

Effect Of Yoga Therapy In Enhancing Self-Esteem Among Middle Aged Corporate Employees

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Abstract:

The term self-esteem is coined by William James in his book entitled as, "The principles of psychology". He defined self-esteem as a ratio of goal to attainment. Coopersmith defines self-esteem as "a personal judgement of worthiness that is expressed in the attitudes that individual holds towards himself/herself. It is a subjective experience, which the individual conveys to others by verbal reports and other overt expressive behaviour". The aim of the study is to find out the effect of yoga therapy in enhancing self-esteem among middle aged corporate employees. Low self-esteem impairs family and occupational life of middle-aged corporate employees. Once it is identified at an early stage, middle-aged corporate employees can be helped in enhancing self-esteem through yoga therapy. The objective of the study is to find out the effect of yoga therapy in enhancing self-esteem, and to find out the gender difference, if any, between men and women, after intervention. Yoga therapy can help in enhancing self-esteem in middle-aged corporate employees, going through a midlife crisis. Dr Karunanidhi uses Self-esteem Inventory to assess the level of self-esteem. 500 middle-aged corporate employees, aged 40 to 55 years, working in various corporate offices, at Chennai, are exposed to Self-esteem Inventory. Out of 500 middle-aged corporate employees, 120 middle aged employees with low self-esteem are allotted randomly to control and experimental group, 60 employees in each group, with 30 men and 30 women, for the final study. They are exposed to certain selected yogic exercises for one month. Results show that there is significant difference ($p > .0001$) exists in the performance. The experimental group is faster ($p > .0001$) than the control group in enhancing self-esteem after intervention. Men are ($p > .0001$) faster than women in enhancing self-esteem through yoga therapy. Of all the management methods, yoga therapy is less-time consuming, more economical and one of the best methods in enhancing self-esteem among middle aged corporate employees.

KEYWORDS: Self-esteem Inventory, middle aged corporate employees, men and women, control and experimental group, yoga therapy, successful enhancement of self esteem

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I. INTRODUCTION

The term "self-esteem" is coined by William James (1892) in his book on, the Principles of Psychology. Self-esteem is defined as a ratio of goal to attainment. Rosenberg (1965) defines self-esteem as the "evaluation which the individual makes and customarily maintains with regard to himself/herself, expressed as an attitude of approval". Coopersmith (1967) defines self-esteem as "a personal judgement of worthiness that is expressed in the attitudes that individual holds towards himself/herself. It is a subjective experience which the individual conveys to others by verbal reports and other overt expressive behaviour".

California Task Force (1990) defines self-esteem as "appreciating one's own worth and importance and having the character to be accountable for myself and to act responsibly towards others". Student's self-esteem is based on a combination of objective information about oneself and the subjective evaluation of that information.

Yoga therapy - Beck (2021) perceives psychological problems as stemming from commonplace processes such as faulty thinking, making incorrect inferences based on inadequate or incorrect information and failing to distinguish between fantasy and reality. Yoga therapy is a mind-body practice that focuses on your physical, emotional and mental health. The practice uses movement, mindfulness, meditation, relaxation and breathing exercises to help you relax, relieve stress, and manage underlying conditions or symptoms in addition to treatment by a healthcare provider." The effect of yoga therapy in the enhancement of psychosocial factors among adults is well known. Review of worldwide literature on the physical self, numerous studies exist to measure self-esteem changes using exercise interventions. One of the most commonly used models of self-esteem for the physical self-seemed well suited to yoga with its emphasis on physical acceptance, Yoga therapy is more effective in enhancing self-esteem (Yasmin Janjhua, Rashmi Chaudhary, Nishant Sharma, and Krishan Kumar

(2020), Mohan R, Kumari S, 2018; Telles S, et al, 2019; Newman RI, Yim O, Shenfield DE, 2020; Nanthakumar, C., 2020; Lee SW, Mancuso CA, Charlson ME 2004; Uebelacker LA, , et al., 2010; L. A. Uebelacker, et al., 2010 ; S. A. Saeed, D. J. Antonacci, and R. M. Bloch, 2010; C. S. Chong, , et al , 2011 S. Telles, N. Singh, and A. Balkrishna, 2012; K. P. Roland, J. M. Jakobi, and G. R. Jones, 2011; K. Pilkington, G. Kirkwood, H. Rampes, and J. Richardson, 2005; S. B. S. Khalsa, 2004; G. Kirkwood et al, 2005; Ms. Mrunal Paranjape & Dr. Narendra Deshmuk, 2022; Balaji, Varne, & Ali, 2012; Sharma, Trakroo, et al., 2013, Telles, Singh, Bhardwaj, Kumar, & Balkrishna, 2013; Wang et al., 2020, Bhushan, 2007; Deshpande, Nagendra, & Nagarathna, 2009; Kovačič & Kovačič, 2012.

