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## Effect of Yoga Nidra on Self-esteem of college students

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**Abstract:** - The incidence of mental troubles secondary to low shallowness is better in university college students than with inside the preferred population. Self-esteem refers to a character's assessment of self-pleasure and self-worth. Self-esteem additionally acts as a crucial determinant of character behavior. Generally, individuals who examine themselves undoubtedly are confident, affectionate to others, socially and psychologically stable, and reveal process productivity.

**Objectives:** To assess the effects of a yoga nidra on self-esteem in college students.

**Methods:** This study is a same group pretest-posttest design. 60(Buxar district) college students were selected by convenience sampling. Yoga Nidra for 4 weeks. Self-esteem score was measured by Rosenberg's Self-Esteem Scale.

**Results:** There will be significantly increased self-esteem scores in college students after the Yoga Nidra practice.

**Conclusions:** These findings indicate that yoga nidra could alleviate increase the self-esteem in college students.

**Keywords:** Yoga nidra, Self-esteem, Buxar, district, college students, etc

### Introduction

The incidence of mental troubles secondary to low shallowness is better in university college students than with inside the preferred population. Self-esteem refers to a character's assessment of self-pleasure and self-worth. Self-esteem additionally acts as a crucial determinant of character behavior. Generally, individuals who examine themselves undoubtedly are confident, affectionate to others, socially and psychologically stable, and reveal process productivity. On the alternative hand, humans with low shallowness can also additionally revel in bad feelings including melancholy and tension, and are much more likely to be concerned in place of business bullying. Furthermore, low shallowness becomes outstanding in individuals who do now no longer modify accurately to pressure. As stated above, shallowness is intently related to pressure and diagnosed as a first-rate predictive variable of pressure management. Therefore, it's far presumed that rest tactics need to be implemented to lessen pressure and growth shallowness. Recently, yoga nidra rest measures have emerged as a management technique for pressure. Yoga nidra is likewise being added as an intervention to enhance shallowness. Yoga nidra means "psyche sleep". Studies mentioned that the yoga nidra exercise brings approximately a hypothalami response, activating the parasympathetic anxious gadget and suppressing the sympathetic anxious gadget activity. Based on this theory, yoga nidra exercise brings a deeply comfortable nation of frame and thoughts, whilst aware minds are surely alert to understand what they're experiencing. Yoga nidra additionally provokes rest and calmness of nerves and gets rid of subconscious deep-rooted intellectual tension. Taken into consideration, the theoretical foundation for the rest impact of yoga nidra is that it commonly turns on the parasympathetic anxious gadget to relieve intellectual and mental symptoms. During yoga nidra, our awareness and thoughts had been mentioned to head deeper into the internal steps of psyche sleep than a regular sleep, ensuing in extra consciousness of pleasure and making an allowance for extreme rest and rest. Additional blessings of yoga nidra consist of affordability, invasiveness, safety, and accessibility in comparison to different intervention methods. Nevertheless, the outcomes of yoga nidra on pressure and shallowness in college students had been hardly ever studied, and this look at got down to discover the correlation between yoga and well-being in this group.

### Review of Literature

**Kim Sang Dol<sup>1</sup> (2019)**, Effects of a yoga nidra on the life stress and self-esteem in university students, This study is a non-equivalent control group pretest-posttest design. Forty university students were selected by convenience sampling, with 20 assigned to a yoga nidra group and 20 to a control group. The yoga group participated in bi-weekly, 1-h sessions of yoga nidra for 8 weeks. Life stress intensity level was measured using a 10 cm Visual Analog Scale. Self-esteem score was measured by Rosenberg's Self-Esteem Scale. The yoga nidra group showed significantly decreased life stress intensity levels compared to the control group. The yoga group also showed significantly increased self-esteem scores compared to the control group.

**Ozdemir A, Saritas S.(2019)**, Effect of yoga nidra on the self-esteem and body image of burn patients.. One hundred ten patients participated in the study. The data were collected using the Self-Description Form, the Rosenberg Self-Esteem Scale, and the Body Image Scale. After yoga practice, there was a statistically significant increase and improvement in the self-esteem and body image of the experimental group ( $p < 0.05$ ). A statistically significant decline in the score average of pretest and post-test of body image of the patients in the control group was observed ( $p < 0.05$ ).

