

## THE EFFECT OF ASHTANGA YOGA SUTRA WISDOM SERIES TRAINING ON ASSERTIVENESS SKILL AND SELF-ESTEEM

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### **ABSTRACT**

*The present study was designed to find out the effectiveness of the Ashtanga Yoga Sutra Wisdom Series. (AYSWS) interactive session among adolescents. The conceptual framework of the study was based on Patanjali Yoga sutra The study variables were assertiveness skills, self-esteem, and. Patanjali Yoga Sutra Wisdom series and will create a disease-free body, rhythmic breath, stress-free mind, inhibition-free intellect, memory-free, trauma-free memory, the ego which unites us all together and self which is free from sorrow. The sample consists of 70 (35 in each group) students from two divisions of XI (Eleventh class) of the same school in Palakkad, Kerala. The quasi-experimental design was selected for the study. A purposive sampling technique was used to experiment. The instruments used in the study were the Adolescent assertive test developed by Fischer, Joel, Corcoran, and Kwing. J (2007), Adapted the tool of Rosenberg self-esteem scale to measure self-esteem. The data collection tools were validated and the reliability was established through split half method. PYSWS program includes activities like knowledge sessions based on the commentary of Sri Sri Ravishankar the sutra commentary explained by the researcher and home assignments related to practical sessions, swot analysis self, rubric preparation and assessment, Journal writing, worksheets, video shows, games and innovative methods with lecture cum discussion using a PowerPoint presentation. Then collected data were tabulated and analyzed using descriptive (frequency, percentage, mean, standard deviation) and inferential statistics (t-test). The result showed that AYSWS has a significant on assertiveness skills and self-esteem of higher secondary school students.*

**KEYWORDS:** Patanjali Yoga Sutra, Assertiveness Skill Self-Esteem, Ashtanga Yoga.