II. PURPOSE OF THE STUDY

All of us suffer from low self-esteem due to some situations or circumstances. Self-esteem is affected by a variety of influences, ranging from the formation of childhood experiences in relation to our parents, to our standards or ideal self. Individuals with low self-esteem are brought to counselors. self-esteem is more stable in some periods of life than in others. Stability is relatively low during early childhood, increases throughout adolescence and early adulthood, and then declines during midlife and old age. This curvilinear trend holds for men and women, (Richard W. Robins and Kali H. Trzesniewski 2010). The objective of the study is to find out the effect of yoga therapy in enhancing self-esteem among middle aged corporate employees and to find out the gender difference, if any, between men and women in enhancing self-esteem through intervention. Hence, the present study is an attempt in this direction.

III. HYPOTHESIS

The following hypotheses are drawn from the review of worldwide literature:

Ha: Yoga therapy is effective in enhancing Self-esteem and promoting psychological wellbeing among middle aged corporate employees

Ha: Men are faster than the women in enhancing Self-esteem, promoting psychological wellbeing among middle aged corporate employees through intervention

IV. SAMPLING DESIGN

Table 1
Frequency distribution of Pilot Study (n=500)

LEVELS OF SELF-ESTEEM		
Levels	Number	Percentage (%)
High	250	50
Low	250	50

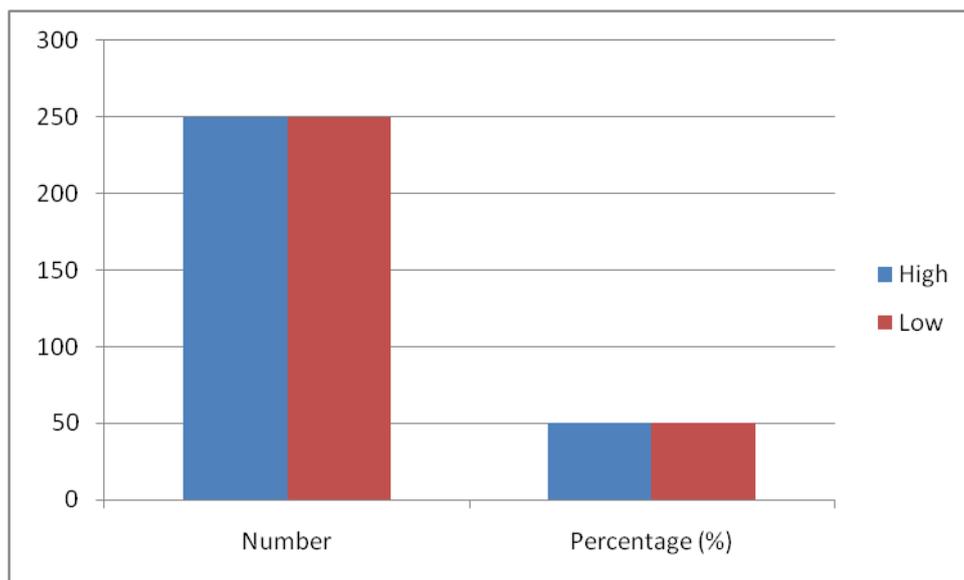


Figure 1: Bar Diagram shows Frequency distribution of Pilot Study

Table 1 and Figure 1 Bar Diagram show the result of Pilot study. 500 middle aged corporate employees are administered with Self-esteem Inventory to find out the level of self-esteem. Middle aged corporate employees are able to understand and complete all the statements in the inventory. Out of 500 middle aged corporate employees,

250 middle aged corporate employees (50%) are high on self-esteem and 250 (50%) middle aged corporate employees are low on self- esteem. Out of 250 low self-esteem middle aged corporate employees, 120 middle aged corporate employees are allotted randomly to control and experimental group, 60 middle aged corporate employees in each group, 30 men and 30 women, for the final study.

Table 2
Sample Characteristics (n=120)

