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## INFLUENCE OF YOGA INTERCESSION ON INFERIORITY & INSECURITY FEELINGS AMONG RURAL TEENAGE GIRLS

Prerna

Ph. D Research Scholar

Department of Yogic Science

Shri Guru Ram Rai University

Dehradun, Uttarakhand, India

### Abstract

The current study aims to find out the Influence of Yoga Intercession on inferiority & insecurity feelings among Rural teenager Girls. For this study purpose 30 school going girls were selected from District chamoli, uttarakhand. Their age was ranged between 14 to 17years. After covid-19 this study was carried out. The selected subject was divided in two groups one is experimental group (n=15), second is control group (n=15). The experimental group practiced yoga intervention for four weeks which include Sun salutation, Asana, Pranayams, & OM chanting from Monday to Saturday. There were no such practices in the control group. Data were collected by using “Inferiority & Insecurity Questionnaire” developed by G.C. Pati (1976). After the training period both experimental and control group of pre-data and post-data from the aforementioned research were statistically examined in order to compare mean scores and calculate the impact of the yoga intercession on inferiority complex and insecurity feeling, respectively.

**Keywords:** Inferiority, Insecurity, Rural Girls, Yoga Intercession.

### Introduction

Our country was one of the most develop country in the world. India is, in general, a youth’s country. According to the UN (world population prospects) data, India has a young population of 56%, from which 29% of teenage girls, whereas one-fifth of rural. SDG’s (Sustainable Development Goals) report says that today also rural children are surviving very tough stage of life; which are poverty, hunger, poor health and well-being, low quality of education, gender inequality, low source of income, unhygienic, violence, crime etc...

Now what we consider an inferior, uneducated and insecure teenager can achieve in terms of putting their country to develop? possibly not. A good education, proper diet, healthy body, positive environment and so many good ways can lead a teen to down the right road in life.

The Second thing is competition; which is making of the day in today's world. In this competition society, everyone is racing to put others ahead of them. Competition is taking many forms in human life, including education, sports, politics, business, and a variety of others fields. Every person has a sense of competitiveness with others. If we see on the current situation, we find that the field of education is expanding every day.

But the query come to light that which type of education is necessary for teenage? Because now a Days every parent wishes to provide his or her child with a better education so that he or she become a successful person in his life.

“Dharma, Artha, Kama, Moksha” these four basic pillars are leads to a successful life- According to our Indian philosophy, where education has traditionally been seen as an aid to reaching moksha.

Medium of education is schools, are going close due to covid-19 pandemic which has adversely affected the mental health of children. High level of inferiority and insecurity has been found in the children of rural areas especially in girls compare to urban as they have proper facility, family support and effective environment for overall development.

During this research study this is noted that most of the teen girls were inferior & insecure because of child marriage. Their thinking is, at the age of between 15 to 17years their parents will marry them. This is a disgrace for us. **One in three of the world's child brides live in India.** All over country 223 million child brides, in which 102 million were married before turning 15. In India over half of child brides live in five states: Uttar Pradesh, Bihar, West Bengal, Maharashtra and Madhya Pradesh. Uttar Pradesh has the highest concentration of child brides. (NFHS, 2015-2016).



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S. No.	States	No. of Girls
1.	Uttar Pradesh	36million
2.	Bihar	22million
3.	West Bengal	22million
4.	Maharashtra	20million
5.	Madhya Pradesh	16million

**Adolescent**

According to WHO, Adolescence is defined as the era of life between the age of 10 to 19years. The transition from puberty to adulthood is marked by rapidly physical, psychological and social changes. This is a period of transition in human development.

For many people, adolescence is the most difficult time of their lives, because it's a condition that necessitates new adaptation. Every Fact of an individual's growth, as well as every essential social setting, is affected by significant biological and social changes (Petersen, 1988).

Adolescence is a time of life when critical decisions must be made like decisions for schooling, fertility, careers, and marriage, these all are impact the growth and development of their future trajectories; individually.