**Bakker A, Van der Heijden PG, Van Son MJ, Van de Schoot R, Van Loey NE.(2011)**, Impact of pediatric burn camps on participants' self esteem and body image: an empirical study. A quantitative as well as qualitative measure was used. To study possible effects, a pretest-posttest comparison group design with a follow-up was employed. A small positive short-term effect of burn camp participation was found on the 'satisfaction with appearance' component of body image. Overall, participants and parents showed high appreciation of the burn camps and reported several benefits; particularly concerning meeting other young burn survivors.

**Arnoldo BD, Crump D, Burris AM, Hunt JL, Purdue GF.(2006)**, Self-esteem measurement before and after summer burn camp in pediatric burn patients, The principal goal, however, is psychosocial readjustment. Fifty-three burn survivors attended the 1-week duration annual summer camp. Campers were invited to complete a Rosenberg Self-Esteem Scale on the first day of summer burn camp and shortly after the camp ended. Younger children were assisted with the survey tool by their parents. Of the 53 campers, 45 completed both pre- and post camp surveys. The age of the campers ranged from 6 to 18 years (mean, 12.8 years). Burn size ranged from 1% to 90% TBSA (mean, 30.4% TBSA). The interval from date of injury to camp attendance was 2 months to 15.5 years. Nine campers had never attended burn camp before this year. Twenty- nine percent of the campers had an increase in self-esteem score. Fifty-eight percent had no change, and 13% demonstrated a decrease. The burn camp experience though an enriching summer activity, did not necessarily increase self-esteem in the majority of campers as measured by the survey tool employed.

### Objective

To find out the impact of Yoga Nidra on self-esteem on college students.

### Hypothesis

**H0.** There is no effect of yoga on self-esteem on college students.

**H1.** Yoga Nidra increases the self-esteem on college students.

### Research methodology

#### Design

This study is a same group pretest-posttest design to assess the effect of yoga nidra on self-esteem in college students. Yoga Nidra for 4 weeks.

#### Sample

Sixty college students were selected by convenience sampling. Sample will consist 60 (Buxar District) college students. The age limit of the respondents will be 18 years to 25 years.

#### Test Used

#### Rosenberg Self-Esteem Scale (RSE)

**Author:** Morris Rosenberg

The purpose of the 10 item RSE scale is to measure self-esteem. Originally the measure was designed to measure the self-esteem of high school students. However, since its development, the scale has been used with a variety of groups including adults, with norms available for many of those groups.

**Scoring:** As the RSE is a Guttman scale, scoring can be a little complicated. Scoring involves a method of combined ratings. Low self-esteem responses are "disagree" or "strongly disagree" on items 1, 3, 4, 7, 10, and "strongly agree" or "agree" on items 2, 5, 6, 8, 9. Two or three out of three correct responses to items 3, 7, and 9 are scored as one item. One or two out of two correct responses for items 4 and 5 are considered as a single item; items 1, 8, and 10 are scored as individual items; and combined correct responses (one or two out of two) to items 2 and 6 are considered to be a single item. The scale can also be scored by totalling the individual 4 point items after reverse-scoring the negatively worded items.

**Reliability:** The RSE demonstrates a Guttman scale coefficient of reproducibility of .92, indicating excellent internal consistency. Test-retest reliability over a period of 2 weeks reveals correlations of .85 and .88, indicating excellent stability.

**Validity:** Demonstrates concurrent, predictive and construct validity using known groups. The RSE correlates significantly with other measures of self-esteem, including the Coopersmith Self-Esteem Inventory. In addition, the RSE correlates in the predicted direction with measures of depression and anxiety.

