



Perceived self-efficacy among yoga practitioners, meditation practitioners and outdoor game players

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Abstract

The objective of the study is to examine the difference of perceived self-efficacy (personal efficacy) among the yoga practitioners, meditation practitioners and outdoor game players. The study was conducted on 90 working professionals (30 each group). The primary data was conducted through questionnaire of self-efficacy developed by Erickson *et al.* (2016). One way ANOVA was adapted for data analysis. The outcomes revealed that there is significant difference in the perceived self-efficacy among the three groups.

Keywords: self-efficacy, yoga, meditation, outdoor games, human well-being

1. Introduction

Research and developments, technologies, globalization and changing work culture has transformed the life styles of human beings. He becomes habituated of leisure and luxuries like never before. The fast pace of developments has a significant impact on the thought process and lifestyles of every individual or in other words physical and mental well-being of human beings. Osho depicted that everything in the universe remains same as per their nature like trees, earth, river, sun, moon, air etc. but it is the human beings who changes every time. Human beings getting indulged in greed, anger, jealous, proud, comparisons and becomes selfish and diplomatic each and every time. So does he treats the nature and get the returns. To control his vary nature he search for mental piece often through various sources like yoga, meditation, music, outdoor and indoor games, exercises and swimming etc. it is well known that these types of well-being practices certainly have charismatic effects on human beings if practiced seriously.

The present study is a shot to understand the difference among few of the well-being practices like yoga, meditation and outdoor games with respect to perceived self-efficacy i. e. whether the people practicing these things have increased or decreased perceived self-efficacy. The study was conducted among working professionals who were already practicing yoga, meditation and playing outdoor games.

Yoga has its origin from ancient times of Veda and Bhagwad Geeta. It has been said that 'Yogah Karmasu Kaushalam' means if any work is performed with perfection and skill it is called yoga. The literal meaning of Yoga ("Yuj") is to join. It is one of the popular routines to improve the physical and mental well-being. Nevertheless of its origin in India, it is quite popular in foreign too. Nowadays after declaration of international yoga day on 21 June by Prime Minister it gains much popularity and awareness among people. Yoga has many asanas like pranayam, bhujangasana, singhaasana, sukhasana, shavasana, halasana, etc. which is *ý* to have

miscellaneous effects on the body and mind. With this diverse approach of yoga, it is selected for study. Likewise meditation is of various categories like transcendental meditation, Shakti pat, heart rhythm meditation, kundalini, mindfulness, guided visualization etc. suppose to effect human being in different manner. Outdoor games are one of the best approaches for physical fitness. Hence these two practices are opted for study. Fluctuation of energy inside human body is one of the major sources of creating positivity and negativity in the body. This can adversely affect the work potential, capability as well as self-efficacy of the individuals. Hence, this study determines the role and importance of three practices in developing the perceived self-efficacy of working professionals.

2. Literature review

2.1 Self efficacy

Albert Bandura (1994) defined "perceived self-efficacy" as the "people's belief about their capability to produce a certain level of performance". Self-efficacy finds out feelings, thinking, motivation and behavior of people. There is strong connectivity between self-efficacy and capability of people. If people have high guarantee about their capability, it enhances the personal accomplishment while vice-versa in case when people doubt their capability. Bandura thrashed out that success, failures and experience as the major sources of self-efficacy. He also opined that self-efficacy can be strengthened by vicarious experiences, social persuasion. Self-efficacy impinge on human functioning by four major psychological processes as –cognitive, motivational, and affective and selection process. Bandura (1977) ^[4] in his self-efficacy theory concluded that the self-efficacy depends upon different psychological modes of treatments. Moreover he propounded four major sources to derive self-efficacy as physiological state, vicarious. Performance accomplishment and verbal persuasion. Bandura and Adams (1977) ^[4] conducted a series of experiments and concluded that perceived self-efficacy depends upon the psychological influences. Maddix and

Rogers (1982) [6] concluded Self efficacy is one of the most influential predictor of behavioural intentions. Aszen Self-efficacy and controllability are the components of behavioral control. Both factors can reflect internal as well as external controls. There is no congruence that self-efficacy can be held responsible for internal factor of control.

