

Effect of Yoga on Self-Confidence

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Abstract

Present study investigates to the study of Self-confidence among Regular performs yoga and Not-performs yoga college students. Total sample 100 subjects in which 50 subjects were from Regular performs yoga and 50 were selected from Not-performs yoga college students. All subjects included in the study from Jalna district. The dependant variable Self-confidence was measured by Self-confidence inventory developed by Dr M. Basavanna. After analysis of the data following results was drown. Subjects from Regular perform yoga and Not-performs Yoga College students significantly differ on self-confidence. A summary of two way ANOVA shows that main effect Students is significant ($F= 10.74$, $df 1$ and 96). Subjects from male and female college students differ significant among themselves dependent variable Self-confidence. A summary of two way ANOVA shows that main effect gender is differ significant ($F= 21.91$, $df 1$ and 96).

Keywords: Self-confidence, Yoga

Self-confidence means believing in yourself and your abilities. It means being ready and willing to face new situations and accomplish difficult tasks. Self-confident people are usually eager, assertive, motivated, willing to accept criticism, emotionally mature, optimistic, and productive. People who don't have self-confidence lack the inner belief in their ability to be successful. They tend to be withdrawn, unmotivated, overly sensitive to criticism, distrustful, and pessimistic. They don't feel good about themselves. Often they feel like failures.

Self-confidence is affected by life experiences. You are influenced by parents, siblings, friends, and teachers. From them, you learn how to think about yourself and the world around you. It is the support and encouragement you receive from the people around you – or the lack of it – that helps shape your inner feelings about yourself. A nurturing environment that provides positive feedback improves self-confidence. People learn by making mistakes,

and they need to feel that missteps along the way are to be expected. However, when friends, family, and others offer unfair criticism, hold unrealistic expectations, or put too much pressure on a person, self-confidence can be affected. A lack of self-confidence can often keep people from achieving their full potential. That's why it's important to get help if you are affected by this problem. Basavanna(1975),“Self onfidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right.” Having self confidence does not mean that individuals develop overall self-confidence by reflecting on your mind. Examine why you think the way you do. Maybe as a child, your parents told you could not do something. Overcome negative programming by reflecting on your positive accomplishments. Develop new positive programming by telling yourself that you can achieve your desired goal. Whenever you show self-confidence, reflect on how good this feels.