

A STUDY ON THE LEVEL OF PSYCHOLOGICAL WELL-BEING BETWEEN YOGA AND MALLAKHAMBA TRAINEES: A COMPARITIVE INVESTIGATION

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Abstract: Psychological well-being (PWB) is defined as one's level of psychological happiness/health, encompassing life satisfaction, and feelings of accomplishment. The present study aimed at compare the psychological well-being between yoga and mallakhamba trainees of Dakshina kannada and Udupi district. For the collection of data total 80 male trainees were selected as subject, 40 from yoga and mallakhamba respectively. The selected subjects were undergoing the training since minimum of 7 years with different coaches of Dakshina Kannada and Udupi District. The age ranges between 14 to 18 years. The mean, standard deviation and z-test was carried out with significance level of 0.05. The result shows that there is significant different in 3 subscales namely autonomy, the positive relations with others and the purpose in life. In Remaining subscales there is no significant difference between both the groups.

Key Words: Psychological well-being, Yoga and Mallakhamba, Dakshina Kannada, Udupi, etc...

1. INTRODUCTION:

Psychological well-being (PWB) is defined as one's level of psychological happiness/health, encompassing life satisfaction, and feelings of accomplishment. At the risk of being dualistic and separating physical well-being from PWB, it is helpful to note that physical well-being encompasses physical health, including disease states, fitness level, and ability to perform activities of daily living (ADL). Psychological well-being encompasses the person's perspective on life, including not only perceptions of physical health but also of self-esteem, self-efficacy, relationships with others, and satisfaction with life. A monistic perspective, wherein it is recognized that physical well-being and PWB are integrally interrelated, is preferable.

Subjective well-being (SWB) can be addressed from a primarily psychological perspective. Ed Diener suggested that SWB is comprised of the presence of positive affect, the absence of negative affect, and high levels of life satisfaction. However, research indicates physical well-being should be considered as well in evaluating PWB. The Roman poet Juvenal was correct in that mens sana in corpore sano ("a sound mind in a healthy body") is most desirable. PWB can range on a continuum from the absence of well-being, identified as ill health or even mental illness in some cases, to optimal well-being, perhaps having attained the state of self-actualization described by Abraham Maslow. Many individuals will identify their PWB as being on the wellness side of the continuum. Striving toward one's psychological potential and toward balance in one's life and happiness (perhaps noting a positive psychology approach) might bring one closer to optimal PWB. Brian C. Focht also noted the connections of PWB to health-related quality of life (HRQOL). A "sound mind" can be examined from a number of perspectives within an exercise and sport psychology (SP) framework: assessment of physical capabilities, including fitness; social relationships; level of athletic or exercise identity; the balance in life across a variety of domains, including social, work or academic, and spiritual; and feelings of accomplishment and progress toward attainment of an individual's potential.

The concept of well-being has received considerable interest in recent years, both in the scientific and lay literature. As such, well-being is frequently cited as a national priority for government policy around the world (Beddington et al. 2008) "Well-being is dynamic concept that includes subjective, social, and psychological dimensions as well as health related behaviours" (Tricia, 2005). According to many researchers, psychological well-being has six elements.

- Self-acceptance
- Personal growth
- Purpose in life

- Environmental mastery
- Autonomy
- Positive relations with others

1.1 Delimitation

- The study was delimited to male trainees of yoga and mallakhamba.
- The study was delimited to 40 trainees each from the yoga and mallakhamba.
- The selected subjects were practice their respective event since more than 7 years and participated in various level of competition.
- The subject's age ranges between 14 to 18 years.
- The study was delimited to Dakshina Kannada and Udupi District only.

1.2 Limitations

- The subjects of this study have difference in their socio-economical background hence this was the limitation of this study.
- Responses of the subjects are taken in different practice sessions and mood states of the subjects were beyond the control of the investigator which should be consider as limitation of the study.
- As the questionnaire is in English, for those who have not understood, the meaning was clarified in the regional language, which may be considered as another limitation of the study.

1.3 Significance of the study

- The study may helpful to Coaches and Physical Education teachers to identify the Psychological well-being level of the trainees during the practice sessions.
- The finding of the study helps to understand the psychological problems of trainees and motivates to students to come out from the Psychological problems.
- This study will explains the importance of Psychology in the field of Physical Education and Sports science and it may be helps to construct a sound training programs.

2. METHODOLOGY:

2.1 Selection of the subjects

For the collection of data total 80 male trainees were selected as subject, 40 from yoga and mallakhamba respectively. The selected subjects were undergoing the training since minimum of 7 years with different coaches of Dakshina Kannada and Udupi District. The age ranges between 14 to 18 years.

2.2 Selection of the test items

For the purpose of data collection standard Psychological well-being questionnaire was used which developed by Ryff C al., (2010).

