

Event Of Yogic Exercises On Psychological Variables Among The Adolescents

Dr. Manju Adhikari^{1*}

^{1*}Asso. Professor, Department of physical education, Faculty of Education Swami Vivekanand Subharti University, Meerut, Uttar Pradesh, India Email - adhikarimanju708@gmail.com; (+919458245635)

***Corresponding Author:-** Dr. Manju Adhikari

^{*}Asso. Professor, Department of physical education, Faculty of Education Swami Vivekanand Subharti University, Meerut, Uttar Pradesh, India Email - adhikarimanju708@gmail.com; (+919458245635)

DOI: 10.47750/pnr.2023.14.S01.74

Abstract

The Objective of this study was to effect of yogic exercises on stress and aggression among the adolescents. An attempt has been made to the total number of subjects (N=50) fifty male students of U.G. level of various colleges of DAVV, Indore, Madhya Pradesh. were practiced different types of yogic exercises like Surya Namaskar, Asanas, Pranayam and Meditation for eight weeks by maintaining a schedule. To determine the stress, stress questionnaire designed by the International Stress Management Association. Aggression was measured by Buss Perry Aggression Questionnaire. Statistical Analysis descriptive statistics (Mean and standard deviation) Pre-test and Post-test mean were taken and compared by employing 't' test were applied level of significant set at 0.05 level.

Keywords: yoga, stress, aggression, adolescents, Surya namaskar, Asanas, Pranayam, meditation etc

INTRODUCTION

A notable Indian sage and yoga master, Sri Aurobindo says yoga is a methodical effort towards self-perfection thru creating your brain viable on the physical, vital, mental, intellectual, and religious levels. And the most vital step you can take towards increasing the limits of your attention is to attain mastery over your mind. Therefore, yoga is an tremendous non secular science of self-development and self-realization that indicates us how to strengthen our full doable in our many-sided lives. It was once first devised by using the rishis and sages of historic India and has been maintained via a circulate of residing instructors ever since, who have conti-nuously tailored this science to each and every generation. Yoga's integrative method brings deep concord and-unshakable stability to physique and thought in order to awaken our latent potential for a greater cognizance that is the actual cause of human evolution. The many techniques of yoga spans a massive vary from bodily postures to respiration practices and meditation, all primarily based upon a philosophy of attention and herbal way of life.

With a developing physique of lookup helping yoga's intellectual fitness benefits, psychologists are weaving the exercise into their work with clients. ... Several latest research advise that yoga can also help strengthen social attachments, minimize stress, and relieve anxiety, melancholy and insomnia.

Among the deviant human behaviors, aggression seems to be the most ordinary and worrying one, affecting one and all. Uncontrolled aggression/violent conduct should purpose a enormous toll, equally affecting each worried and the non-involved. This delinquent human conduct has been nicely addressed in Indian yogic scriptures. It presents a theoretical framework to recognize the causes, ill-effects, want for peace, harmony, and approaches to right the aggression behavior. It is additionally claimed that yoga is a way for internal bliss and exterior coherence; and with this time-tested technique, it is feasible to deliver about a experience of internal peace and emotional stability, for that reason having attainable to right aggressive behaviors. This assessment paper brings out the research made to discover out impact of yoga on human aggression/violent behavior.

Objective of the study

❖ Objective of the study was to effect of yogic exercises on stress and aggression among the adolescents.

METHODOLOGY

Fifty male students of U.G. level of various colleges of DAVV, Indore, Madhya Pradesh. were practiced different types of yogic exercises like Surya Namaskar, Asanas, Pranayam and Meditation for eight weeks by maintaining a schedule. To determine the stress, stress questionnaire designed by the International Stress Management Association. Aggression was measured by Buss Perry Aggression Questionnaire. Statistical Analysis descriptive statistics (Mean and standard deviation) Pre-test and Post-test mean were taken and compared by employing 't' test were applied level of significant

set at 0.05 level.

Programme Schedul

Frequency	03 days in a week
Duration	40 minutes
Time	2:10 pm – 2:50 pm

Programme Schedule Timing

Variables	Pre-test		Post-test	
	Mean	S.D.	Mean	S.D.
Stress	7.42	2.857	4.22	1.049
Aggression	78.04	7.658	54.36	4.241

Table 1: Mean and standard deviation of pre-test and post-test results of stress and aggression among adolescents.

	Name of Exercise	Monday	Wednesday	Friday
		Surya Namaskar	8 min.	8 min.
Asanas	Padmasana, Dhanurasana, Halasana, Shirsana, Ardhamatseyendrasana, Chakrasana, Sabbangasana, Mayurasana, Bakasana and Paschimatvasana.	25 min.	25 min.	25 min.
Pranayam	Annul-Vilom and Kapalbhathi	5 min.	5 min.	5 min.
-----	Meditation	2 min.	2 min.	2 min.

From table -1 it was observed that pre-test result was more than post-test result in case of stress and aggression. Indicate that stress and aggression became superior due to yogic practices.