CONTROL		EXPERIMENTAL	
Men	Women	Men	Women
30	30	30	30

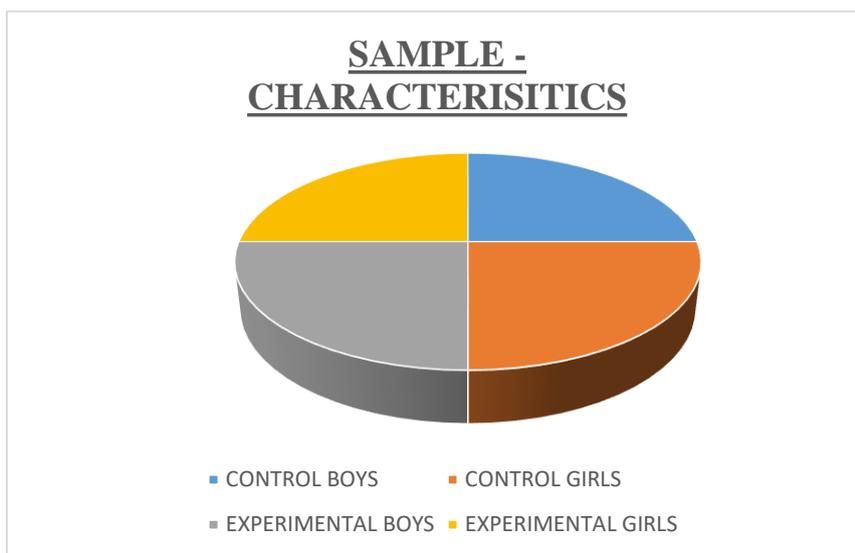


Figure 2: Phi Graph shows Sample characteristics.

Table 2 and Figure 2 Phi graph show Sample characteristics. The group is made up of 60 middle aged corporate employees, thirty men and 30 women in the control group, are matched with the experimental group of 60 middle aged corporate employees, thirty men and 30 women, on the dependent variable with signs of low self-esteem.

V. TOOL FOR THE TESTING

For matching the group in experimental design, Self- esteem Inventory is used to assess level of self-esteem among middle aged corporate employees. Short details of the psychological test are given below:

Self-esteem Inventory – Karunanithi (1996) has developed a Self–esteem Inventory to assess the level of self-esteem among middle aged corporate employees. Self-esteem Inventory has both positive and negative items. There are 83 items. Each item will have 4 ratings such as Always (4), Many of the time (3), Sometimes (2) and Never (1). Self-esteem Inventory has 6 dimensions such as Competency (16 items), Global self-esteem (16 items), Moral and self-control (13 items), Social-Esteem (12 items), Family (11 items, Body, physical Appearance (9 items) and Lie score (6 items). Middle aged corporate employees are asked to circle the numbers on the Rating Scale. There are 83 statements, and it usually takes 45 minutes to complete the test.

The meaning of various dimensions of self-esteem are given below:

Competency - it is the ability to evaluate and understand one’s personal resources. These feelings reflect esteem based on his/her skills, talents, and unique achievements.

Global self-esteem - it is the general appraisal of the self, and it is based on adolescents’ evolution of all parts of himself/herself. A positive global self-esteem would be reflected in feelings such as I am a good person, or I respect myself.

Moral and self-esteem - it is the reflection of feeling good as being honest, sincere, adhering to social values. Adolescents, who value these supposed to have the feeling of -good about themselves.

Social esteem - it encompasses the adolescents feeling about himself/herself as a friend to others. Do others value his/her ideas and include him/her in their activities? Does he/she feel satisfied with his/her interaction and

relationship with peers? A child whose social needs are being met will feel comfortable with these aspects of himself/herself.

Family self-esteem - it reflects his/her feelings and himself/herself as a member of his/her family. A person, who feels he/she is a valued member of his/her family, who make his/her own unique contributions and who is secured in love and respects he/she receives from parents and siblings will have high positive self - esteem in their areas.

Body and Physical appearance - it is the body image as a contribution to physical appearance and capabilities. The middle-aged corporate employee's self - esteem in this area is based upon his/her satisfaction with the way his/her body looks and performs.

Scoring: The Raw Score ranges from 83 to 308, excluding lie scores (24). Standard scoring procedure is adapted.

VI. RESEARCH DESIGN

This research is experimental research. This study involves matched group research design principles for testing the hypothesis. The area of study for the experimental intervention is corporate office, Chennai, Tamil Nadu. The study is conducted in three phases. In phase one, preliminary formalities and administration of the test are done. In the second phase, intervention in the form of yoga therapy is conducted. In the third phase, posttest, after one month of intervention and follow-up are planned i.e., six months after intervention.

VII. STATISTICS

Data is analysed through Statistical Package for Social Sciences, Version 21 to test the hypotheses and draw the conclusions.

VIII. RESULTS AND DISCUSSION

The results of the present study are discussed on Tables 3-10 and Figures 3-4.

Table 3

Self-esteem Inventory dimensions mean raw scores of control (n=60) Vs. experimental (n=60) group middle aged corporate employees over pretest Vs. posttest phases of training

LEVELS OF SELF - ESTEEM		
DIMENSIONS	CONTROL PRETEST	EXPERIMENTAL POSTTEST
Competence	29	64
Global self-esteem	29	64
Moral and self-control	21	48
Social esteem	24	52
Family self-esteem	20	44
Body and Physical appearance	21	36
Overall Dimensions	144/308	308/308

Table 4

ANOVA: Self - esteem Inventory dimensions mean raw scores of control (n=60) Vs. experimental (n=60) group middle aged corporate employees over three phases of training

