

## Investigation of the Changes of Stress and Self-Confidence Due to Mantra Yoga and Hatha Yoga Practices among Middle Aged Women

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### Abstract

The study's goal is to examine how middle-aged women's practices of hatha and mantra yoga affect their levels of stress and confidence. The study was limited to thirty middle-aged women in order to fulfil its objectives. The subjects, who were exclusively between the ages of 30 and 45, were selected from the area surrounding Sir Theagaraya College in Tamil Nadu, India. The participants were split into two groups: the control group and the group that practiced hatha and mantra yoga together. Each group was limited to 15 participants. The training group was limited to taking part in the program five days a week for a total of twelve weeks. The individuals' levels of stress and confidence were assessed both before and after the training session. The Everly and Giordano stress scale was used to measure stress, while the Rekha Agnihotry self-confidence questionnaire was used to measure self-confidence. The analysis of covariance (ANCOVA) was the statistical method utilised in this investigation. After twelve weeks of integrated yoga practices, the study found a considerable change in stress and self-confidence. Nonetheless, the experimental groups were favoured.

**Key Words:** Mantra yoga and hatha yoga practices, stress and self-confidence

### I.INTRODUCTION

"Yoga" is not a myth from antiquity that has been forgotten. It's the most valuable number in existence. That is the prerequisite for both today and tomorrow's customs. It's a necessary life skill and, thus, might be an extra in day-to-day activities. It affects every aspect of a person, including their body, intellect, arousal, instincts, religious beliefs, and urges. Saraswati Satyananda (1999)

Tantra and Vedic sciences are the roots of mantra yoga; in fact, all of the Vedic verses are referred to as mantras. The ultimate goal of Mantra Yoga is supposed to be salvation or union with supreme awareness, which may be attained by anybody who can recite the Vedas.

Hatha yoga developed in the 20th century, with a special emphasis on asanas, or bodily postures, and gained popularity as a kind of physical training globally. The term "yoga" is now commonly used to refer to this contemporary style of yoga. One of the key factors affecting the state of physical and mental health in contemporary culture is stress.

Self-confidence manifests as an awareness of one's own strengths and competencies. It refers to a person's self-awareness, self-belief, and feeling of self-management. The term "self-confidence" is frequently used to refer to self-assurance in one's own judgement, aptitude, strength, etc. Experiences of successfully doing certain tasks boost one's sense of self-worth.

### **Statement of the Problem**

The purpose of present study was to find out the impact of mantra yoga and hatha yoga practices on stress and self-confidence among middle aged women.

### **Methodology**

The study's goal is to find out how middle-aged women's practices of hatha and mantra yoga affect their stress levels and sense of confidence. The study was limited to thirty middle-aged women in order to fulfil its objectives. The subjects, who were exclusively between the ages of 30 and 45, were selected from the area surrounding Sir Theagaraya College in Tamil Nadu, India. The participants were split into two groups: the control group and the group that did both hatha and mantra yoga. Each group was limited to 15 participants. The training group was limited to taking part in the program five days a week for a total of twelve weeks. Prior to and after the training period the subjects were tested for, stress and self-confidence. stress was assessed by using Everly and Giordano stress scale and self-confidence assessed by using Rekha Agnihotry self-confidence Questionnaire. The statistical tool was used for the present study is Analysis of covariance (ANCOVA).

### **Analysis of Data**

The data collected prior to and after the experimental periods stress and self-confidence on mantra yoga and hatha yoga practices and control group were analyzed and presented in the following table –1

Table-1

Analysis of covariance of mantra yoga and hatha yoga practices and control groups

Variable Name	Group Name	Combined Yogic Practices	Control Group	F ratio
Stress	Pre-test Mean $\pm$ S. D	23.46 $\pm$ 1.24	23.34 $\pm$ 1.23	0.042
	Post-test Mean $\pm$ S.D.	20.52 $\pm$ 1.12	24.02 $\pm$ 1.31	12.23*
	Adj.Post-test Mean $\pm$ S.D.	22.153	23.567	45.68*
Self-Confidence	Pre-test Mean $\pm$ S. D	27.12 $\pm$ 1.24	27.17 $\pm$ 1.29	0.059
	Post-test Mean $\pm$ S.D.	29.25 $\pm$ 1.11	26.98 $\pm$ 1.35	14.02*
	Adj.Post-test Mean $\pm$ S.D.	29.165	26.800	52.17*

Significant at .05 level of confidence

\* (The table value required for significance at .05 level of confidence with df 1 and 28 and 1 and 27 were 4.196 and 4.210 respectively.)

### Results

From the table-I it is clear that mantra yoga and hatha yoga practices decrease stress and increases self-confidence when compare with control.

## II.CONCLUSIONS

These results were reached when the data was analyzed. The study's findings indicate that practicing hatha and mantra yoga significantly reduced stress. According to Cong et al. (2011), a study based on eight randomized control preliminary and clinical controlled preliminary results showed that yoga was useful in reducing stress levels and stress-related symptoms. According to Sharma et al. (2013), practicing slow and rapid pranayama significantly reduced stress.

When compared to the control group, the group that practiced hatha and mantra yoga essentially increased their self-confidence in the variable self-confidence. After practicing yoga, Samsudeen and Kalidasan (2007) found that self-confidence significantly increased. Based on their research, Claudio Robazza and Laura Bortoli (2007) suggested that practicing hatha and mantra yoga significantly increased self-confidence.

## III.REFERENCES

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