

# Effect of KIDNET, Karma Yoga Teaching and Nostalgic Street Games on the Psychological Wellbeing

Mahak, Neelam Sharma

**Abstract:** Psychological well being is a state of mind in which individual is having positive perspective towards the life. Individual feels satisfied with his life. The present has been conducted to measure the psychological well being among orphan children. 20 subjects has been selected as a sample from the Bal ashram of Udhampur district. Purposive sample technique has been used as been used for the selection of the sample. Sample are further divided into four program i.e. KIDNET, Karma yogic teaching, Nostalgic street games and Control group. ANCOVA has been used to find out the effect of different program in improving the psychological well being among orphan boys. First levene's first has been conducted and the value of levene's test is .387 which was found insignificant at 0.05 level of significance. Then ANCOVA has been used to measure the effect of different program on the psychological well being among orphan boys and the findings of the study shows the p value 0.00 which is proved significant at 0.05 level of significance. In last pair wise comparison has been conducted to measure that which is proved to more significant in improving the psychological well being among orphan boys and the findings of the result shows that KIDNET and control group value is .000, Karma yogic and control group value is .000 and Nostalgic street games and control group value is .000 which are above the level of 0.05 level of significance. Hence KIDNET, Karma yogic teaching and Nostalgic street games are proved significant in improving psychological well being among orphan boys. On the other hand KIDNET and Karma yogic teaching group value is .979, KIDNET and Nostalgic Street games value is .402 and Karma yogic teaching and Nostalgic street games group value is .387 which are above the level of 0.05 level of significance. Hence, the result of the study reveals that different program of training are proved effective in improving the psychological well being among orphan boys.

**Keywords:** KIDNET, Karma yogic teaching, Nostalgic street games and Psychological well being.

## I. INTRODUCTION

Psychological well being is a state of mind in which individual is having positive perspective towards the life

Psychological well-being has diminutive hypothetical foundation, in spite of a general writing on the contour of positive functioning. Aspects of well-being resultant from positive relationship, personal growth self acceptance and help in knowing the purpose of the life. <sup>1</sup>Raffy (1989) conducted a study and revealed that positive relationship, personal growth self acceptance and help in knowing the purpose of the life tied a very strong relationship with the psychological well being aspects of human being. <sup>2</sup>Huseyin et al. (2015) psychological well being refers to varied and interrelated magnitude of material, psychological, and communal well-being with the intention of expand afar the conventional description of health. Psychological well being embrace preference and actions intended to attain physical strength, mental enthusiasm, social contentment, a complete sense of completion, and personal accomplishment. Psychological well being is approaches to individual health to facilitate highlight human being tasks for well-being in the course of perform of health-promoting way of life behaviors. Wellness is a chase of wellbeing in a physical and psychological substance. Psychological well being is a multidimensional status of well-being. To attain the state of psychological well a state of satisfaction and acceptance of present situation must be there. <sup>3</sup>Seligman (2009) in a study explained that psychological well being deals with the positivity in life.

## II. OBJECTIVE

The objective of the study is to find out the effect of different training program on the psychological well being among orphan boys.

## III. HYPOTHESIS

The hypothesis of the study is that there exit significant relationship between the different training and psychological well being among orphan boys.

Revised Manuscript Received on May 28, 2019.

Mahak , PhD scholar, Lovely Professional University, Phagwara  
Neelam Sharma, Associate Professor and Head, Lovely Professional University, Phagwara



IV. MATERIAL AND METHODS

The sample size of 20 subjects has been selected for the study with the ratio of 5 subjects in each group i.e KIDNET, Karma Yogic teaching, Nostalgic Street Games and Control group. Purposive sampling technique has been used to the selection of the subject and 20 subjects have been selected from the Bal Ashram of Udhampur district. Scale of psychological well being is used to examine the psychological well being among orphan boys.

V. FINDINGS

Descriptive statistics of psychological well being of orphan boys.

Table. 1

Program	N	Mean	S.D.
KIDNET	5	139.40	2.07
Karma yogic teaching	5	140.00	4.84
Nostalgic street games	5	140.00	6.00
Control	5	137.60	3.04

The above shows the descriptive statistics of psychological well being of orphan boys. The mean and S.D. values of different program are KIDNET 139.40±2.07, Karma yoga teaching 140.00±4.84, Nostalgic street games 140.00±6.00 and Control group 137.60±3.04.

Table. 2 Levene’s test of equality of error variances  
Dependent Variable: Post test

Levene Statistic	df1	df2	Sig.
1.075	3	16	.387

The table 2 shows the Levene’s test of equality of variance shows the dependent variable post-test for the psychological well being. The value of levene’s in the above case is found .387 which is above the level of 0.05. Hence the Levene’s test has been found to be insignificant.

