

Volume 10, Issue 1, (Special Issue)
March, 2018

ISSN No.:2348-4667

Anthropological *Bulletin*

a peer reviewed international journal

Special Issue:
Women and Children's Perspectives

Guest Editor:
Daud Salim Faruque

**A
B**

Department of Anthropology
University of Lucknow, Lucknow, India

Effects of Yogic Practices on the Personality of School Students

Durvesh Kumar *

ABSTRACT

The purpose of this study was to investigate the effects of Yogic practices (Asana, Pranayama and meditation) on the personality of school boys. Sixty (60) subjects were the sample of this study. All were boys, selected through the simple random sampling technique from D. S Inter College Aligarh, Uttar-Pradesh. In this study there were two groups, yogic group 'A' and control group 'B', 30 subjects in each group. Experimental group performed Asana Pranayama and meditation training program for 12 weeks, one hour daily and 5 days in a week, and control group acted as a control (no yogic practices). The collected data from both groups were taken before and after the experiment and statistically analysed by using t-test. The result of the study showed that certain personality factors such as extraversion, neuroticism and lie of the experimental group indicate significant positive changes through asana, pranayama and meditation in comparison with the control group.

Keywords: Yogic Practices, Personality

Introduction

The word "Yoga" is probably derived from the Sanskrit root "Yuj" which means union, joining, harnessing, or connection. **(Swatmaram)** It is union between the individual awareness and the universal awareness. It is the fusion of a healthy body with a healthy mind for the purpose of spiritual development. Yoga is also blissful contact with the supreme power, higher than the highest of the known elements. Yoga is the harnessing of one's inherent inner power, as well as the wider natural forces from which one has emerged. It is an inseparable part of the Indian life and culture. It has come down to us from ancient times with an unbroken tradition.

"Personality is the sum-total of everything that a man may call his own" It includes physical as well as mental makeup, reflexes, sensation, instincts, perceptions, emotions, imaginations, intelligence, memory, reasoning, will and characters. Personality is in some sense an organization that portrays an individual. It is the permanent constant reaction pattern of an individual in different situations. It often involves relatively stable patterns,

*Research Scholar, Department of Physical Education, Aligarh Muslim University, India.
1530durvesh@gmail.com

which are often known as traits, dispositions tendencies, motivation, attitudes and beliefs which are confined in more or less integrated self structure. Personality includes the characteristics and attributes that distinguish the individual from others.

As personality includes everything about an individual, it is not static. It is dynamic and also in the process of change and modification. Personality is the sum total quality of an individual behaviour as it is shown in his habits of thinking, his manner of acting, his interest and his Personal life. Personality can only be changed when the person wants to undergo the re-education process under expert guidance. The word personality reflects social attraction. Personality cannot be demonstrated, measured and qualified, but it is identified as the unique pattern of the attribute that reflects an individual.

For better understanding of human behaviour, Eysenck's theory on personality can be analyzed on the basis of the following four principles, Biological Principles, Methodological Principles, Dynamic or structural and Learning principles. The biological principles of Eysenck's apply to the nervous system. It has been disclosed by Eysenck's himself in a note sent to Bischor. He believes that introversion and extroversion operate at the casual level in the neural activity and Neuroticism is believed to come from the excitability of the autonomic nervous systems, on the other side, and controversy are based on the properties of the central nervous system, which reacts with the reactions that psychological and social traits are biologically predetermined.

Methodology:

The study was formulated as a simple random group design, consisting of pre-test and post-test the subject were (n=60) randomly selected to equal group of school students age the age range from 14 to 18 years among the two groups the control group was strictly under control, without undergoing any yogic practices. The experimental group 'yogic group' had to undergo with the experimental treatments. Group A was provided asana pranayama and meditation to school boys for a period of 12 weeks and 5 days in a week from 7:30 to 8:30 o clock A.M in the D.S Inter College Aligarh Uttar Pradesh. The control group was not allowed to participate in any of the training program except their daily routine works. The subjects were trend for a period of 12 week and after this period significant improvement was measured in the vital capacity of school students. The data were analyzed by applying t-test technique. The level of significance was set at 0.05.

Training programme:

Table 1: Yogic Training Programme.

Asanas			Pranayamas	Meditation
Shavasana	Garunasana	Janushirasana	Nadishodhana	Om meditation
Makrasana	Nokaasana	Shashankasana	Ujjayi	Imaginary meditation
Chakrasana	Padamasana	Brakshasana	Bhastrika	
Trikonasana	Bakasana	Pavanmuktasana	Shitali	
Dhanurasana	Bhujangasana	Mayoorasana	Sheetkari	
Sarvangasana	Matayasana	pashchimotanasana	Bramari	

During the training period the yogic group underwent their respective training programme 5 days in a week for 12 weeks in addition to their regular daily routine on the

training days, practices lasted in the morning from 7:30 to 8:30 A.M. The control group did not involve in any training program except their daily routine.

