

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

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