2.3 Procedure for the administration and collection of data

After the consent of concern coach the subjects were made to assemble in an indoor and were given individual questionnaires. They had to fill the details regarding the personal information on the questionnaire. Doubts in regard to understanding the questions were cleared by the researcher before attempting to fill the questionnaire by subjects. The subjects were given ample time to fill in the questionnaire and were not allowed to discuss the questionnaire.

2.4 Statistical analysis

The collected data were tabulated for the purpose of analysis. The mean, standard deviation and z-test was used for testing the hypothesis for significance of mean difference in the level of psychological well-being among yoga and mallakhamba trainees compared by using the statistical formula. All the statistical calculation was carried out with significance level of 0.05.

3. ANALYSIS AND INTERPRETATION OF THE DATA:

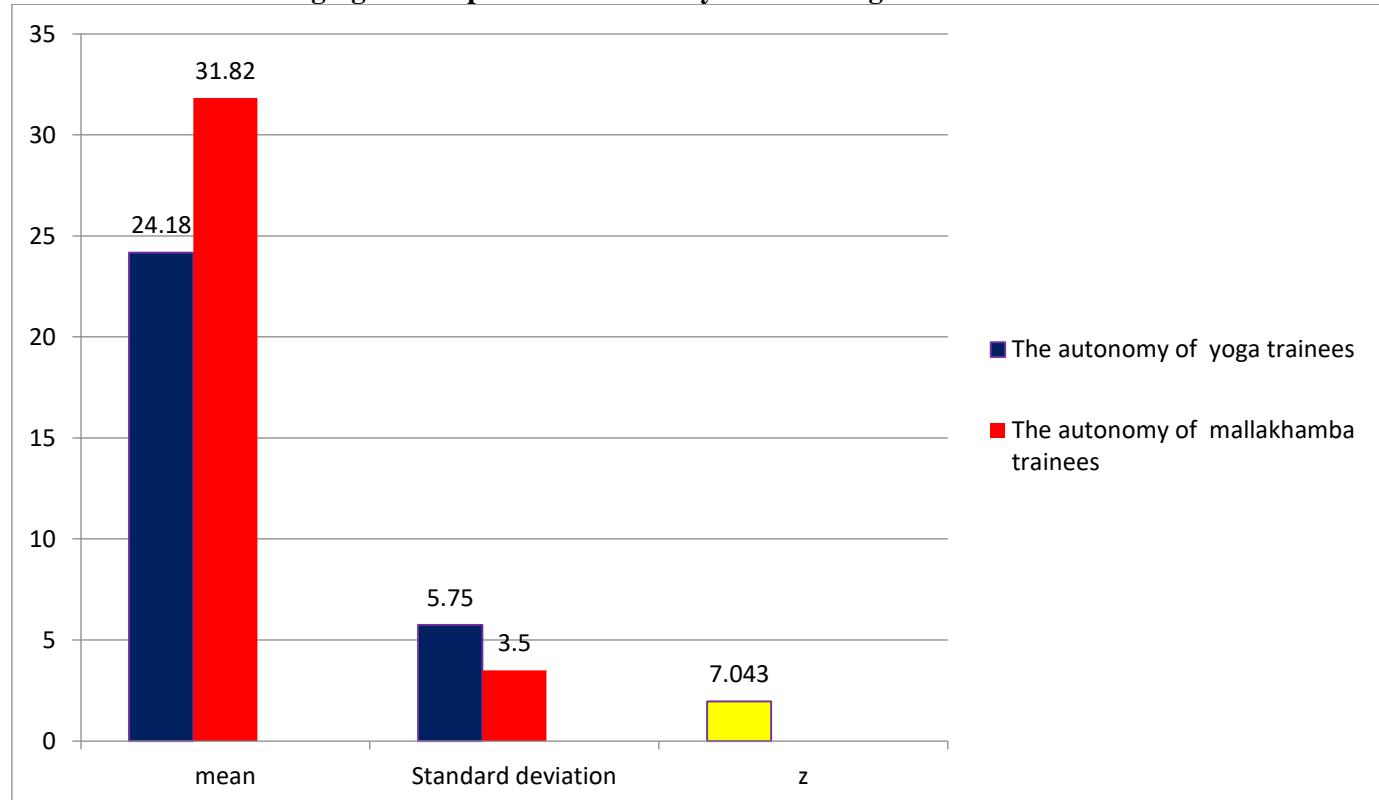
The collected data was calculated by Mean, Standard deviation and z-test. Result was represented by suitable figures and tables.

Table no 1
The following table represented the overall psychological well-being of the yoga and mallakhamba trainees.

