

COMPARATIVE EFFECT OF YOGA -MENTAL REHEARSAL AND ADAPTED PHYSICAL EDUCATION PROGRAMME ON SELF-CONCEPT OF DIFFERENTLY ABLED CHILDREN

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ABSTRACT

The purpose of this study was to compare the effect of Yoga-mental rehearsal and Adapted physical education programme on Self-Concept of differently abled children. The subjects selected for this study were 90 differently abled children and classified into three groups of Amputation, Poliomeitices and congenital deformity with 30 children in each group. These children were from All India Pingalwara Charitable Society, Amritsar. The subjects were from different family background. Ninety children with Amputation, Poliomyelitis and congenital deformity ranged from 14 to 18 years and were equally divided into three groups i.e. Yoga mental- rehearsal, Adapted physical education and Control group. A thorough analysis of available literature pertaining to the problem under consideration was undertaken. The psychological variable was chosen for the study; Self-Concept. To establish the comparative effect of yoga-mental rehearsal and adapted physical education programme on psychological variable of differently abled children, ANCOVA was adapted by using SPSS (version 19). Further, wherever 'F' value was found significant, it was subjected to Post-Hoc test to find out the difference between the adjusted final means. It is therefore concluded that out of two treatment Yoga-Mental rehearsal is considered better in improving the Self-Concept of Differently abled children.