Adolescence is a time of clutter and mental stress for the individual, when they are erratic, emotionally unstable, and unpredictable. Between the ages of puberty and maturity when personality development is determined, is called the era of 'teen' life.

And that is why most of the issues are beyond the maturity of the adolescent, resulting in affliction, strain, sadness, lack of sleep, combativeness, feelings of inferiority, loss of appetite, and feelings of insecurity towards others.

**Inferiority complex**

In the 1920's French psychologist Alfred Adler invented the word "inferiority". The inferiority complex is a psychological disorder in which a person's feelings of inadequacy are so strong that it interferes with daily functions. Some people use their feelings of inferiority as a positive motivator, striving to develop themselves in order to alleviate their negative thoughts of inferiority.

According to Ansbacher (1956)- "The person is not strong to represent enough to tackle the problem in a socially useful way is known as an inferiority complex".

Inferiority complex is a hopeless melancholy mood; it is the belief that one is a failure, a personal disaster, has no one likes him/her, and that one is not as excellent as others. The presence of inferiority complex can be detected by becoming sensitive, apprehensive, and self-conscious, which might manifest as hesitancy, speechless, sweating, avoidance of labor and responsibility, and so on....

In schools especially girls can express inferiority complex in a variety of ways including: - Feelings of rejection, unloved, being treated coldly and without affection, being hated, being despised, feelings of isolation, unresponsive, challenging, child marriage, feelings of confusion, envy, jealousy and feelings of mistrust. Individuals with an inferiority complex have an amplification of typical emotions of inadequacy.

At last inferiority defined as that you have a smaller degree, your value is less importance, or that you have a lower status or quality. For that type of so many reasons adolescents' girls battle with crushing emotions, which can express in various of ways. Inferior people have a strong influence. Unfortunately, most adults will judge teenagers based on their inferiority complexes, why? Because we live in a world where the power of suggestion is underestimate.

**Insecurity feeling**

Insecurity is characterized as a feeling of helplessness when confronted with difficulties, conflicts or concerns. It is belief that insufficient or unprepared to face life's problems or challenges. Insecure people feel like they are always climbing up a mountain but never making it to be summit. They don't have enough support or encourage where they live, work, or do any other activities.



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### Some negative effects of insecurity

- Insecure people have a hard time to forming good a long-term relationship.
- They become victim of fear, which limits their ability to act or choose.
- Have difficulty in meeting new people and are frequently socially destabilized as a result of persistent shyness.
- When they have the information and abilities, still they face issues on the work or in school.
- They think that everybody is staring at them and is waiting for them to embarrass.
- From others may mistakenly regard you as arrogant.

Insecurity is a learned behavior, not something that people are born with. Many teenagers’ girls experience insecurity during puberty, which contributes to a lot stereotyped adolescent behavior. These teenagers may be afraid of embarrassment, rejection, social isolation, or any other consequence they believe that they can’t handle these types of situations. Suicide attempts occur in such circumstances because some youth (especially girls) in their desperation and uncertainty, perceive no other option.

### Yoga

Yoga is the Indian's ancients’ scriptures and traditional, which is written in Sanskrit language. Earlier it was difficult to understand for 20<sup>th</sup> century generation, but now medical, doctors, scientists, psychiatrists, even therapists also confirmed that yogic concepts, techniques, applications and all over yoga is beneficial to one's health, wealth & prosperity. The practices of yoga such as asana, pranayam, meditation has been scientifically proven that It’s curing many irremediable diseases.

Swami Satyanand Saraswati (1980) was defined the right way of yoga in “A Complete Science of Consciousness”. Yoga is not just a physical exercise (gym), it's a balancing combination of body, mind and soul. On a physical level, yoga gives a proper treatment from diseases. In yoga, posture (asana) provide strength the body and generate the well-being personality. Psychologically; yoga (pranayam) sharpens the intellect and aids concentration and meditation create a positive energy which is introduce you to inner-self. Einstein described the same thing that matter is nothing but energy reduced to the point of invisibility. According to the “CNNS thematic Reports”- **40 girls in 18 boys are anemic between the aged of 10 to 19years, which is also a huge cause for the inferior complex.**

In this present study researcher used a yoga intervention for reducing the teen girl's inferiority and insecurity feelings. Based on yoga research its seems that yoga prevented and cured many diseases for example- Back pain, Asthma, High blood pressure, weight reduce, etc....