2.2 Empirical Studies on Self –Esteem

Although it was very difficult to undergo the specific studies due to dearth of similar literature but an effort was taken to study the alike literature.

Bhardwaj and Telles (2017) [5] organized yoga practice among school students to test out the impact of yoga on the self-esteem and other measures. Students underwent total 3 months of yoga practices and a follow up was taken after 13 months. It was found that those who were still practicing yoga exhibited improvement in total self-esteem than the students who stopped practicing.

Oman *et al.* (2008) [9] conducted an experiment of pre-test and post–test on health professionals to test the effect of mediation on caregiving self-efficacy. On the posttest it was observed that meditation had a positive effect on care giving self-efficacy followed by stress reduction. Singh T. and Kaur P. (2008) [10] conducted a study to examine the impact of shaktipatmeditation on self-confidence of teachers and students. It was monitored that the shaktipatmeditation had a significant impact on the self-confidence of teachers and students.

Moloud and Elkader (2017) [7] conducted a study to investigate the relationship between self-efficacy and achievement motivation, among football players in various playing positions. Though there was no significant relationship found between self-efficacy and achievement orientation but positive relationship found between self-efficacy and task-orientation and self-efficacy and self-confidence among football players. Chandler and fishburne (2008) [8] located that imagery is one of the noteworthy

contributor of self-efficacy and self-confidence among the football players

3. Research methodology

The study was conducted on 90 professionals who were practicing either yoga, meditation or playing any outdoor game. 30 working professionals from each above-mentioned field were selected to organize the study from Raipur city of Chhattisgarh State in India. The study was one time study on those who were already practicing the above-mentioned methods to identify the perceived self-efficacy. The data was collected through both primary and secondary sources. The primary data was collected through questionnaire developed through standardized scale of Self-efficacy framed by Erickson *et al.* (2016) from University of Kansas. The 5 point Likert scale was used in the questionnaire where 5= strongly Agree and 1=Strongly Disagree. The data was analyzed through one-way ANOVA through SPSS.

3.1 Research objective

To identify if there is any significant difference among the well-being practices like yoga, meditation and outdoor games on theperceived self-efficacy of working professionals.

3.2 Research hypothesis

Due to scarcity of the related and specific studies the null hypothesis is framed-

H₀-There is no significant difference among the well-being practices like yoga, meditation and outdoor games on theperceived self-efficacy of working professionals.

4. Data analysis and interpretation

Table 1 is showing the Descriptive statistics which is indicating sample size of each group as 30. The highest mean is found with the scores of meditation (50.00) with highest Standard Deviation (SD- 19.52). The lowest mean values goes with the score of Yoga (26.96) with lowest SD of 8.13.

Table 1: Descriptive Statistics of three groups (Yoga, Meditation and Outdoor games) in Self Efficacy

Groups	Mean Value	Standard Deviation	95% Confidence Interval for Mean		Minimum Value	Maximum Value
			Lower Bound	Upper Bound		
Yoga	26.96	8.13	23.92	30.00	13.00	40.00
Meditation	50.00	19.52	42.70	57.29	13.00	117.00
Outdoor Games	32.53	8.79	29.24	35.81	18.00	47.00

The Table 2 shown below is not revealing the homogeneity of variance through Levene’s statistic (p=0.44). The Value is less than 0.05 hence it is indicating the variance within the three groups of yoga practitioners; meditation practitioners and outdoor game players are not equal. This homogeneity of variance is one of the assumptions of ANOVA. Though this value does not fulfills or violates the assumptions of ANOVA.

Table 2: Test of Homogeneity of Variances of three groups (Yoga, Meditation and Outdoor games) in Self Efficacy

Levene Statistic (Value)	Df-1	Df-2	Significance
3.247	2	87	.044

Table 3 of ANOVA table indicating the p value is 0.000 which means there is significant difference in the self-Efficacy of yoga practitioners, meditation practitioners and outdoor game players.