Psychological well-being between Yoga and Mallakhamba trainees							
Name of Subscales	Event	N	Mean	Std deviation	Std.	Z	Sig.
The Autonomy	Yoga	40	24.18	5.75	0.9212	7.043	1.96
	Mallakhamba	40	31.81	3.5	0.5605		
Environmental mastery	Yoga	40	27.85	3.34	0.5281	0.191	1.96
	Mallakhamba	40	27.68	2.53	0.3993		
The personal Growth	Yoga	40	29.54	2.99	0.4673	0.380	1.96
	Mallakhamba	40	29.79	1.59	0.2549		
Positive relations with the others	Yoga	40	29.53	2.99	0.4295	2.583	1.96
	Mallakhamba	40	29.79	1.59	0.4158		
The purpose in life	Yoga	40	29.54	2.99	0.1793	2.611	1.96
	Mallakhamba	40	29.59	1.59	0.4398		
The self-acceptance	Yoga	40	30.34	2.87	0.4654	1.426	1.96
	Mallakhamba	40	31.07	1.78	0.2881		

The table 1 compare the data analysis of the subscales of psychological well-being scale between yoga and mallakhamba trainees of Dakshina Kannada and udupi district. It clearly shows that the calculated absolute value of the autonomy and calculated value of the positive relations with the others and the purpose in life is more than the table value, so (H_0) null hypothesis is rejected. It indicates that there is a significant difference in the Autonomy, positive relations with others and purpose in life subscales. The different statistical values between various subscales are graphically illustrated below with suitable figures.

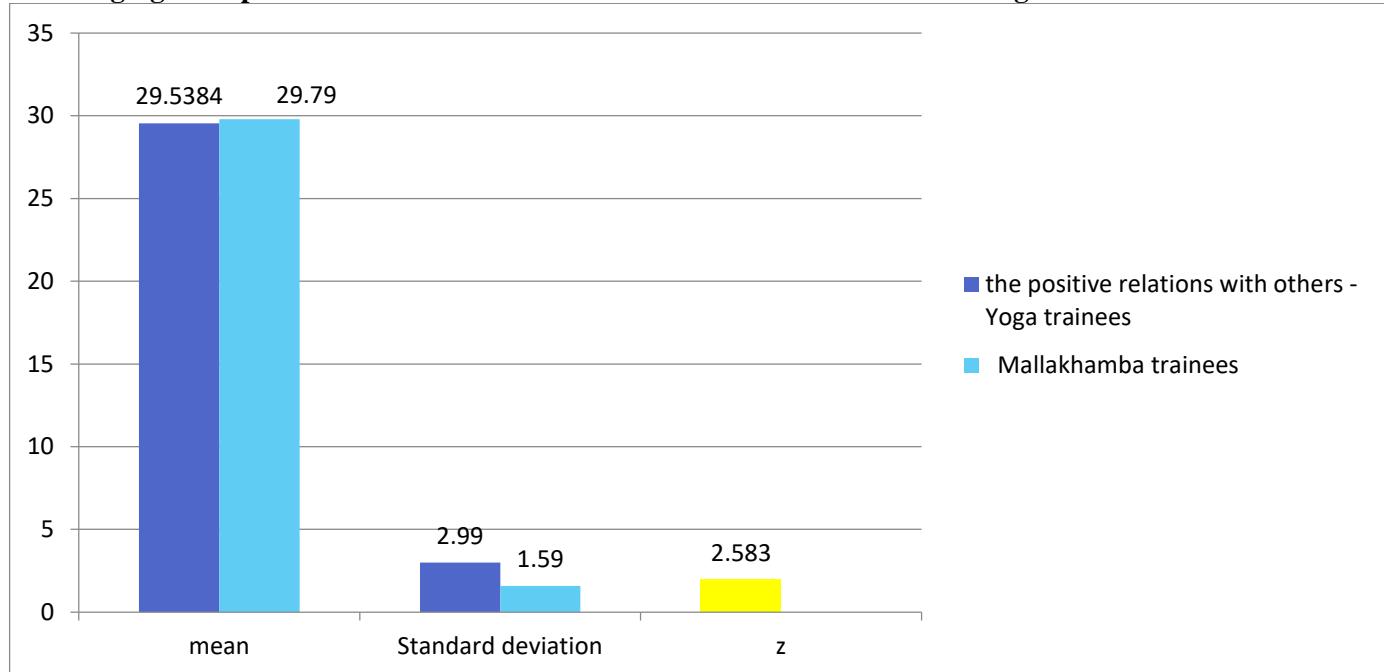
Figure no 1
The following figure compares the autonomy between Yoga and Mallakhamba trainees



The above Calculated z-value of yoga and mallakhamba trainees is 7.043. Since calculated value of autonomy is greater than table value hence we rejected and concluded that the mallakhamba trainees have better autonomy than the yoga trainees.

