

EFFECT OF TAOIST MEDITATION AND PRANAYAMA ON SELF CONFIDENCE

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Abstract

The purpose of the present study was to investigate the combined effect of taoist meditation and pranayama on self confidence among middle aged men. To achieve the purpose of the study thirty men were selected from Karaikudi, Tamilnadu, India during the year 2022. The subject's age ranges from 35 to 45 years. The selected subjects were divided into two equal groups consists of 15 subjects each namely experimental group and control group. The experimental group underwent a combined taoist meditation and pranayama programme for eight weeks. The control group was not taking part in any training during the course of the study. Self confidence was taken as criterion variable in this study. The selected subjects were tested on Self confidence was measured through the self confidence inventory. Pre-test was taken before the training period and post- test was measured immediately after the eight week training period. Statistical technique 't' ratio was used to analyse the means of the pre-test and post test data of experimental group and control group. The results revealed that there was a significant difference found on the criterion variable. The difference is found due to combined taoist meditation and pranayama practices given to the experimental group on self confidence when compared to control group.

Keywords: Taoist meditation, Pranayama Practices, Self confidence and 't' ratio.

INTRODUCTION

Taoist meditation is an age-old method you may use now. Like any other meditation technique, it is simple to learn and use into daily life. The method can be found in numerous early Chinese literature. Therefore, when people use this reflective technique, they should expect to learn a little bit about some traditional Chinese arts.

Taoist meditation offers a wealth of advantages and teachings. Thus, simply incorporating this meditative attitude into your daily practice will benefit you greatly. To receive all the benefits, you must, however, make sure you are doing it right.

There are several meanings associated with the term taoist. It might be a path, a way, or a reveal. Hence when this phrase is utilized in a spiritual context. It is being influenced and does influence all our social institutions including education, economics, arts, politics, law, mass communication and even international diplomacy (Alaguraja, K. et.al, 2019)⁴. Yoga is universally benefiting all people of all ages. The study of Yoga is fascinating to those with a

philosophical mind and is defined as the silencing of the mind's activities which lead to complete realization of the intrinsic nature of the Supreme Being (Alaguraja, K. et.al., 2017)¹. In the sports world, physical education is the most essential aspect due to the fact physical schooling increases the performance and the effectiveness of the sports (Alaguraja, K. et.al., 2018)².

Yoga is a system of exercises which helps the mind and body in order to achieve tranquillity and spiritual insight (Alaguraja, K. et.al, 2019)⁵. Make sure that when you practice yoga asanas, you don't just stretch the body because the mind has to be with the body. (Alaguraja, K. et.al, 2019)⁸. One can start practicing Yoga at any given moment of time and you may start with meditation or directly with pranayama without even doing the asanas (postures). (Alaguraja, K. et.al, 2019)³. Today's there is an escalating emphasis on appearing smarter, feeling better and living longer. In order to achieve these ideals as, scientific evidence tells us that one of the keys is high fitness and exercises (Alaguraja, K. et.al, 2019)⁷. When consciousness is operating with the intellect and with all the senses, by making an individual think that he or she is awake and aware, but the mind is actually less receptive and more critical (Yoga, P. et. al., 2019)¹⁰. Yoga is a practical aid, not a religion and its techniques may be practiced by Buddhist, Jews, Christians, Muslims, Hindus and Atheist alike. Yoga is union for all (Selvakumar, K. et.al, 2019)⁹.

RESEARCH METHODOLOGY

Selection of subjects

The purpose of the study was to find out the combined taoist meditation and pranayama practices on self confidence among middle aged men. To achieve this purpose of the study, thirty men were selected as subjects at random. The age of the subjects were ranged from 35to 45 years.

