



## **Self-Confidence in relation to Bhramari Pranayama among White Collar Workers.**

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### **ABSTRACT**

The present study has tried to explore the effect of Bhramari Pranayama among female White Collar Workers. For this data was collected on 100 female White Collar Workers. Self- Confidence Inventory of Agnihotry (1987) was used to measure the level of the Self-Confidence of the employees. The design which is used to conceptualize and analyze the data is Pre and Post design. In the first phase of the study the Self-Confidence level of the respondents were measured and recorded and in the second part of the study all the female White Collar Workers were given the practice of Bhramari Pranayama. The respondents were given few practice sessions and in the final part of the study the Self-Confidence level of the respondents were measured again and a comparison was made between the pre and post scores of Self-Confidence of the respondents. The results of the study have revealed that intervention of the Bhramari Pranayam has significantly enhanced the Self-Confidence level of the White Collar Workers.

**Keywords:-** Bhramari Pranayama, Self- Confidence, White Collar Workers.

The self confidence is a feeling of trust in one's abilities, qualities and judgments.

Self Confidence refers to a person's perceived ability to tackle situations

successfully without leaning on others and to have a positive self-evaluation. Self confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go alright. A self-confident person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied, decisive optimistic, independent, self-reliant, self assured, forward moving fairly assertive and having leadership qualities (Basavana M, 1975)

The socio-psychological concept of self-confidence relates to self-assurance in one's personal judgment, ability power etc. Self belief has been directly connected to an individual's social network, the activities they participate in and what they hear about themselves from others, Positive self esteem has been linked to factors such as psychological health mattering to others and both body image and physical health (Wikipedia). According to Burton (2014), Self- confidence is about your trust in yourself and your ability to deal with challenges, solve problems and engage successfully with the world.

Self Confidence is very important for the psychophysical health of the individuals. So it is very important to build up Self confidence in the personalities of the individuals. The present study has tried to explore the effect of Bhramari Pranayama among female White Collar Workers.

White collar workers are known as suit-and tie workers. So the name is itself self explanatory about the nature of job. So, it would be interesting to identify the type and level of anger expression of the workers who are highly paid and belong to the elite class of the society. White collar worker is a person who performs professional, managerial, or

administrative work. White collar workers include academia, accountancy, business and executive management, customer support, medical professionals, architects etc.

This yoga technique helps the individual to control his anger and anxiousness just through his breathing. Activity of this respiratory exercise helps to induce a chilled impact on the mind rapidly. This technique is also useful for nose, ear, nose and eyes. This is simple and can be done by any age group of people. So the present study has tried to explore the effect of this Yoga technique in enhancing Self-Confidence of female white collar workers.

### **Methodology**

#### **Objectives:-**

- 1.To assess the Self-Confidence level of female white collar workers.
- 2.To identify the effectiveness of Bharamari Pranayam on enhancing Self-Confidence of female white collar workers.

#### **Hypotheses**

1. Bharamari Pranayam will significantly enhance the Self-Confidence level of female white collar workers.

#### **Sample**

A Sample of 160 male female white collar workers working in Lucknow, U.P, India was chosen through purposive sampling method. Finally 100 female white collar workers who were having low self-confidence were included in the study.

#### **Research Design**

The design which is used to conceptualize the study and analyze the data is before and after research design in which scores of the subjects before and after therapy were compared and tested using t- testing.

**Tool Used:****Self-Confidence Inventory:**

The self-confidence of the respondents was measured by using Self- Confidence Inventory of Agnihotry(1987). The inventory consists of 56 items. The low score indicates high Self-Confidence and the high score indicates low self-confidence.

**Bhramari Pranayama (Bee breath):**

Bhramari pranayama is the action of making a light humming sound while practicing pranayama, or yogic breathing. This pranayama is practiced in a comfortable seated position such as lotus pose.

**Steps of Bhramari Pranayama (Bee breath)**

- 1.Sit on the Padmasana or any other sitting Asana.·
- 2.Close your eyes and breathe deeply.·
- 3.Now close your ears lids or flaps with your thumbs.·
- 4.Place your index finger just above your eyebrows and the rest of your
- 5.Fingers over your eyes with your middle fingers.·
- 6.Applying very gentle pressure to the sides of your nose.·

7. Now concentrate your mind on the area between your eyebrows.

8. Keep your mouth closed; breathe out slowly through your nose with making a humming sound of Om.

9. Repeat this process for 5 times. Important thing is that while doing this Pranayama assume that you are being connected to all the positive energies of the universe.

### **Procedure:**

First of all every participant of the study was individually informed about the purpose of the study. They were given Self-Confidence Inventory of Agnihotry (1987) and were instructed to give their responses to all the questions. Once all the respondents gave their responses each questionnaire was scored and the self-confidence level of each respondent was scored.

After the pre test 100 female white collar workers who were having low level of self-confidence were chosen for the intervention phase and rest were thanked and were not included in the study. Now all the respondents were provided with the sessions of Bharamari Pranayam Training thrice in a week for 3 months, while in other days they were instructed to practice the techniques by themselves twice a day. The participants were provided with daily record sheets which they were supposed to fill up regularly and were checked twice weekly.

After 3 months all the participants were again given the same self-confidence scale to fill up. The self-confidence level was calculated and the pre-test and post-test scores were statistically analyzed by using t test to test the significance of difference between two Means.

