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Influence of Quiet Breathing and Mantra Meditation Practices on the Psychological Well-Being and Confidence Levels of Working Women

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Abstract

The objective of the present study was to examine the impact of combined quiet breathing pranayama and mantra meditation practices on self-confidence among working women. For this purpose, thirty working women aged between 25 and 35 years were randomly selected from Karaikudi, Tamil Nadu, India, in the year 2024. The participants were divided into two equal groups of 15 each: an experimental group and a control group. The experimental group underwent a six-week training program involving quiet breathing pranayama and mantra meditation practices, conducted five days per week. The control group did not participate in any special training during the study period.Self-confidence was selected as the criterion variable and was measured using Vealey's Trait Sport Confidence Inventory (TSCI). Pre-tests and post-tests were administered to both groups before and after the intervention. The data were statistically analyzed using the paired 't' test to determine significant differences between pre- and post-test scores.The results revealed a significant improvement in self-confidence among participants in the experimental group compared to those in the control group. This suggests that the combined practice of quiet breathing pranayama and mantra meditation had a positive impact on the self-confidence of working women.

Keywords: *Pranayama, Mantra Meditation, Self-Confidence, Working Women, Psychological Well-being, 't' Test.*

1. INTRODUCTION

Yoga, a profound spiritual and physical discipline that originated in ancient India, has transcended its traditional roots to become a globally respected practice for promoting holistic well-being. Rooted in centuries-old philosophy, yoga encompasses a wide range of practices, including physical postures (asanas), breath control (pranayama), meditation (dhyana), and ethical principles. It is not merely a form of physical exercise but a lifestyle that cultivates harmony between body, mind, and spirit. Over the years, yoga has garnered scientific attention for its potential to enhance

mental clarity, emotional regulation, and personal growth.

One of the less explored but deeply significant aspects of yoga is its influence on self-confidence a vital psychological component that shapes an individual's outlook, motivation, and overall life satisfaction. Self-confidence refers to the belief in one's own abilities, decisions, and sense of self-worth. It plays a critical role in how individuals approach challenges, handle interpersonal interactions, and navigate responsibilities. Particularly for working women, self-confidence is not only a desirable trait but a fundamental necessity. Modern working women often juggle multiple roles as professionals, caregivers, mothers, and partners facing societal expectations and time-bound pressures. This multifaceted lifestyle, although empowering, can also become overwhelming and lead to feelings of inadequacy or self-doubt.

Recent research highlights the strong connection between breathing patterns and mental states. Quiet breathing pranayama, involving slow, deep inhalation and exhalation through the nostrils, has been associated with reduced anxiety, improved focus, and emotional balance. By enhancing parasympathetic activity, it promotes calmness and reduces physiological stress. In parallel, mantra meditation, the focused repetition of a sound or phrase, is known to improve mental concentration and foster a peaceful inner environment. Together, these practices provide a powerful method for self-regulation and cognitive restructuring.

When practiced regularly, quiet breathing and mantra meditation cultivate mindfulness and diminish negative self-talk, fostering stronger self-belief and elevated confidence. While meditation's role in stress management is well-researched, fewer studies explore the combined effect of pranayama and mantra meditation on self-confidence in working women a group uniquely positioned at the crossroads of professional pressure and personal commitment.

This study addresses that gap by examining the effect of a six-week intervention involving quiet breathing pranayama and mantra meditation on self-confidence levels in working women. Through a structured, measurable approach, the research seeks to highlight how traditional yogic tools can support modern mental wellness programs. As non-invasive and accessible techniques, they offer promising value in personal routines and organizational wellness initiatives.

The findings of this study are expected to contribute to the growing literature on yoga-based mental health interventions and provide practical insight for empowering working women to manage stress and enhance psychological resilience through timeless, holistic practices.

2. RESEARCH METHODOLOGY

Selection of Subjects

Thirty working women aged between 25 and 35 years were randomly selected from Karaikudi, Tamil Nadu, to participate in the study.

- **Variables Chosen**
  - Independent Variable: Combined quiet breathing pranayama and mantra meditation practices
  - Dependent Variable: Self-confidence

3. EXPERIMENTAL DESIGN AND IMPLEMENTATION

- **The subjects were randomly divided into two equal groups**
  - Experimental Group: Underwent the intervention of quiet breathing pranayama and mantra meditation for five days a week over a six-week period.
  - Control Group: Did not receive any special training and continued with their routine physical activities.

Self-confidence was assessed before and after the intervention using Vealey's Trait Sport Confidence Inventory (TSCI).

4. STATISTICAL TECHNIQUE

The paired 't' test was employed to evaluate the significance of differences between the pre-test and post-test scores of both groups.

5. LEVEL OF SIGNIFICANCE

The level of significance was set at 0.05 to determine the statistical relevance of the findings.

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6. ANALYSIS OF DATA

The analysis showed a statistically significant improvement in self-confidence levels in the experimental group when compared to the control group. The difference observed was attributed to the effect of the combined pranayama and mantra meditation intervention.

