Abstract: The purpose of the present study was to find the effect of Pilates training on self esteem. For this purpose sixty sedentary middle aged women were randomly selected from Thalassery, Kannur District, Kerala. They were physically not active and their age ranged between 40 and 50 years. They were divided into two equal groups named experimental group and control group consisting of thirty each. Experimental group underwent Pilates Training and the subjects in control group were not engaged in any training programme. The training period for this study was six days in a week for twelve weeks. Prior to and after the training period the subjects were tested for self esteem by a questionnaire developed by Rosenberg. It was concluded that Pilates training improved self esteem of sedentary middle aged women. The data collected from the subjects was statistically analyzed with ‘t’ ratio to find out the significant difference among experimental and control group on self esteem. The analysis reveals that the Pilates training programme significantly improved the self esteem of sedentary middle aged women.

Keywords: Pilates Training, Self Esteem, Sedentary women

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Introduction

Participation in physical activity is not a regular component of those individuals who are predominantly sedentary. These individuals constitute the largest segment of our society. They are at the greatest risk for developing hypo kinetic diseases. Examples of hypo kinetic diseases include cardiovascular disease, obesity, diabetes, stroke, and some forms of cancer. Pilates offers a gentle but powerful approach to achieving the natural potential for optimal strength, flexibility and stamina. The pilates method is a body conditioning exercise therapy, targeting the deep postural muscles to achieve core stability and strength with improved muscle balance. It involves the re-alignment of the spine to its optimum position with gentle stretching and strengthening movements Pilates is a holistic approach to well-being and a lifelong process of refinement (Isacowitz, 2006).

Self esteem is individual’s judgment of self worth and feelings of self-satisfaction. It can be global or domain specific. (Baumeister et al., 1996). Sedentary lifestyle is a medical term used to denote a type of lifestyle with no or irregular physical activity. A person who lives a sedentary lifestyle may colloquially be known as a couch potato. It is commonly found in both the developed and developing world. Sedentary activities include sitting, reading, watching television and computer use for much of the day with little or no vigorous physical exercise. Sedentary is characterized by sitting or remaining inactive for most of the day with little or no exercise (David and Jerome, 2007).

Ferreira et al. (2011) determined that total physical self-concept and perception of health status in women improved after Pilates-based mat exercise. Hence it was proposed to find out the effect of 12 weeks of Pilates training on self esteem in sedentary middle aged women.

1.1 Hypothesis

It was hypothesized that 12 weeks of Pilates training would significantly improve the self esteem of sedentary middle aged women.

1. Materials and methods

2.1 Participants

This study is designed to determine the effects of 12 weeks of Pilates training on self esteem in sedentary middle aged women. The subjects of the study were sixty sedentary middle aged women from Thalassery, Kannur District, Kerala.

2.2 Research Design

These subjects were randomly assigned to two groups that is an experimental group and a control group. Each group consists with thirty subjects. The experimental group had undergone Pilates training programme for a period of 12 weeks. Pelvic curl, Chest lift, Leg circles, Single leg stretch, Spine stretch, Spine twist, Side leg lift, Basic back extension, Corkscrew, Double-leg stretch, Criss-cross and Side kick
are included in the training programme. The control group did not involve in any training programme. Before and after the Pilates training programme self esteem was assessed by the administration of Self esteem scale developed by Rosenberg for both the groups. The scale consists of 10 statements dealing with general feelings about themselves. The subjects were asked to circle SA if they strongly agree. If they agree with the statement, circle A. If they disagree, circle D. If they strongly disagree, circle SD. The points for the above responses are 3, 2, 1 and 0 respectively. In this self- esteem scale, items 2, 5, 6, 8 and 9 are negatively stated. The scores of this negatively stated item are obtained by reversing the scores e.g. SA =0, A = 1, D = 2 and SD = 3. Sum the scores for the 10 items. The high score indicated that the subject had high self esteem. The collected data were statistically analyzed by ‘t’ ratio. The level of significance fixed at 0.05 level.

3. Results

The data was collected before and after the training period for both control and experimental groups on self esteem. The data was statistically analyzed by ‘t’ ratio. The level of significance was fixed at 0.05 level.

Table – 1. Computation of ‘t’ ratio on self esteem of experimental group and control group

<table>
<thead>
<tr>
<th>Groups</th>
<th>Pre – test mean</th>
<th>Pre – test S. D (±)</th>
<th>Post - test mean</th>
<th>Post – test S. D (±)</th>
<th>‘t’ ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experimental</td>
<td>12.07</td>
<td>1.66</td>
<td>13.93</td>
<td>1.74</td>
<td>15.00*</td>
</tr>
<tr>
<td>Control Group</td>
<td>12.50</td>
<td>1.22</td>
<td>12.83</td>
<td>1.46</td>
<td>1.90</td>
</tr>
</tbody>
</table>

* Significant at 0.05 level for the degrees of freedom 1 and 29, 2.045

Table shows that the ‘t’ ratio on self esteem of experimental group was 15.00. Since the value was higher than the required table value of 2.045, it was found to be statistically significant at 0.05 level for degrees of freedom1 and 29. And the obtained ‘t’ ratio between pre and post test of control group 1.90 was lesser than the required table value of 2.045, found to be not statistically significant.

This significant change may be due to the effect of 12 weeks of Pilates training on experimental group. The results of this study indicate that there was a significant improvement in self esteem of the sedentary middle aged women (experimental group) after 12 weeks of Pilates training programme. So the hypothesis is accepted.

The results of this study indicate that there was a significant improvement in self esteem of the subjects (experimental group) after twelve weeks of Pilates training programme.

The above finding of the present study is in agreement with the studies conducted by Kloubec (2010), Jago et al. (2006) and Keays et al. (2008).
Figure – 1. Bar diagram showing the mean values of self esteem for experimental and control groups.

Conclusion

With the limitation of the study, the following conclusion is drawn.

Results of the study showed that Pilates training programme significantly improved the self esteem of the sedentary middle aged women.

References

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