RESULTS

Table 2:
Significance difference in mean scores between the pre and post test of experimental and control groups of School students. Comparison of Mean between pre and post test of Control Group of Extraversion

Groups	Mean	N	S. D.	S. E. M.	Mean difference	T	df	P
Pre-test	12.59	27	2.29	.44	.48	.88	26	.38
Post-test	13.07	27	2.30	.44				

Interpretation: Results show that mean scores were statistically equivalent and paired sample t statistics shows that the mean difference (.48) between pre and post test of control group of Extraversion was not significant. The findings indicate that absence of our interventions doesn't cause any significant level of change in Extraversion among the subjects. In other words, control subjects were unaffected in terms of Extraversion scores.

Table: 3
Comparison of Mean between pre and post test of Experimental Group of Extraversion

groups	Mean	N	S. D.	S. E. M.	Mean difference	t	df	P
Pre-test	12.21	28	2.56	.48	1.04	3.84	27	.001**
Post-test	13.25	28	1.71	.32				

Interpretation: Results show significant mean difference between pre-test and post-test that is due to the delivery of yogic intervention. This indicates that means of post test scores have increase after delivery of intervention in our experimental group and this score is statistically significant. The findings indicate that there was a significant increase in Extraversion from pre-test to post-test in our experimental group.

Fig. 1: Graphical representation of Mean of Extraversion of both the groups.

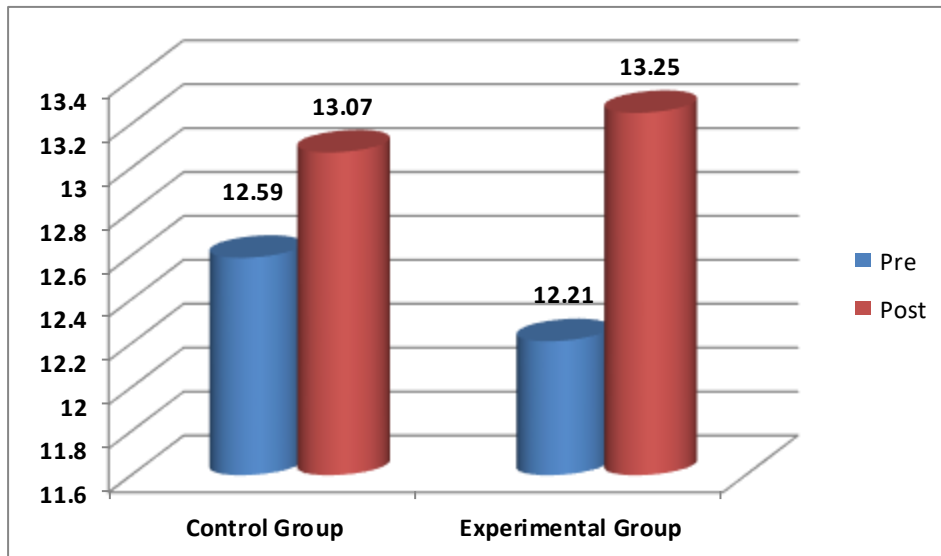


Table: 4

Comparison of Mean between pre and post test of Control Group of Neuroticism

Groups	Mean	N	S. D.	S. E. M.	Mean difference	t	df	P
Pre-test	10.19	27	3.25	.62	.37	.43	26	.66
Post-test	9.81	27	3.68	.70				

Interpretation: Results show that mean scores were statistically equivalent and paired sample t statistics shows that the mean difference (.37) between pre and post test of control group of Neuroticism was not significant. The findings indicate that absence of our interventions doesn't cause any significant level of change in Neuroticism among the subjects. In other words, control subjects were unaffected in terms of Neuroticism scores.

Table: 5

Comparison of Mean between pre and post test of Experimental Group of Neuroticism

Groups	Mean	N	S. D.	S. E. M.	Mean difference	t	df	P
Pre-test	13.57	28	4.15	.78	4.29	5.84	27	.001**
Post-test	9.29	28	2.90	.55				

Interpretation: Results show significant mean difference between pre-test and post-test that is due to the delivery of yogic intervention. This indicates that means of post test scores have decrease after delivery of intervention in our experimental group and this score is

statistically significant. The findings indicate that there was a significant decrease in Neuroticism from pre-test to post-test in our experimental group.

Fig. 2: Graphical representation of Mean of Neuroticism of both the groups.