Table. 3 Dependent Variable: Post test

	Type III		Mean Square	F	Sig.
	Sum of Squares	Df			
Pre test	54.641	1	54.641	4.338	.055
Groups	1374.499	3	458.166	36.370	.000

The above table shows the p-value at .000 which was statistically significant at 0.05 level of significance. Hence the programs (KIDNET, Karma yogic teaching and Nostalgic street games) provided to orphan boys are proved significant in improving the psychological well being among orphan boys.

Table. 4 Pair wise comparisons

(I) Program	(J) Program	Mean Difference(I-J)	Sig. (p)
KIDNET	Karma Yogic Teaching	.059	.979
	Nostalgic Street Games	-1.941	.402
	Control	19.022*	.000
Karma Yogic Teaching	Nostalgic Street Games	-2.000	.387
	Control	18.963*	.000
Nostalgic Street Games	Control	20.963*	.000

Based on estimated marginal means

\*. The mean difference is significant at the .05 level.

The above table 4 shows that KIDNET and control group value is .000, Karma yogic and control group value is .000 and Nostalgic street games and control group value is .000 which are above the level of 0.05 level of significance. Hence KIDNET, Karma yogic teaching and Nostalgic street games are proved significant in improving psychological well being among orphan boys. On the other hand KIDNET and Karma yogic teaching group value is .979, KIDNET and Nostalgic



Street games value is .402 and Karma yogic teaching and Nostalgic street games group value is .387 which are above the level of 0.05 level of significance. Hence no significant difference is found out within the group.

## VI. DISCUSSION AND CONCLUSION

In the present study ANCOVA has been used to find out the effect of different program in improving the psychological well being among orphan boys. First levene's first has been conducted and the value of levene's test is .387 which was found insignificant at 0.05 level of significance. Then ANCOVA has been used to measure the effect of different program on the psychological well being among orphan boys and the findings of the study shows the  $p$  value 0.00 which is proved significant at 0.05 level of significance. In last pair wise comparison has been conducted to measure that which is proved to more significant in improving the psychological well being among orphan boys and the findings of the result shows that KIDNET and control group value is .000, Karma yogic and control group value is .000 and Nostalgic street games and control group value is .000 which are above the level of 0.05 level of significance. Hence KIDNET, Karma yogic teaching and Nostalgic street games are proved significant in improving psychological well being among orphan boys. On the other hand KIDNET and Karma yogic teaching group value is .979, KIDNET and Nostalgic Street games value is .402 and Karma yogic teaching and Nostalgic street games group value is .387 which are above the level of 0.05 level of significance. Hence no significant difference is found out within the group. <sup>4</sup>Kumar and kumar (2013) exposed that karma yoga is that path which facilitate the individual to the path of freedom. Freedom is the concluding stage of acknowledgment. The acquaintance of karma yoga teach a technique and message of being, that how to do effort devoid of thoughts in relation to the result. Results of affection result in consequences of strain, violence and rivalry. Teaching of Karma yoga and its use work endeavor to afford awareness to public to be in this world to live an acceptable life not thinking about the concern of the outcome. <sup>5</sup>Ruf et. al. (2010) in his study explores the consequence of NET in exploring the trauma between refuge offspring. The outcomes of the study exposed that 8 sitting of NET are proved effective in improving the trauma amongst refuge children. <sup>6</sup>Mehr et al. (2011) accomplishes a study on school children to evaluate the self evaluation, self knowledge and a positive attitude to live life. The finding of the study reveals that games are proved significant in an individual life to live a life positively.

## REFERENCES

1. Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well being. *Journal of personality and social psychological*, 57 (6), 1069-1081.
2. Huseyin N., John P. and Loannidis. (2015). evaluation of wellness determinan s and interventions by citizens scientists. *JAMA*, 314 (2), 121-122.
3. Seligman, M. (2009). *Aunthentic happiness*. New York: New York: Free Press.

4. Kumar, A. and Kumar, S. (2013). Karma yoga: A path towards work in postive psychology. *Indian J Psychiatry*, 55 (2), 150-152.
5. Mehr, M. K., Sajadian, M. and Saiiari, A. (2011). A study of impact of primary school gams on the self esteem of female students aged 9-11 of ahvaz primary schools. *Procedia- Social and behavioral Sciences*, 30, 2357-2360.
6. Ruf, M., Schauer, M., Neunner, F., Catani, C., Schauer, E. and Elbert, T. (2010). Narrative exposure therapy for 7 to 16 years olds: A randomized controlled trail with traumatized refugee childre. *Journal of traumatic stress*, 23 (4).