Table 1

*Effect of yoga nidra on self-esteem*

Dimen	Sex	N	Condition	Mean	S.D	t value	p
Self-esteem	Male	30	Pre	15.56	5.57	2.15	<0.05
			Post	17.65	6.58		
	Female	30	Pre	15.16	5.49	0.72	>0.05
			Post	15.49	5.06		

To verify the above mentioned hypothesis. Self-esteem score was measured by Rosenberg's Self-Esteem Scale. Was administered on the 60 college students As stated earlier, this test was administered before starting the yoga nidra practice and after conducting 4 weak yoga nidra classes. Mean and S.D. of the self-esteem scores of males and females in both conditions were calculated. In order to see whether the difference in the Mean scores of self-esteem as obtained in the pre and post conditions differed significantly. T ration was calculated. Summary of the results obtained are given in Table 1.

Referring to Table 1, it becomes clear that the mean self-esteem difference of the mean self-esteem score of 15.56 in male subjects exceeded the post position by 17.65 and the mean difference was found to be significant beyond the level of <0.05 The confidence (t value = 2.15). Results indicated that the 4 weak yoga nidra practice led to a significant increased in the self-esteem scores of the practicing male subjects.

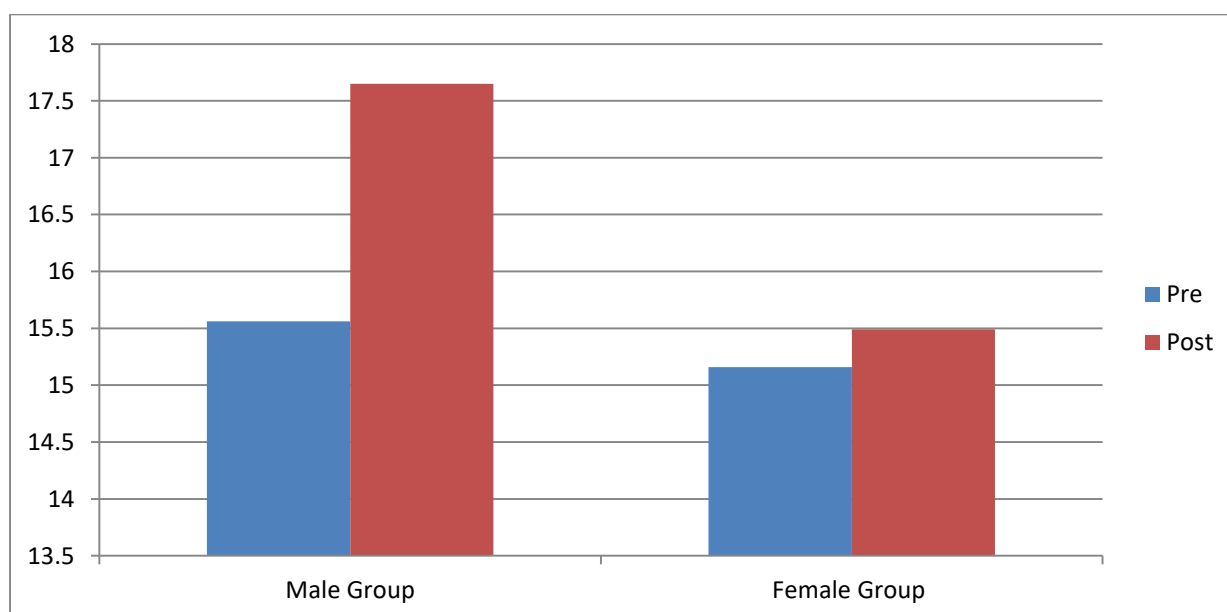
As regard the female group, the pre Mean self-esteem score of 15.16 was increased to 15.49 in the post condition. The Mean difference was found significant beyond >0.05 level (t value = 0.72,  $p > 0.05$ ). Thus, the results confirm that 4 weak yoga nidra session brought significant increased in the self-esteem level of female subjects. Graphic presentation of the results obtained in both Male and Female Groups regarding the Mean self-esteem scores in the pre and post conditions is given in Figure 1.

Thus, the hypothesis formulated is verified, that is, self-esteem in college students was found to be significantly increased after practicing yoga nidra.

## Conclusion

Yoga Nidra has a positive effect on college life-related self-esteem. Future experiments, however, are expected to recognize neurophysiological effects or evaluate efficacy using more systematic and higher quality testing methods, taking into account the gender and educational environment, including the participants' different countries and regions.

Figure 1



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