Parameters	Sum of Square	df	Mean Square	F- Value	P - Value
Pretest	2.1333	1 119	2.1333	1.5834	NS
Posttest	74469.63 68	1 119	74469.63 5.24	23999.46	p>.0001
Follow-up	81577.43	1 119	81577.63 2.18	28654.16	p>.0001

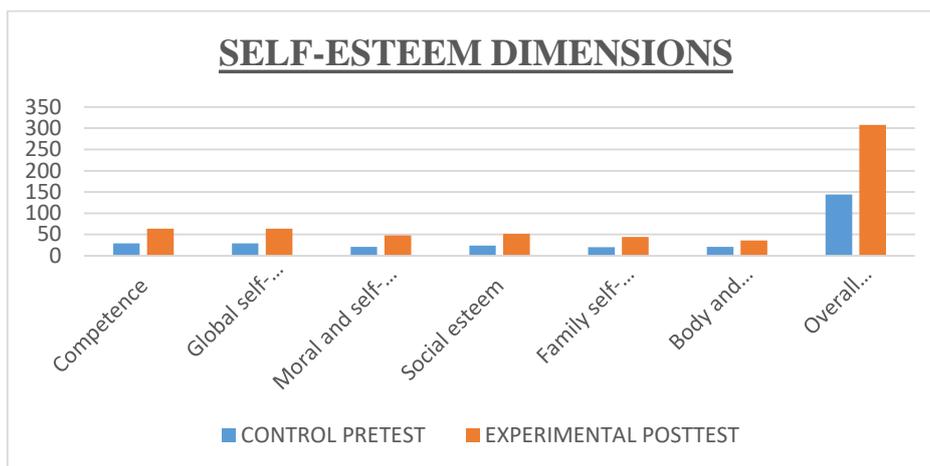


Figure 3: Bar Diagram shows Self - esteem Inventory dimensions mean raw scores of control Vs. experimental group middle aged corporate employees over pretest Vs. posttest phases of training

Tables 3-4 and Figure 3 Bar Diagram show Self - esteem Inventory dimensions mean raw scores of controls Vs. experimental group middle aged corporate employees over pretest and posttest phases of training. It is seen from the table that control and experimental group middle aged corporate employees are low on Self-esteem Inventory dimensions mean raw scores, during pretest. Calculated F - Value (1.5834) is lower than the tabular value, hence, the sample selected for the study is a homogeneous sample. The group of middle aged corporate employees are low on self-esteem dimensions.

Posttest and follow-up analysis reveal that experimental group middle aged corporate employees are high on Self-esteem Inventory dimensions mean raw scores than the control group over three phases of training, compared to the pretest. Calculated posttest F- Value (23999.46) and follow-up F - Value (28654.16) are higher than the tabular value, hence, there is a significant difference ($p > .0001$) exists in the performance. The experimental group middle aged corporate employees are higher ($p > .0001$) than the control group middle aged corporate employees on Self-esteem Inventory dimensions mean raw scores over posttest and follow-up phases of training. Experimental group middle aged corporate employees are faster ($p > .0001$) than the control group middle aged corporate employees in enhancing the self-esteem dimensions.

With intervention the experimental group middle aged corporate employees are higher ($p > .0001$) than the control group middle aged corporate employees on Self-esteem Inventory dimensions mean raw scores over three phases of training. This may be due to regular practice of yoga therapy. Experimental group middle aged corporate employees are having the ability to evaluate and understand one's personal resources, self-esteem based on his/her skills, talents, and unique achievements; excellent on self-appraisal based on patients' evolution of all parts of himself/herself (Competence). A positive global self-esteem is reflected in feelings such as I am a good person or I respect myself, reflection of feeling good as being honest, sincere, adhering to social values (Global esteem). Middle aged corporate employees, who value these, are supposed to have the feeling of good about themselves. Do others value his/her ideas and include him/her in their activities? Does he/she feel satisfied with his/her interaction and relationship with peers? (Moral and Self-control). Corporate employees whose social needs are being met will feel comfortable with these aspects of himself/herself (Social esteem); family self-esteem reflects his/her feelings and himself/herself as a member of his/her family. Corporate employees, who feels he/she is a valued member of his/her family, who make his/her own unique contributions and who is secured in love and respects he/she receives from parents and siblings will have high positive self - esteem in their areas (Family self-esteem). Body and Physical appearance are the body image as a contribution to physical appearance and capabilities. The middle-aged corporate employees' self - esteem in this area is based upon his/her satisfaction with the way his/her body looks and performs (Body and Physical appearance).