On the other hand; way of awareness and psychologically yoga conducted many research such as; field of education, sports, stress, anxiety, insomnia, etc...

### Purpose of the study

Find out the Influence of Yoga intercession on Inferiority and Insecurity among rural teenage girls.

### Hypothesis

It was assumed that the four weeks (1month) of yoga practices would have indicate a positive result on rural teenage girls regarding the inferiority and insecurity.

### Variables

Independent variables: Yoga (Surya Namaskar, Asana, Pranayam, Om chanting).

Dependent variables: Inferiority complex, Insecurity feelings.

Control variables: Gender

### Methodology

The purpose of the study was to assess the impact of yoga intercession on inferiority and insecurity among rural teenage girls. For this study, sample size of 30 was selected through the survey method sampling technique from the district Chamoli, Uttarakhand. Girls age range between of 14 to 17 years. Where 15 girls were assigned into experimental group (n=15) and 15 girls in control group (n=15). For the experimental group was given four weeks (1month) of yoga intercession which was included by sun salutation, asana, pranayam and Om chanting of 45 minutes in evening 4:00 to 4:45pm from Monday to Saturday. Control group didn't give any types of yoga practices.



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Table 1: Yoga intercession schedule

S. No.	Yoga	Duration
1.	*Surya Namaskar	10min
2.	*Asana	20min
	Paschimotanasan	5min
	Bhujangasan	5min
	Halasana	5min
	Garudasan	5min
3.	*Pranayam	10min
	Anulom- vilom	5min
	Ujjayi	5min
4.	*Om Chanting	5min

Tools

For measurement of inferiority and insecurity feelings researcher used Inferiority and Insecurity Questionnaires developed by G.C. Pati (1976). Mental Health Institution, SCB. Medical College, Cuttack (Orissa). In this scale 20 questions are mentioned with yes/no options of both sections (INF & INS). If the total scores of higher, it would be the inferior and insecure in rural teen girls.

Procedure

The data obtained by the major permission of their girl's parents. The samples were convenience briefed about this study. In beginning, at the time of pre data collection girls were very shylyshallying's to fill the questionnaire. They were told that their responses would be kept private and solely utilized for research purposes. The questionnaire was delivered to each respondent girl's agreement. After one month of yoga practiced data were collected and observed that in girls (experimental group) increasing the quality of social participation. The last day for their cooperation, they were thanked.

Data Analysis & Result

Table 2: Descriptive Statistics

N=30 (Exp.=15& control=15)		Pre	Post	% Changes
Inferiority	Exp.	78 ± 6. 85	55.33± 6.37	29.06% decrease
	Control	75.33± 6.02	74.27± 6.23	1.41 % decrease
Insecurity	Exp.	70.47± 6.13	36.93± 6.85	47.59% decrease
	Control	67.07± 5.02	66.47± 3.89	0.89% decrease

Discussion & Conclusion

After this underwent yoga intercession table-2 revealed that yoga practices had significantly decreased inferiority and insecurity feelings in rural teenage girls. It's noted that teen girls of rural area's face more problems than the urban like- poor households, poor nutrition, economic crises, and so on. Who is directly affect to the teen girl's health (physically, mentally, socially & psychologically)? These regular yoga practices increase inner awareness, and make witness to all internal changes. Practitioners will be learning very easily that how to handle in various situation. Thus, yoga practices bring not only a harmony or learn how to deal with situation but also keep happiness in life.

Research suggests that long breathing technique (pranayam), and posture (asana) daily practices develop the holistic health of children. Especially for girls it is mandatory that yoga include on your daily lifestyle. It will become more energetic, optimistic, positive, and self-aware.

So, we can say clearly that there is more need of yoga practices for teenagers and yoga should be included in the syllabus of schools since childhood.



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