enhance self-esteem among college women.

Surya Namaskar, or Sun Salutation, is a comprehensive yogic practice that encompasses a series of twelve postures performed in a flowing sequence. Each posture is synchronized with the breath, creating a harmonious rhythm between movement and breath control. This practice is deeply rooted in ancient Indian traditions and is considered a powerful way to connect with the energy of the sun. As the body moves through the sequence, it stretches and strengthens various muscle groups, promoting flexibility and improving overall body alignment. The continuous flow of movements also enhances cardiovascular health, increasing blood circulation and oxygenation throughout the body. This can have a positive impact on the functioning of the heart, lungs, and other vital organs. Surya Namaskar can be seen as a form of moving meditation. The repetitive nature of the sequence, combined with the rhythmic breathing, can induce a state of relaxation and reduce stress and anxiety.

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Anuloma Viloma Pranayama, also known as Alternate Nostril Breathing, is a yogic breathing technique that involves inhaling and exhaling through alternate nostrils. This practice is believed to balance the flow of energy in the body and promote overall well-being. By inhaling deeply through your left nostril and right nostril alternatively with the help of thumb and ring fingers the breath pattern is carried out in a rhythmic cycle.

This pattern, alternating between inhaling through one nostril and exhaling through the other is repeated. Keeping the breath smooth, steady, and controlled throughout the practice is the developed through regular practice. Anuloma Viloma Pranayama is known for its calming and balancing effects on the mind and body. It can help reduce stress, improve focus, and enhance respiratory function. Regular practice of this pranayama technique can contribute to overall relaxation and well-being

### **Methodology**

The purpose of the study was to investigate the effect of suryanamaskar and pranayama practice on self-esteem among professional college women. It was hypothesized that there would be significant differences on self-esteem due to the effect of suryanamaskar and pranayama practice among engineering college students. For the present study 30 Engineering College students from Kozhikode, Kerala were selected and their ages ranged from 18 to 22 years. For the present study pretest posttest random group design which consists of control group and experimental group was used.

The subjects were randomly assigned to two equal groups of fifteen each and named as Group 'A' and Group 'B'. Group 'A' underwent suryanamaskar and pranayama practice and Group 'B' has not undergone any training. Rosenberg's self-esteem scale questionnaire was used to assess self-esteem. True randomized experimental group design has been employed with two groups, namely suryanamaskar training group and control group with 15 subjects each.

Experimental group underwent the treatments for a period of eight weeks in the morning hours from 6 AM.to 7AM and no training was given to the control group. The two groups were statistically analysed by using dependent 't' test.

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**Table I: Bi- Weekly Schedule of Suryanamaskar and Pranayama Practice**

	1- 2 weeks	2-4 weeks	4-6 weeks	6-8 weeks
Suryanamaskar	3 rounds	6 rounds	9 rounds	12 rounds
Pranayama	3 min	6 min	9 min	12 min

### Results and Discussion

The findings of the study has been described in the table given below with the initial and final means of the two groups and the calculated t ratio is presented in table -1

**Table II: Computation of Mean of Suryanamaskar and Pranayama Group and Control Groups on Self Esteem**

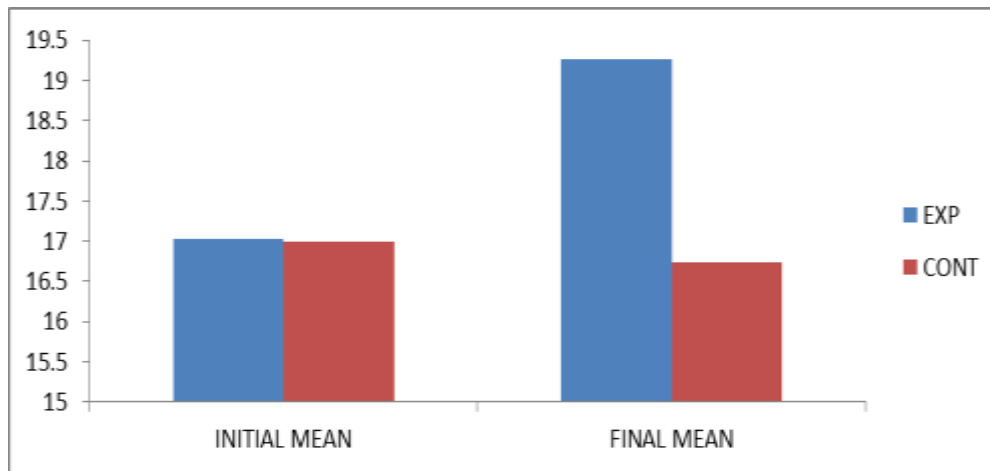
**Table-II**

	Groups	No	Initial Mean	Final Mean	Mean Difference	Standard Err	T Ratio
SELF	EXP	15	17.5333	19.266	1.7333	0.62843	2.758*
ESTEEM	CONT	15	17	16.733	0.2667	0.20625	1.293

An examination of table-I indicated that the pretest means of suryanamaskar and pranayama practice group and control groups were 17.53 and 17.00 respectively.

The obtained posttest means for the experimental group was 19.266 and posttest mean of control group was 16.73 the obtained T ratio for experimental group was 2.758 which was significant when compared with the table value and for the control group was 1.293 which when compared with the table value was insignificant. The pre, and post posttest mean values of suryanamaskar and pranayama group on experimental and control group is graphically represented in the figure - 1.

**Figure 1: Pre and Post Test Differences of the Suryanamakar and Pranayama Practices and Control Groups on Self Esteem**



### Conclusion

Participation in eight weeks of suryanamaskar and pranayama practice had shown significant positive changes in self-esteem of professional college women in experimental group when compared to the control group.

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