Table 5

ANOVA: Self - esteem Inventory Competence dimension mean raw scores of control (n=60) Vs. experimental (n=60) group middle aged corporate employees over three phases of training

Parameters	Sum of Square	df	Mean Square	F- Value	P - Value
Pretest	34.13	1	34.13	0.7898	NS
	4033.07	119	4033.07		
Posttest	2203.3	1	2203.3	4126.85	p<.0001
	63	119	53		
Follow-up	1510.40	1	1510.40	4319.24	p<.0001
	42.91	119	0.37		

Table 5 and Figure 3 Bar Diagram show Self-esteem Inventory Competence dimension mean raw scores of control Vs. experimental group over pretest Vs. posttest phases of training. It is seen from the table that control and experimental group are low on Self-esteem Inventory Competence dimension mean raw scores during pretest. Calculated F - Value (0.7898) is lower than the tabular value, hence, the sample selected for the study is a homogeneous sample. Both groups of middle aged corporate employees are low on competence dimension.

Posttest and follow-up analysis reveal that experimental group middle aged corporate employees are higher ($p > .0001$) than the control group on Self-esteem Inventory Competence dimension mean raw scores over posttest and follow-up phases of training, compared to the pretest. Calculated posttest F- Value (4326.85) and follow - up F - Value (5319.24) are higher than the tabular value, hence, there is an extremely significant difference ($p > .0001$) existing in the performance. Experimental group middle aged corporate employees are higher ($p > .0001$) than the control group middle aged corporate employees Self-esteem Inventory Competence dimension mean raw scores over posttest and follow-up phases of training. Experimental group middle aged corporate employees are faster ($p > .0001$) than the control group middle aged corporate employees in enhancing the Competence dimension.

With training the experimental group middle aged corporate employees are higher ($p > .0001$) than the control group middle aged corporate employees on Self-esteem Inventory Competence dimension mean raw scores during training. This may be due to regular practice of yoga therapy. Experimental group middle aged corporate employees are having the ability to evaluate and understand one's personal resources, self-esteem based on his/her skills, talents, and unique achievements; excellent on self-appraisal based on student's' evolution of all parts of himself/herself.

Table 6

ANOVA: Self - esteem Inventory Global-self-esteem dimensions mean raw scores of control (n=60) Vs. experimental (n=60) group middle aged corporate employees over three phases of training

Parameters	Sum of Square	Df	Mean Square	F- Value	P - Value
Pretest	34.13 4033.07	1 119	34.13 4033.07	0.7898	NS
Posttest	32032.3 63	1 119	32032.3 5.32	4326.85	$p < .0001$
Follow-up	45109.40 42.91	1 119	15109.40 0.37	5319.24	$p < .0001$

Table 6 and Figure 3 Bar Diagram show Self-esteem Inventory Global self-esteem dimension mean raw scores of control Vs. experimental group over three phases of training. It is seen from the table that control and experimental group are low on Self-esteem Inventory Global self-esteem dimension mean raw scores during pretest. Calculated F - Value (0.7898) is lower than the tabular value, hence, the sample selected for the study is a homogeneous sample. Both the group of patients are low on Global self-esteem dimension.

Posttest and follow-up analysis reveal that experimental group middle aged corporate employees are higher ($p > .0001$) than the control group on Self-esteem Inventory Global self-esteem dimension mean raw scores over three phases of training, compared to the pretest. Calculated posttest F- Value (4326.85) and follow - up F - Value (5319.24) are higher than the tabular value, hence, there is an extremely significant difference ($p > .0001$) existing in the performance. Experimental group patients are higher ($p > .0001$) than the control group patients Self-esteem Inventory Global self-esteem dimension mean raw scores during the training. Experimental group middle aged corporate employees are faster ($p > .0001$) than the control group middle aged corporate employees in enhancing the Global self-esteem dimension. A positive global self-esteem is reflected in feelings such as I am a good person or I respect myself, reflection of feeling good as being honest, sincere, adhering to social values.

With training the experimental group middle aged corporate employees are higher ($p > .0001$) than the control group patients on Self-esteem Inventory Global self-esteem dimension mean raw scores posttest and follow-up phases of training. This may be due to regular practice of yoga therapy. Experimental group middle aged corporate employees are having the general appraisal of the self. and it is based on middle aged corporate employees' evolution of all parts of himself/herself. A positive Global self-esteem will reflect in his/her feelings such as I am a good person, or I respect myself.

Table 6

ANOVA: Self - esteem Inventory Moral and self-control dimensions mean raw scores of control (n=60) Vs. experimental (n=60) group middle aged corporate employees over three phases of training

Parameters	Sum of Square	df	Mean Square	F- Value	P - Value
Pretest	30.63 278.11	1 119	30.63 278.11	1.4	NS
Posttest	4600.41	1	4600.41	2211.06	$p < .0001$

	2.01	119	2.01		
Follow-up	4675.01 237.32	1 119	4675.01 237.32	2324.53	p<.0001

Tables 6 and Figure 3 Bar Diagram show Self - esteem Inventory Moral and self-control dimension mean raw scores of control Vs. experimental group over three phases of training. It is seen from the table that control and experimental group are low on Self-esteem Inventory Moral and self-control dimension mean raw scores during pretest. Calculated F - Value (1.5834) is lower than the tabular value, hence, the sample selected for the study is a homogeneous sample. Both the groups of middle-aged corporate employees are low on Moral and self-control dimension.