Table 3: ANOVA to compare three groups (Yoga, Meditation and Outdoor games) in Self Efficacy

Source of Variance	Value of SS (Sum of Squares)	Degree of freedom (df)	Mean Square	F-Value	Significance
BG (Between Groups)	8666.06	2	4333.03	24.76	.000
WG (Within Groups)	15224.43	87	174.99		

Table 4 is revealing equality of means among the three means as the significant value (p) is 0.00 i. e. less than 0.05 through Welch Test. Brown Forsythe test revealing that the group variances are statistically and significantly equal (p=0.00<0.05). Welch and Brown-Forsythe tests were applied, since the assumption of homogeneity was not fulfilled.

Table 4: Robust Tests of Equality of Means

Tests	Statistics (Value)	Significance
Welch	18.08	.00
Brown-Forsythe	24.76	.00

The Table 5 below is showing the groups having difference in self-efficacy. It is tested through post-hoc test. There are three groups selected for study. This table is explaining the difference among the groups with respect to self-efficacy. The first column is showing that there is significant difference (p=0.00<0.05) between Yoga practitioners and meditation practitioners regarding self-efficacy, while there is no difference found between self-efficacy of yoga practitioners and outdoor game players (p=.107>0.05). Similarly the second column is showing the significant difference in self-efficacy between meditation practitioners and outdoor game players (p=0.000<0.05).

Table 5: Post Hoc Tests

Groups (A)	Groups (B)	Mean Difference (A-B)	Significance
Yoga	Meditation	-23.03*	.000
Yoga	Outdoor Game	-5.56	.107
Meditation	Outdoor Game	17.46*	.000

* The mean difference is significant at the 0.05 level

5. Results and discussion

It is observed that significant difference in the self-efficacy was found between yoga practitioners and meditation practitioner. This specified that yoga and meditation cannot be equally effective in developing self-efficacy in organization since the subjects of the study were working professionals. While yoga and outdoor games can be different modes of developing self-efficacy and have a different consequences of practicing both on self-efficacy of working professionals. Same is the phenomenon between meditation and outdoor games. Concluding remark can be taken as there is difference between yoga and meditation; meditation and outdoor games and they are different modes of ways to develop self-efficacy and showing significant difference in the perception of self-efficacy while practice. Yoga, meditation and outdoor games are dissimilar ways to practice well-being with different motives. Supported from the anecdotal previous literature and studies, yoga is the sum total of physical and mental well-being while meditation is mental well-being though tend to results in physical well-being also and outdoor games are indispensable for physical well-being though results in mental well-being too. THE yoga has different *asanas* and *mudras* supposed to practice in different manners and for different reasons. Each *asanas* and *mudras* have diversified effects. The Meditation too has its own types and forms supposed to give different results. At last there are vivid outdoor games played by people like basketball, football, cricket, handball etc. these games demands different workout for body and consists of

different playing positions. Certain studies supporting the different effects of playing positions on personal/self-efficacies. Though their consequences of practicing can be positive on well-being of human but all the three methods are supposed to give different results with reference to the development of self-efficacy especially referred to the context of working professionals in organizational. Null Hypothesis is rejected.

6. Suggestions and limitations

The present study is restricted to the three practices for human well-being- yoga, meditation and outdoor games. Though there are several other modes of human well-being like reiki, gumming, balanced diet, cycling, running, walking etc meant to support physical and mental well-being of human beings. Out of popularity of practices the three methods were selected on samples of 90 working professionals to check out their self-efficacy in the organization or workplace. Similar studies can be conducted to compare two methods, or identifying the impact of a particular practice on the self-efficacy of professionals. Moreover, this study is one-time study which can be organized in pretest and posttest method to keenly observe the effects of various practices before practicing and after practicing. Due to chaotic schedule and busy lifestyles of people it was difficult to conduct the study with larger number of subjects in shorter span of time. Rather the focused study on a particular area of work field would give perfect result than the generalized study.

7. Conclusion

A study cum experiment was conducted among 90 working professionals working in different fields to examine the outcomes of yoga practices, meditation and outdoor games on the perceived self-efficacy of the professionals in the workplace. There were 30 subjects in each group. The primary data was collected through standardized questionnaire and results indicated that there is significant difference among the three methods to develop the self-efficacy /perceived self-efficacy of the working professionals.

8. References

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