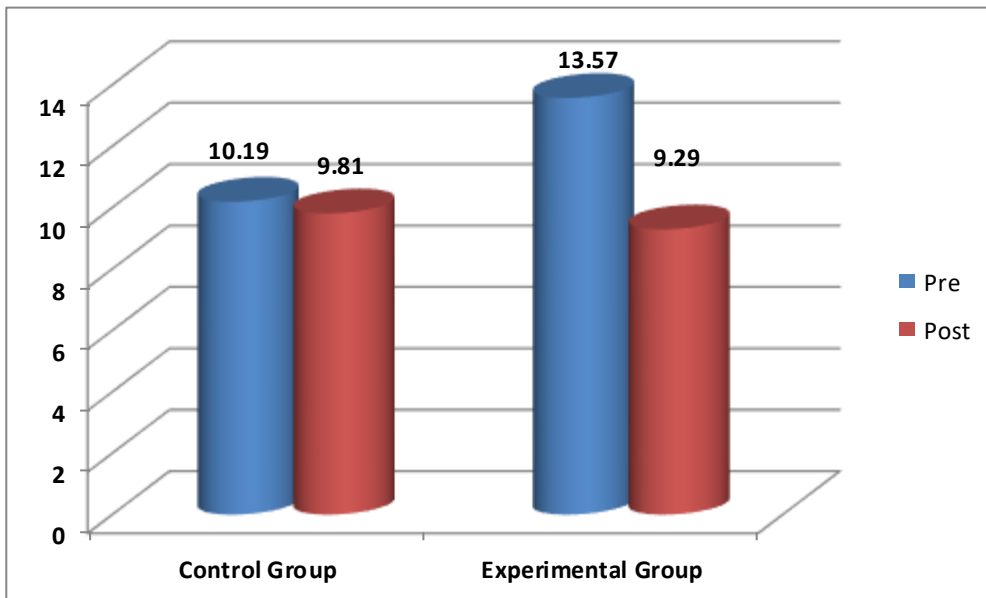


Table: 6
Comparison of Mean between pre and post test of Control Group Lie score

Groups	Mean	N	S. D.	S. E. M.	Mean difference	t	df	P
Pre-test	14.19	27	3.31	.63	1.00	1.24	26	.22
Post-test	15.19	27	2.72	.52				

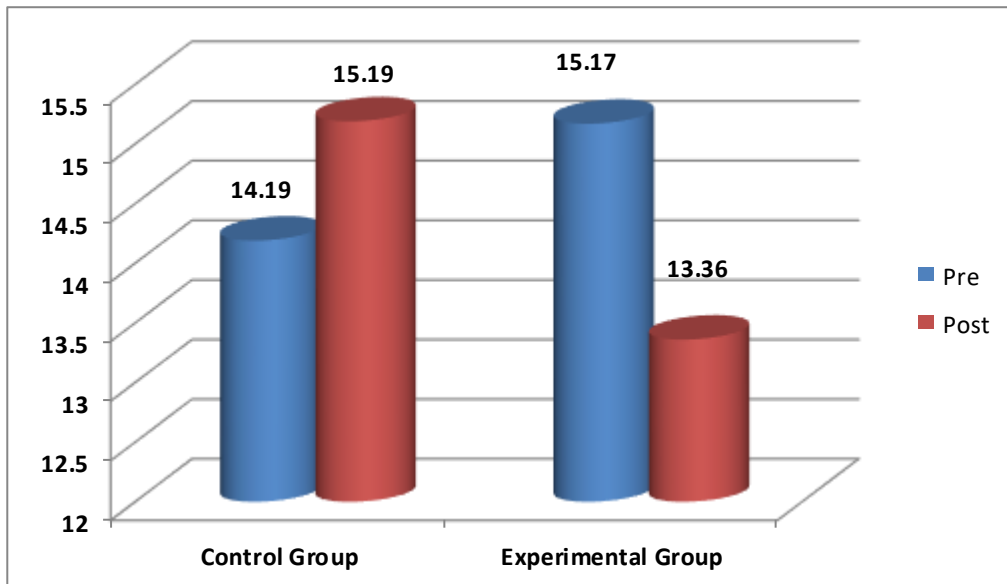
Interpretation: Results show that mean scores were statistically equivalent and paired sample t statistics shows that the mean difference (1.00) between pre and post test of control group of Lie score was not significant. The findings indicate that absence of our interventions doesn't cause any significant level of change in Lie score among the subjects. In other words, control subjects were unaffected in terms of Lie score scores.