Table-1: Analysis of t-ratio for the pre and post tests of experimental and control group on Self confidence (Scorescounts in number)

Variables	**Group**	**Standard Deviation**	**Standard Deviation**	**Sd Error**	**Sd Error**
Variables	Group	Pre	Post	Pre	Post
Self confidence	Control Group	8.16	8.28	2.10	2.13
Self confidence	Experimental Group	10.27	9.73	2.65	2.51

Table-2

Variables	**Group**	**Mean**	**Mean**	**Degree of freedom**	**'t' ratio**
Variables	Group	Pre	Post	Degree of freedom	't' ratio
Self confidence	Control Group	75.46	75.80	14	0.92
Self confidence	Experimental Group	73.5	83.06	14	13.69*

*Significance at 0.05 level of confidence.

Tables I and II present the mean values of pre-test and post-test scores on self-confidence for the control and experimental groups. The control group recorded mean scores of 75.46 (pre-test) and 75.80 (post-test), with a calculated 't' ratio of 0.92. Since the obtained 't' value was less than the critical value of 2.14 at the 0.05 significance level with 14 degrees of freedom, the difference was found to be statistically insignificant.

In contrast, the experimental group showed mean scores of 73.5 (pre-test) and 83.06 (post-test), with a calculated 't' ratio of 13.69*. As this value exceeds the critical value of 2.14 at the 0.05 level with 14 degrees of freedom, the result was found to be statistically significant.

These findings indicate a significant improvement in self-confidence among participants in the experimental group as a result of the six-week intervention of combined quiet breathing pranayama and mantra meditation practices. Therefore, it may be concluded that the implementation of this combined yogic practice had a positive impact on enhancing self-confidence in working women.

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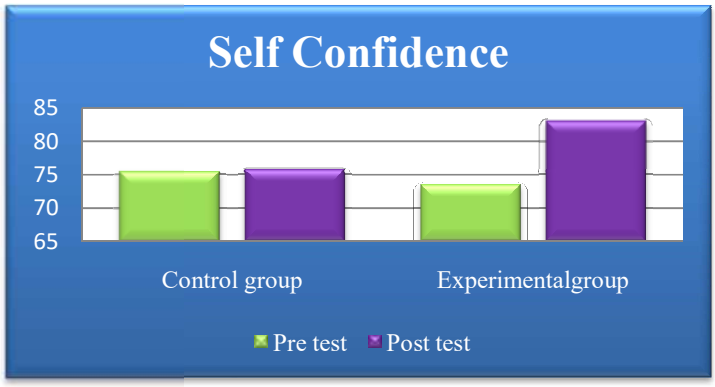

Fig-1: Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Group on Self confidence

7. DISCUSSION ON FINDINGS

The outcomes of the present study strongly indicate that the integration of quiet breathing pranayama and mantra meditation yielded significant benefits in enhancing the self-confidence of working women. Participants in the experimental group, who underwent the six-week yogic intervention, exhibited a considerable improvement in their self-confidence scores, unlike the control group, which showed negligible change. The statistical analysis using the paired 't' test confirmed that the observed differences were not due to chance but were a direct result of the intervention.

The practice of pranayama likely contributed to improved autonomic regulation, lowering stress hormone levels and fostering a sense of internal control and calmness. When combined with mantra meditation—which continuously reaffirms positive intentions and diminishes the internal voice of doubt—these practices seem to synergistically cultivate emotional resilience and self-trust. The participants not only reported feeling more relaxed but also demonstrated enhanced self-assurance in their daily interactions and decision-making processes.

This is particularly noteworthy given the psychological pressures frequently experienced by working women. Role conflicts, work-life imbalance, performance anxiety, and societal expectations often contribute to diminished self-worth. The structured yogic practices appeared to buffer these stressors, empowering participants to feel more capable and self-reliant.

Additionally, the findings align with existing literature suggesting that breath regulation and mantra repetition can alter neural patterns, increase gray matter in brain regions associated with self-awareness, and improve cognitive functioning. The meditative state achieved through mantra chanting likely created a tranquil mental environment that enhanced the participants' ability to reflect inwardly and build a more confident self-image.

These results underscore the transformative potential of incorporating traditional yogic techniques into daily life—not only as wellness tools but also as psychological enhancers. They further support the idea that accessible, cost-effective interventions like pranayama and meditation can be implemented in workplace wellness programs to benefit employee morale and mental health, especially among women in demanding professions.

8. CONCLUSION

The present study concludes that a consistent six-week regimen of quiet breathing pranayama and mantra meditation significantly improves self-confidence among working women. The experimental group's statistically significant gains underscore the efficacy of these ancient practices in addressing modern psychological challenges.

By fostering inner calm, enhancing emotional regulation, and promoting a sense of self-awareness, this combined yogic approach offers a simple yet powerful solution for boosting self-confidence. These practices can be easily adopted without the need for complex equipment or expensive resources, making them highly accessible for women across various socio-economic backgrounds.

Importantly, the study highlights the need for broader awareness and application of holistic mind-body interventions in everyday life. Organizations, community groups, and individuals should consider integrating such techniques as part of wellness programs to support mental health and empower women to thrive in both personal and professional spheres.

The implications of this research extend beyond individual benefits. With increased self-confidence, women are more likely to assert themselves, pursue leadership roles, and contribute meaningfully to society. Thus, the inclusion of yogic practices in daily routines could serve not just as a personal development strategy but also as a catalyst for broader social empowerment.

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