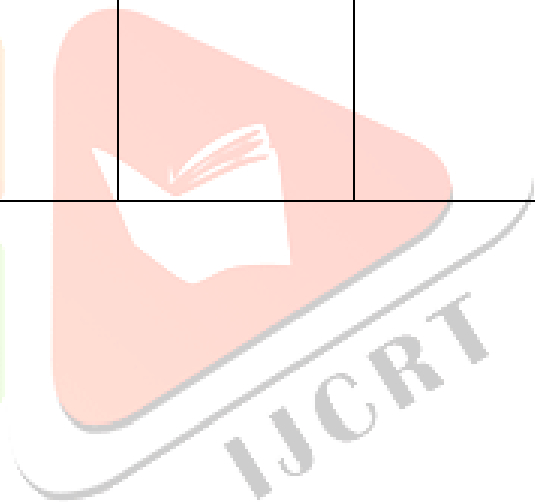
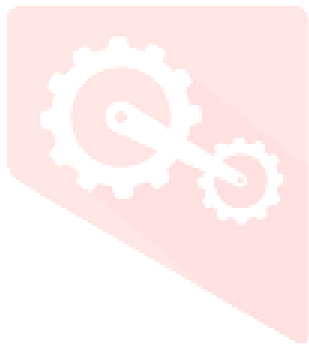
**Statistical-Analysis:** The obtained data was analyzed using Mean, SD and t-testing.

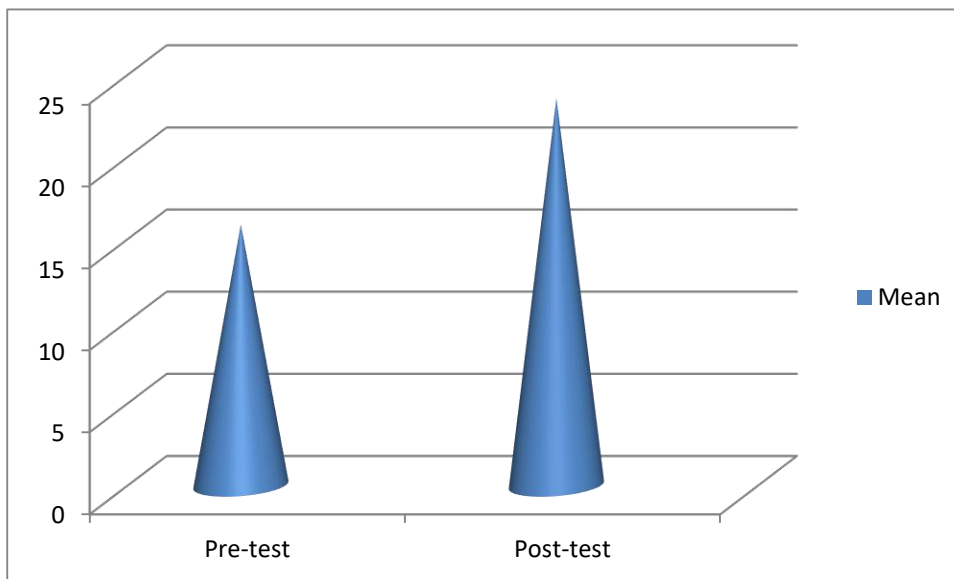
## Results and Discussion:

On the basis of statistical analysis following results were obtained:

**Table-1: Mean & SD of respondents on Pre test and Post test conditions :**

Conditions	Mean	SD	t-value	Level of Significance
Pre-Test	15.88	6.14	9.17**	Significant at .01 level
Post-Test	23.59	5.91		



**Graph:1: Mean on Pre test and Post test conditions of Bhramri Pranayam on****Self-Confidence.**

As it is clear from the inspection of Table no 1 & Graph No 1, that the self confidence level of female white collar workers before intervention (pre test) was 15.88 which was lesser than the post-test scores of 23.59. When the same scores were calculated for significance testing the obtained value 9.17 was found to be significant. This result supports the hypothesis of the present study stating that Bharamari Pranayam will significantly enhance the Self-Confidence level of female white collar workers.

The confidence level of respondents was significantly enhanced after the sessions of Bharamari Pranayam. Dwivedi, Awasthi and Pandey, B.B. (2011) studied the effect of yoga nidra and bhramari pranayama on alpha brain waves, they found that yoga nidra increased the alpha waves on alpha EEG biofeedback. Research suggested that it is an open secret that yoga nidra and pranayama is a type of deep meditation which leads to increased concentration which results into enhanced self esteem resulting in enhanced self confidence.

This results of the present study have proved that practicing Bhramari Pranayama improves level of self confidence of the respondents. Since Self-confidence is very much required for the proper functioning of white collar workers as their job demands it and females sometimes despite working on high post still have low self confidence which may be a part of their personality due to their upbringing but this low level or lack of self confidence negatively affects their job and hampers their personal growth leading to many psychophysical problems. So the results of the present study are very fruitful for the growth of such workers.

This is the best method to achieve concentration of mind, with the help of this, mind becomes steady, lower mental tension, agitation etc. it opens the blockage and gives a feeling of happiness to mind and brain and it relaxes the mind and lowers stress and better confidence.

### **Conclusion:**

The results of the present study have revealed that Bhramari Pranayama was found to be very successful in enhancing the level of confidence of female White collar workers. The findings of the present study may be very useful for the policy makers, and teachers. The results of the present study have suggested how a simple method of Yoga can help in enhancing the level of confidence of respondents which if not taken into care can harm them and others as well.



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