Posttest and follow-up analysis reveal that experimental group middle aged corporate employees are high on Self-esteem Inventory Moral and self-control dimension mean raw scores than the control group over three phases of training, compared to the pretest. Calculated posttest F- Value (2211.06) and follow - up F - Value (2324.53) are higher than the tabular value, hence, there is an extremely significant difference (p>.0001) existing in the performance. The experimental group middle aged corporate employees are higher (p>.0001) than the control group middle aged corporate employees on Self-esteem Inventory Moral and self-control dimension mean raw scores over three phases of training. Experimental group middle aged corporate employees are faster (p>.0001) than the control group middle aged corporate employees in enhancing the Moral and self-control dimension.

With intervention the experimental group middle aged corporate employees are higher (p>.0001) than the control group middle aged corporate employees on Self-esteem Inventory Moral and self-control dimension mean raw scores over three phases of training. This may be due to regular practice of yoga therapy. Experimental group middle aged corporate employees, who value these supposed to have the feeling of good about themselves. Middle aged corporate employees are feeling about himself/herself as a friend to others. Do others value his/her ideas and include him/her in their activities? Does he/she feel satisfied with his/her interaction and relationship with peers?

Table 7

ANOVA: Self - esteem Inventory Mean Social esteem dimensions mean raw scores of control (n=60) Vs. experimental (n=60) group middle aged corporate employees over three phases of training

Parameters	Sum of Square	df	Mean Square	F- Value	P - Value
Pretest	34.13 4033.07	1 119	34.13 4033.07	0.7898	NS
Posttest	22032.3 63	1 119	22032.3 53	4166.85	p<.0001
Follow-up	15109.40 42.91	1 119	15109.40 0.37	4393.24	p<.0001

Table 7 and Figure 3 show Self-esteem Inventory Social esteem dimension mean raw scores of control Vs. experimental group over pretest Vs. posttest phases of training. It is seen from the table that control and experimental group are low on Self-esteem Inventory Social esteem dimension mean raw scores during pretest. Calculated F - Value (0.7898) is lower than the tabular value, hence, the sample selected for the study is a homogeneous sample. Both the group of middle aged corporate employees are low on social esteem dimension.

Posttest and follow-up analysis reveal that experimental group middle aged corporate employees are higher (p>.0001) than the control group on Self-esteem Inventory Social esteem dimension mean raw scores over three phases of training, compared to the pretest. Calculated posttest F- Value (4166.85) and follow - up F - Value (4393.16) are higher than the tabular value, hence, there is an extremely significant difference (p>.0001) existing in the performance. Experimental group middle aged corporate employees are higher (p>.0001) than the control group middle aged corporate employees Self-esteem Inventory Social esteem dimension mean raw scores over three phases of training. Experimental group middle aged corporate employees are faster (p>.0001) than the control group middle aged corporate employees in enhancing the social esteem dimension.

With training the experimental group middle aged corporate employees are higher (p>.0001) than the control group middle aged corporate employees on Self-esteem Inventory Social esteem dimension mean raw scores over three phases of training. This may be due to regular practice of yoga therapy. A child whose social needs are being met, will feel comfortable with these aspects of himself/herself.

Table 8

ANOVA: Self - esteem Inventory Family self-esteem dimension mean raw scores of control (n=60) Vs. experimental (n=60) group over three phases of training

Parameters	Sum of Square	df	Mean Square	F-Value	P - Value
Pretest	30.63	1	30.63	1.4	NS
	278.11	119	278.11		
Posttest	4600.41	1	4600.41	2211.06	p<.0001
	2.01	119	2.01		
Follow-up	4675.01	1	4675.01	2324.53	p<.0001
	237.32	119	237.32		

Tables 8 and Figure 3 Bar Diagram show Self-esteem Inventory Family self-esteem dimension mean raw scores of control Vs. experimental group middle aged corporate employees over pretest Vs posttest phases of training. It is seen from the table that control and experimental group middle aged corporate employees are low on Self-esteem Inventory Family self- esteem dimension mean raw scores during pretest. Calculated F - Value (1.4) is lower than the tabular value, hence, the sample selected for the study is a homogeneous sample. Both the group of middle aged corporate employees are low on Social esteem dimension.