Selection of variable

Independent variable

- Combined taoist meditation and pranayama practices

Dependent variable

- Self confidence

EXPERIMENTAL DESIGN AND IMPLEMENTATION

The chosen subjects were split into two equal groups of fifteen each, one practising taoist meditation and pranayama (the experimental group), and the other serving as a control group. Taoist meditation and pranayama exercises were performed by the experimental group six days a week for eight weeks. Apart from their usual physical exercises as prescribed by their curriculum, members of the control group did not participate in any extra training programmes. As a criteria variable, the psychological measure self-confidence was used. The selected criterion variable was tested on each individual in each of the two groups. The self-confidence inventory was used to assess self-confidence both before and just after the training programme.

Statistical technique

The 't' test was used to analysis the significant differences, if any, difference between the groups respectively.

Level of significance

The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

ANALYSIS OF THE DATA

The significance of the difference among the means of the experimental group was found out by pre-test. The data were analysed and dependent 't' test was used with 0.05 levels as confidence.

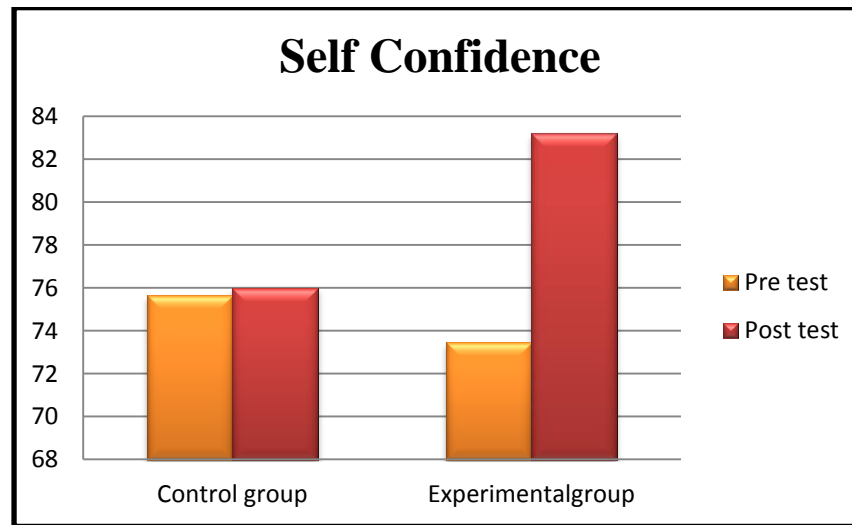
TABLE I
Analysis of t-ratio for the pre and post tests of experimental and control group on Self confidence (Scores in number)

Variables	Group	Mean		SD		df	't' ratio
		Pre	Post	Pre	Post		
Self Confidence	Control	75.67	76.01	8.17	8.25	14	0.93
	Experimental	73.47	83.21	10.54	9.57		14.05*

**Significance at .05 level of confidence.*

The Table-I shows that the mean values of pre-test and post-test of the control group on self confidence were 75.67 and 76.01 respectively. The obtained 't' ratio was 0.93, since the obtained 't' ratio was less than the required table value of 2.14 for the significant at 0.05 level with 14 degrees of freedom it was found to be statistically insignificant. The mean values of pre-test and post-test of the experimental group on self confidence were 73.47 and 83.21 respectively. The obtained 't' ratio was 14.05* since the obtained 't' ratio was greater than the required table value of 2.14 for significance at 0.05 level with 14 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between control group and experimental group in self confidence. It may be concluded from the result of the study that experimental group improved in self confidence due to eight weeks of combined taoist meditation and pranayama practices.

Figure-1 Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Self confidence



DISCUSSIONS ON FINDINGS

The result of the study indicates that the experimental group, namely combined taoist meditation and pranayama practices group had significantly improved the selected dependent variable, namely self confidence, when compared to the control group. It is also found that the improvement caused by combined taoist meditation and pranayama practices when compared to the control group.

CONCLUSION

On the basis of the results obtained the following conclusions are drawn,

1. There was a significant difference between experimental and control group on self confidence after the training period.
2. There was a significant improvement in self confidence. However the improvement was in favor of experimental group due to eight weeks of combined taoist meditation and pranayama practices.

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