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## Effect of yogic intervention on leadership capacity

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### Abstract

In today's the real truth of the young generation is "they want to achieve more things in a short time." Therefore the scene that there is lack of good leadership in adolescents. Some yogic intervention like meditation, tratak, mantra japa can develop the essential qualities for leadership. The present study is aimed to present the impact of yogic intervention on leadership capacity. Quota Sampling has been used to collect the sample. The sample consisted of 30 adolescent's age range from 13-19 yrs, belonging from Low socio economic status. Pre-post research design has been used in this study. The duration of the practice was 90 days (except Sunday and Holidays) for 30 minutes in the morning. The result of t-test revealed that the yogic intervention has significant effect at 0.01 level on leadership capacity of the adolescents.

**Keywords:** yogic intervention, leadership capacity

### 1. Introduction

In today's the real truth of the young generation is "they want to achieve all things in a short time." They have not time for thinking about their results whatever they do. Adolescence is a very sensitive phase during which several of the mental health disorders of adulthood appear. Jennifer W. Yu, Sc.D., *et al.* (2008) [2] studied at the University of California-San Francisco analyzed data from a sample of 10,817 participants in the National Longitudinal Study of Adolescent Health. The data included an initial survey in 1995 (mean age of 15.8 years) and follow up survey 7 years later (mean age of 21.5 years). Among individuals suffering from depressive symptoms, young adults reported significantly lower rates of counseling use than adolescents. Overall, 4 percent of young adults reported foregoing mental health care in the past year, despite self-reported mental health needs. The youth is axis of the nation. They can play a very important role for the society and nation. Youth have more energy and capacity to do every difficult task. Now a days there is lack of good leadership in adolescents.

Leadership is a universal phenomenon found in every group of people. Leadership is regarded as the most important element of directing. Without leadership there is no any organization, institute and society can develop. So good leadership is very important for every field. A Leader can guide to others and also make good society and nation. The leader is a person who influences the attitudes and behavior of others and also group activity. The leader is the agent who helps smooth the pathway towards goal accomplishment. (Sakthivel Murgugan, M. 2006) [21].

According to Northouse, Peter, G. (2003) [17] Leadership is the lifting of a man's visions to higher sights, the raising of man's performance to a high standard, the building of a man's personality beyond its normal limitations. Leadership is a process that can be learned and that it is available to everyone. Traditionally it is believed that leaders are born but not made. Successful leaders are said to possess certain qualities that separate them from the 'crowd'. According to Acharya (1995) [2] - "Leader should be educated and eligible with strong determination, ideal and harmonious." Rani lakshmi Bai, swami Vivekananda, bhagat Singh, Buddha, Mahatma Gandhi were good leaders and they served to the nation. In today also we need a good leader. Some of the qualities such as self-confidence, intelligence, determination, integrity, sociability etc. commonly make for a good leadership. "Any one become leader through enhance some qualities and characteristics which are essential for leader (Shah and Tated, 2008b) [3].

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Yogic discipline is an excellent aid in such an education for society. Its attempts to remedy the defects and to cultivate the good in oneself. In the modern day, it becomes necessary for us to examine whether our great Science of yoga can in any way help the individuals suffering from different problems of emotional, social and other aspects of behavior (Ramamurthi, 1989) [20]. The Positive feelings and thoughts involved in meditation and other mental practices of yoga. Yoga can help the individual to activate or evolve out positive emotions. When intensity of these emotions increase, it directly affects the mental capacity such as leadership capacity. A study by Telles (1995) [23] and Iyengar (1997) [14] argues that integrated yoga practices viz. meditation, pranayama, physical posture and cleaning practices are the most effective in bringing about improvement in attention, concentration and relaxation. They also reported the positive effect on cognitive performance with significant increase in intelligence and memory span (Vani *et al.*, 1997) [26] also reported the same findings. A study by Ganguly, S.K., Bera, T.K. and Gharote, M.L. (2003) [9] shows the positive effect of yoga training programs on the scholastic achievement of the adolescents. They suggested the inclusion of yoga training in the school curriculum; these researchers emphasized the importance of yoga in physical fitness and the academic achievement of the school boys through their findings. Anand, S. (2003) [4], Ghosh, S.K. (2003) [12], Raghuraj, P. and Telles, S. (2004) [19] and Bhushan, T. (2004) [6] found in their studies that depth perception, mental health and physical fitness of the school children significantly improved through yogic practices which eventually contributed to their academic performance. In present study the yogic intervention like tratak, jap, meditation and roop tanmatra sadhana (described by acharya, 1998) [1] are related to different mental practices. They all can lead to increased leadership. Meditation is capable of bestowing total relaxation of all mental tensions, therefore Meditation increases will power. Tratak is one of the six cleaning processes (Kriyas) mentioned in Hathayoga, Swami Digambarji (2001) [22]. Mantra japa and roop tanmatra sadhana are also meditative practices, these practices cultivate the positive thoughts in mind and build up high concentration.

**2. Materials and Methods**

**2.1 Statement of the Problem**

To study the effect of yogic intervention on the leadership capacity of adolescents.

**2.2 Objective of the Study**

To find the impact of yogic intervention on the leadership capacity of adolescents.

**2.3 Null Hypotheses**

The null hypothesis has been made for the study: There is no significant relation between 'yogic intervention' and leadership capacity of adolescents.