Posttest and follow-up analysis reveal that experimental middle aged corporate employees are high on Self-esteem Inventory Family self- esteem dimension mean raw scores than the control over three phases of training, compared to the pretest. Calculated posttest F- Value (2211.06) and follow - up F - Value (2324.53) are higher than the tabular value, hence, there is an extremely significant difference (p>.0001) existing in the performance. Experimental group is higher (p>.0001) than the control group on Self-esteem Inventory Family self-esteem dimension mean raw scores over three phases of training. Experimental group middle aged corporate employees are faster (p>.0001) than the control group middle aged corporate employees in enhancing the Family self- esteem dimension.

With training the experimental group is lower than the control group on Self-esteem Inventory Family self- esteem dimension mean raw scores over three phases of training. This may be due to regular practice of yoga therapy. Experiment group middle aged corporate employees his/her feeling and himself/herself as a member of his/her family. family self-esteem reflects his/her feelings and himself/herself as a member of his/her family. A student, who feels he/she is a valued member of his/her family, who makes his/her own unique contributions and who is secured in love and respects he/she receives from parents and siblings will have high positive self - esteem in their areas.

Table 9

ANOVA: Self - esteem Inventory Body and Physical Appearance dimension mean raw scores of control (n=60) Vs. experimental (n=60) group over three phases of training

Parameters	Sum of Square	Df	Mean Square	F-Value	P - Value
Pretest	12.10	1	12.10	1.05	NS
	699.59	119	5.9		
Posttest	5240.45	1	5240.45	1001.27	<.0001
	617.58	119	5.23		
Follow-up	5508.01	1	5508.01	1118.84	<.0001
	580.92	119	4.92		

Tables 9 and Figure 3 show Self-esteem Inventory Body and Physical appearance dimension men raw scores of control middle aged corporate employees Vs. experimental group middle aged corporate employees over pretest Vs posttest phases of training. It is seen from the table that control and experimental group middle aged corporate employees are low on Self-esteem Inventory Body and Physical appearance mean raw scores during pretest. Calculated F - Value (1.05) is lower than the tabular value, hence, the sample selected for the study is a homogeneous sample. Both the group of middle aged corporate employees are low on Body and Physical appearance dimension.

Posttest and follow-up analysis reveal that experimental group is low on Self-esteem Inventory Body and Physical appearance mean raw scores than the control over three phases of training, compared to the pretest. Calculated posttest F- Value (1001.27) and follow – up F - Value (1118.84) are higher than the tabular value, hence, there is an extremely significant difference (p>.0001) existing in the performance. Experimental group middle aged corporate employees are higher (p>.0001) than the control group Self-esteem Inventory Body and Physical appearance dimension mean raw scores over three phases of training. Experimental group middle aged corporate employees are faster (p>.0001) than the control group middle aged corporate employees in enhancing the Body and Physical appearance dimension.

With training the experimental group middle aged corporate employees are higher ($p < .0001$) than the control group middle aged corporate employees on Self-esteem Inventory Body and Physical appearance dimension mean raw scores over three phases of training. This may be due to regular practice of Yoga therapy. The body image is contributing to physical appearance and capabilities. Middle aged corporate employees' self-esteem in this area is based upon his/her satisfaction with the way his/her body looks and performs.

Hypothesis stated "Ha Yoga therapy is effective in enhancing the self-esteem dimensions among middle aged corporate employees" is accepted. Yoga therapy helps middle aged corporate employees to enhance various dimensions of self-esteem after intervention.

The findings of the present study is corroborated with the research findings of esteem (Yasmin Janjhua, Rashmi Chaudhary, Nishant Sharma, and Krishan Kumar (2020), Mohan R, Kumari S, 2018; Telles S, et al, 2019; Newman RI, Yim O, Shenfield DE, 2020; Nanthakumar, C., 2020; Lee SW, Mancuso CA, Charlson ME 2004; Uebelacker LA, et al., 2010; L. A. Uebelacker, et al., 2010; S. A. Saeed, D. J. Antonacci, and R. M. Bloch, 2010; C. S. Chong, et al, 2011 S. Telles, N. Singh, and A. Balkrishna, 2012; K. P. Roland, J. M. Jakobi, and G. R. Jones, 2011; K. Pilkington, G. Kirkwood, H. Rampes, and J. Richardson, 2005; S. B. S. Khalsa, 2004; G. Kirkwood et al, 2005; Ms. Mrunal Paranjape & Dr. Narendra Deshmuk, 2022; Balaji, Varne, & Ali, 2012; Sharma, Trakroo, et al., 2013, Telles, Singh, Bhardwaj, Kumar, & Balkrishna, 2013; Wang et al., 2013, Bhushan, 2007; Deshpande, Nagendra, & Nagarathna, 2009; Kovačić & Kovačić, 2012.

They have brought out the fact that Yoga therapy is more effective in enhancing self-esteem among middle aged corporate employees.