Table: 7
Comparison of Mean between pre and post test of Experimental Group of Lie score

Groups	Mean	N	S. D.	S. E. M.	Mean difference	t	df	P
Pre-test	15.17	28	3.77	.71	2.36	3.02	27	.005**
Post-test	13.36	28	3.80	.71				

Interpretation: Results show significant mean difference between pre-test and post-test that is due to the delivery of yogic intervention. This indicates that means of post test scores have decrease after delivery of intervention in our experimental group and this score is statistically significant. The findings indicate that there was a significant decrease in Lie score from pre-test to post-test in our experimental group.

Fig. 3: Graphical representation of Mean of Lie scores both the groups



Discussion

This result is in line with previous studies that showed the role of the yogic practices is an opportunity to improved their physical, mental, intellectual, Emotional Intelligence, personality, academic achievement in adjustment in all areas, rise in security, and ego strength, decline in Aggressive Behavior, Anxiety, neuroticism and psychoticism. (Shahid Bashir, 2016; Shripriyakrishanan 2005; Ojha, Purushottam and Niranjana) In clinical and vulnerable samples, Yogic practice has proven to be an effective technique to reduce negative effect, depression, and anxiety (Banerjee et al., 2007; Michalsen et al., 2005; Raghavendra et al., 2009; Woolery et al., 2004), and improving psychological wellbeing (Moadel et al., 2007). Various research studies suggested that yogic practice is associated with improvements in self-concept, mental health, emotional stability, quality of life and reducing in anxiety, tension, mood disturbance and negative affects (Meenakshisundaram 2004, Akbar Hussian 2006, Jassica, steiner&Md Takuya, 2012; AnnapooranaLatha, BhatBhandari2014), improved emotional function and life satisfaction (Hartfiel, Havenhand, Khalsa, Clarke, &Krayner, 2011). Nazia Tabassum, (2017) found that significantly improvement a holistic personality comprises physical, emotional, intellectual, social and spiritual dimensions. (James A 2009) reported that the three months of yogic practices (asana, pranayama and meditation) positive effects on Self concept, personality, mental health.

Conclusion

Present study concludes that Yoga practice can be advocated to improve Personality of the students, and yogic practices are beneficial for overall health of people of all age groups including school students.

References

- Akbar Hussian., "Self – Concept of Physically Challenged Adolescents", *Journal of the Indian Academy of Applied Psychology*, Vol.32, No.I, (2006) pp 4-6.
- Allport, *Hand Book of Social Psychology*, p.180.
- Banerjee, B., Vadiraj, H., Ram, A., Rao, R., Jaypal, M., Gopalnath, K.S., Raghuram, N (2007) Effects of an integrated yoga program in modulating psychological stress and radiation- Induced genotoxic stress in breast cancer patients undergoing radiotherapy. *Integrative cancer therapies* 6(3), 242-250
- Büssing, A., Michalsen, A., Khalsa, S. B. S., Telles, S., & Sherman, K. J. (2012). Effects of yoga on mental and physical health: a short summary of reviews. *Evidence-Based Complementary and Alternative Medicine*, 2012.
- Gandhi.C. Meenakshisundaram, "A study of self-concept of Teacher Trainees in relation to some Familial and Institutional Variables". *Meston Journal of Education*, Vol. 3, Issue no.1.April 2004, pp.17-18.
- Hartfiel, N., Havenhand, J., Khalsa, S. B., Clarke, G., &Kramer, A. (2011).The effectiveness of Yoga for the improvement of well-being and resilience to stress in the workplace. *Scandinavian journal of work, environment & health*, 70-76.
- James A (2009) "Effects of selected Asanas, Pranayama and meditation on biochemical, physiological and psychological variables on male students".(published theses Pondicherry University India) 2009
- Moadel, A. B., Shah, C., Wylie-Rosett, J., Harris, M. S., Patel, S. R., Hall, C. B., &Sparano, J.A. (2007). Randomized controlled trial of yoga among a multiethnic sample of breast cancer patients: effects on quality of life.*Journal of Clinical Oncology*, 25(28), 4387- 4395.
- Nazia Tabassum, (2017) *International Journal of Reflective Research in Social Sciences* ISSN: 2581-5733, www.reflectivejournals.com Volume 1; Issue 1; Sep. 2017; Page No. 14-15
- Shahid Bashir (2016) Impact of yogic and physical exercises on personality variables: A study of college level students. *International Journal of Physical Education, Sports and Health* 2016; 3(1): page no.252-255
- Shripriyakrishanan (2005) "Personality development through yoga practices" *Indian Journal of traditional knowledge*, volume 5(4) page no. 445-449
- Swami muktibodhananda (2013) *Hatha Yoga Pradipika*. Yoga Publication Trust Munger, Bihar India p.706
- Woolery, A., Myers, H., Sternlieb, B., &Zeltzer, L. (2004).A yoga intervention for young adults with elevated symptoms of depression. *Alternative therapies in health and medicine*, 10(2), 60.