**2.4 Variables**

**Independent Variable:** Yogic intervention (meditation, tratak, jap, tanmatra sadhana)

**Dependent Variable:** Leadership capacity

**2.5 Research Design**

For the present research Pre-Post experimental design was adopted. Quota sampling had been used for sampling. Total 30 adolescents selected of age 13-19 yrs from Swami satyamitrananda Giri higher secondary school Haripur kalan distt. Deharadun, Uttarakhand. Before starting the practice pre test has been taken and after 90 days of completing the practice again the post test has been taken. To assess the impact of yogic intervention on the leadership capacity, leadership capacity test by researcher had been applied.

**2.6 Duration and procedure of the intervention**

Practice starts first with Tratak for two min. The technique of tratak essentially consists of placing of a lighted candle with a steady, immediately after Tratak instructed for Gayatri Mantra Jap for 10 min. Roop Tanmatra sadhana for 05 min. in which the practitioner has to thoroughly look at the selected object that is image of Gayatri mata and try to visualize the image with closed eyes, thereafter meditation for 13 min. had been practiced. During which person meditates on any God or Guru with the feelings that person enlightened all body with divine light.

**2.7 Statistical Analysis**

t- Test has been used to analysis the data.

**3. Results**

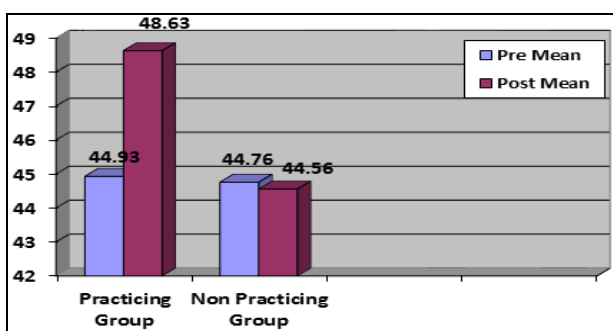
**Hypothesis**

There is no significant effect of yogic intervention on Leadership capacity of the adolescents.

**Table 1**

Group Low SES		N	Mean	SD	r	SED	t-value	Significance level
Practicing Group	Pre	30	44.93	4.44	0.40	0.95	3.89	P<0.01
	Post	30	48.63	5.04				
Non Practicing Group	Pre	30	44.76	4.38	0.89	0.16	0.52	P>0.05
	Post	30	44.56	4.62				

df=29



**Fig 1**

Table shows that t-value of practicing group is 3.89 which is significant at the level of 0.01 level of significance and t-value of non practicing group is 0.52 which is not significant at the level of 0.05 level of significance. So null hypothesis has been rejected at the 0.01 level of significance. This proves the effectiveness of yogic intervention on leadership capacity.

**3.1 Interpretation & Discussion**

It is clear that yogic intervention has significant effect on leadership capacity. A study by Trigant Burrow (1953) [24] shows that steady gaze decreases Central Nervous System

(CNS) and Autonomic Nervous system (ANS) activity mainly because of diminution in proprioceptive feedback to the reticular activating system and hence there may be cessation, of imaginable conceptual activity. Gore, M.M. (2008) <sup>[13]</sup> shows their result about *tratak* –“psychological parameters such as Emotional stability, pleasant-unpleasant feeling and degree of relaxation were studied before and immediately after *Tratak*. The physiological parameters such as EEG (Alpha), Heart Rate (HR), Respiration Rate (RR), Finger Pulse Volume (PTG), Galvanic Skin Resistance (GSR) were studied before, during and immediately after *Tratak*. It was observed that the degree of relaxation, the emotional balance and a feeling of pleasantness was increased after *Trataka*. A shift of autonomic balance from sympathetic to parasympathetic predominance was indicated by the changes in HR, RR, GSR and PTG during and after *Tratak* respectively. Just like this enhance the concentration through the *Roop Tanmatra sadhana*.

Actually meditation helps the person to think positively for his life which proves helpful for better Psychological functioning. Instructions in meditation help the person to reconstruct their psyche. This is a type of Cognitive restructuring. This “Cognitive restructuring” is helpful in reducing negative, moody, anxious, tense and depressive feelings (Beck, 1979) <sup>[5]</sup>.

Physiologically meditation slows down the activity of sympathetic nervous system which helps to increase E.E.G. (Electro encephalogram) and G.S.R. (Desiraju, 1989) <sup>[8]</sup>, Udupa (2000) <sup>[25]</sup>. It indirectly increases mental health and reduces stress. Scientific research has shown that meditation has improving sleep, increasing blood flow to brain making it as a smarter better memory. Janowiak, (1993) <sup>[15]</sup> reported that practitioner of meditation gained increased emotional stability. According to M.L. Gharote (1982) <sup>[11]</sup> the effect of meditation on personality variables, have shown that the practice is accompanied by decreases in neuroticism, depression, anxiety and irritability and increases in internal self control, self actualization and happiness. Gaur *et al.* (2003) <sup>[10]</sup> revealed that who practiced the *preksha* meditation for 25 days increased their ego strength, confidence self assurance, spontaneity & they became emotionally more stable, calm, and were able to face their reality and reduced their jealousy etc. All the results indicate that yogic practices lead to a mental relaxation and produce the mental power like self confidence, will power, determination, insight, good memory etc. which are very necessary for leadership.

#### 4. Conclusion

With this study we can conclude that these yogic interventions are effective for leadership. if one will practice then there would be significant improvement of positive feeling, positive attitude, and self-confidence which improves the mental health and enhances leadership capacity. So the present study provides some more scientific evidence for Yogic package for the adolescents.

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