IX. GENDER DIFFERENCES AMONG MIDDLEAGED CORPORATE EMPLOYEES

Table 10

Self-esteem Inventory Mean Overall dimensions raw scores of control men Vs. experimental women over pretest and posttest phases of training

LEVELS OF SELF-ESTEEM		
DIMENSIONS	CONTROL WOMEN	EXPERIMENTAL MEN
Competency	29	64
Global Self-esteem	29	64
Moral and Self-cont	21	48
Social esteem	24	52
Family	20	44
Body and Physical appearance	21	36
Overall Raw score	144/308	308/308

Table 11

ANOVA: Self-esteem Inventory dimensions mean overall raw scores of control college student men (n=30) Vs. experimental college student women over three phases of training

Parameters	Sum of Square	df	Mean Square	F-Value	P - Value
Pretest	34.13	1	34.13	0.9987	NS
	4033.07	29	0.04		
Posttest	5576.03	1	5576.03	1043.85	p<.0001
	630.33	29	5.35		
Follow-up	5508.01	1	5508.11	1118.84	p<.0001
	580.92	29	4.92		

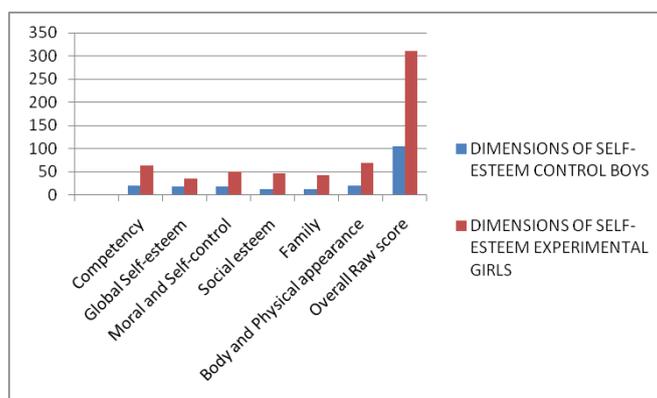


Figure 4: Self-esteem Inventory dimensions mean overall raw scores of control men Vs. experimental women over three phases of training

Tables 10-11 and Figure 4 Bar Diagram show Self-esteem Inventory dimensions mean overall raw scores of control men and experimental women over pretest Vs., posttest phases of training. It is seen from the table that control men and experimental women are low on Self-esteem Inventory dimensions mean overall raw scores, during pretest. Calculated F - Value (0.9987) is lower than the tabular value, hence, the sample selected for the study is a homogeneous sample. Both the groups of middle aged corporate employees are low on overall self-esteem dimensions.

Compared to the pretest, posttest and follow-up analysis reveal that experimental men are higher ($p > .0001$) than the control women on Self-esteem Inventory dimensions mean overall raw scores over three phases of training. Calculated posttest F- Value (1043.85) and Follow-up F - Value (1118.84) are higher than the tabular value, hence, there is an extremely significant difference ($p > .0001$) existing in the performance. Experimental men are higher ($p > .0001$) than the control women on Self-esteem Inventory dimensions mean overall raw scores over three phases of training. Experimental men are faster ($p < .0001$) than the control women in enhancing self-esteem.

With training the experimental men are higher ($p < .0001$) than the control group on Mean Overall Self-esteem Inventory dimensions Raw scores over three phases of testing. This may be due to regular practice of Yoga therapy. Yoga therapy is more effective in enhancing self-esteem among middle aged corporate employees.

Hypothesis stated “Ha Men are faster than the women in enhancing self-esteem dimensions through yoga therapy” is accepted. In fact, women are better than the men in enhancing various dimensions of self-esteem after intervention. Yoga therapy is more effective in enhancing self-esteem dimensions among middle aged corporate employees.

X. SUMMARY AND CONCLUSIONS

The matched design, experimental study clearly indicates that yoga therapy will help to enhance self-esteem. The study also shows that the changes in wellbeing have been carried out for a longer duration of time, indicating that real learning has taken place. Yoga therapy enables psychological wellbeing, positive outlook and positive emotional state as assessed through Self-esteem Inventory. This study strongly suggests that yoga therapy helps in enhancing self-esteem, developing psychological wellbeing, academic, family, and occupational success among middle aged corporate employees.

XI. MAJOR FINDINGS OF THE STUDY

The major findings of the study are as follows:

- The experimental group is found to be faster in enhancing self-esteem compared to the control group middle aged corporate employees after yoga therapy.
- Experimental groups of middle aged corporate employees are found to be high on various dimensions of self-esteem such as Competency, Global Self-esteem, Moral and Self-control, Social-esteem, Family, body and Physical appearance after intervention.
- Experimental group men are better than the women in enhancing self-esteem dimensions through yoga therapy.
- Of all the techniques, yoga therapy is less time-consuming, more economical and one of the best therapeutic techniques in enhancing self-esteem and other psychosocial factors among middle aged corporate employees.

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