Figure no 1.1

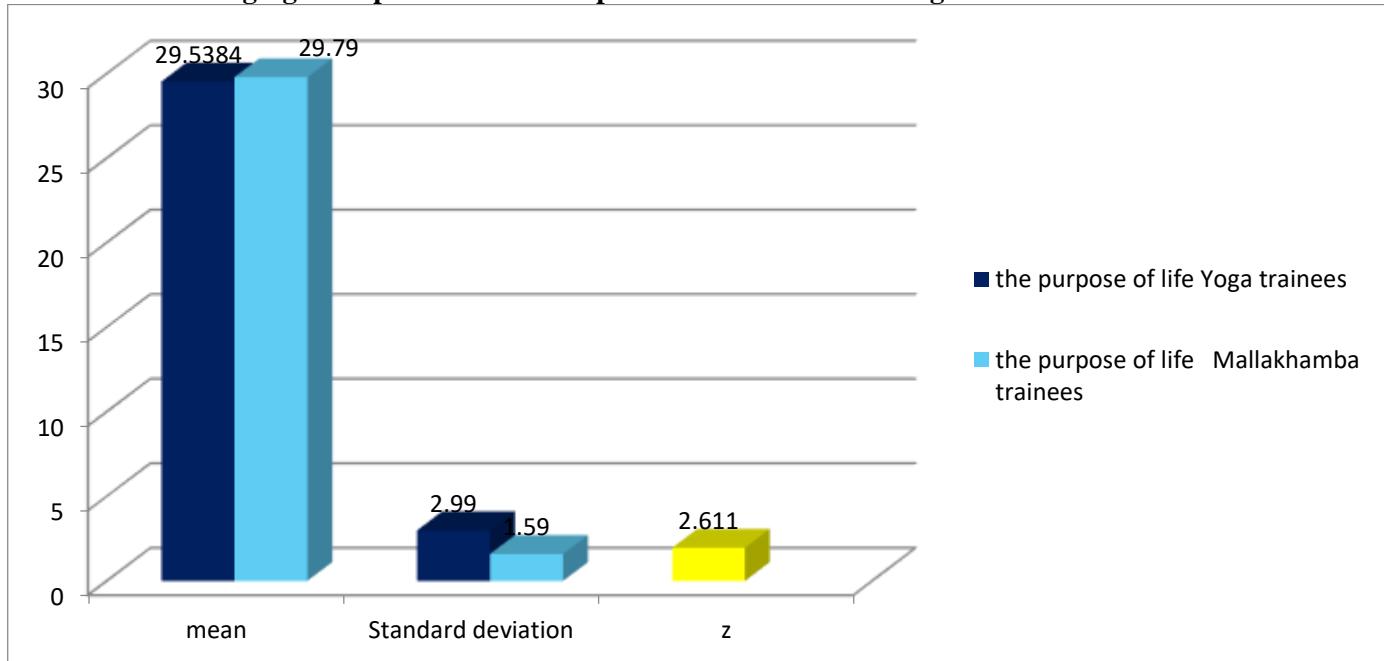
The following figure represented the Positive relation with the others between the Yoga and Mallakhamba trainees.



The above table shows Mean, SD and z values of subscale Positive relation with the others among Yoga and Mallakhamba trainees. The mean and standard deviation of Yoga and Mallakhamba trainees is 29.54, 29.79 and 2.99, 1.59 respectively. The z value is 2.583, it clears that there is significant differences in Positive relations with the others between yoga and mallakhamba trainees. mallakhamba trainees have more Positive relations with the others than the yoga trainees.

Figure no 1.2

The following figure represented the Purpose of life between the Yoga and Mallakhamba trainees.



According to the above figure the mean and standard deviation of the yoga and mallakhamba trainees are 29.54, 2.99 and 29.79, 1.59 respectively. The z value is 2.611, it clears that mallakhamba trainees have more purpose in life than the yoga trainees.

4. SUMMARY:

The purpose of the study was to compare and analyse the psychological well-being between the yoga and mallakhamba male trainees of Dakshina kannada district. To compare the variables we use the psychological well-being sub-scales namely the autonomy, the environmental mastery, the personal growth, the purpose in life, the self-acceptance and the positive relations with the others. Yakup Bakır, Murat Kangalgil (2017) finds there no significant difference was found in mental well-being and positivity scores of the participants of sport activity.

5. CONCLUSIONS:

This study attempted to compare the psychological well-being differences between yoga and mallakhamba trainees. The researcher compare each individual subscales. The result shows that there is significant different in 3 subscales namely autonomy, the positive relations with others and the purpose in life. In Remaining subscales there is no significant difference between both the groups.

6. RECOMMENDATIONS:

- The same study may be extended to various games.
- Similar study may be conducted to female trainees.
- Similar studies can be carried out on the other psychological variables during performance.

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