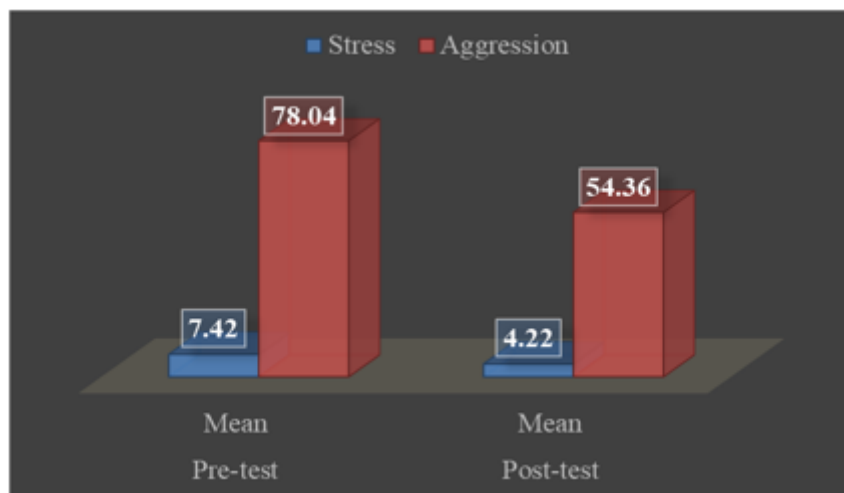


Fig 1: Mean and Standard Deviation of pre-test and post-test results stress among adolescents.

Table 2: Mean difference of pre-test and post-test results of stress and aggression among adolescents

Variable	Tests	Mean	S. D.	't' value
Stress	Pre-test	9.42	2.857	10.25 *
	Post-test	3.96	1.049	
Aggression	Pre-test	83.04	7.658	13.75 *
	Post-test	64.18	4.241	

*Significant at 0.05 level of Confidence t.05 (50) = 1.980

From Table – 2 it was observed that there was significant difference between pre-test and post-test result in relation to stress. In case of aggression, there was also significant difference between pre-test and post-test results.

DISCUSSION OF THE FINDINGS

The bought facts on the topics thru software of statistical approach published that stress and aggression grow to be higher via exercise of yogic exercises.

Stress is a feeling of emotional or bodily tension. It can come from any tournament or thinking that makes you sense frustrated, angry, or fearful (S.K. Mangal,2013) [5]. Stress is a circumstance of intellectual stress for precise man or woman going through troubles from surroundings or society. Aggression is deliberately taking an motion to harm different humans each bodily and verbally. Someone is injured due to aggressive behavior, physical, social, psychological, and cloth accidents (Leary, Twenge, Quinlivan, Leary, &Quinlivan, 2006) [4]. It is evident that that there used to be full-size distinction between pre-test and post-test results. So, it is evident that yogic workouts have fantastically high-quality impact on stress and aggression amongst the adolescents.

CONCLUSION

From the above findings, it can be concluded that yogic workouts helps to decrease each the stress and aggression. During instructing as nicely as coaching, instructor and coaches need to preserve in thinking about such physiological data which assist the college students and athletes for higher academic fulfillment as properly as sports activities performances

REFERENCES

1. Anderson CA & Dill KE. Video games and aggressive thoughts, feelings, and behavior in the laboratory and in life. *Journal of Personality and Social Psychology* 2000;78:772-790.
2. Buss AH & Perry MP. The aggression questionnaire. *Journal of Personality and Social Psychology* 1992;63:452-459.
3. Lagerspetz KM, Bjorkqvist K, Peltonen T. Is indirect aggression typical of females? Gender differences in aggressiveness in 11 to 12 years old children. *Aggress Behav* 1998;14:403-14.
4. Leary MR, Twenge JM, Quinlivan E, Leary MR &Quinlivan E. Personality and social psychology review. *Personality and Social Psychology Review* 2006;10:111- 132.
5. Mangal SK. *Essentials of Educational Psychology*. New Delhi: PHI Learning Pvt. Ltd, 2013,223-225.
6. Singh Ajmer, Gill Jagtar Singh, Bains Jagdish and Brar Rachhpal. *Essentials of Physical Education*, Kalyani Publisher, New Delhi,2012.
7. Singh S, Singh S, Gautam S. Pranayama—the Yogic Science of Breathing. *Asian Journal Physiology*, 2009, 5(1).
8. SunderPrem. *Yogaforfitness*,NewDelhi:KhelSahitya Kendra, 2009.
9. Thakor GK. Effect of selected Asanas and Pranayamas on physiological variables of students. *Sports and Yogic Sciences*2012;1(4):25.
10. Tuckman BW. *Conducting Educational Research*, (5th ED), Orlando, Harcourt Brace Publishers,1999.
11. Verma J Prakash. *A Text Book on Sports Statistics*, Venus Publication, Gwalior, India,2000.