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## The effect of yogic and physical exercise on aggressive nature of secondary school students

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### Abstract

**Back ground:** The Study on Physiological Variables of secondary school students in Vijayapur district of Karnataka State. The purpose of the present study was to find the effect of yogic practice and physical exercises on Aggressive behavior variables of secondary school students. For this purpose 150 students studying in various classes of Nagthan composite junior college Vijayapur in Karnataka students in the age group of 14 to 16 were selected using purpose random techniques. They were divided into three equal group, each group consisted of fifteen subjects, in which group -I underwent yoga practice, group – II underwent training physical exercises and group-III acted as control group who are not allowed to participate in any special training apart from their regular curricular activities. The training period for this study was six days a week for eight weeks. Prior and after the training period, the subjects were tested for Aggressive behavior variable. The Analysis of Covariance (Ancova) was applied to find out which group has better in performance. Whenever, “F” ratio for adjusted test was found to be significant for adjusted post-test means Scheffe’s test was followed, as a post-hoc test to determine which of the paired mean differ significantly. It was concluded from the results of the study that after yoga practice and Physical Exercises periods, both the training has decrees the aggressive behavior for both the experimental group. But yoga group has noticed less in aggressive nature comparing the physical exercises group. The results of the study also shown that there was a significant difference was found between yoga and Physical exercises the control groups.

**Keywords:** Yoga, physical exercises, aggressive behavior

### Introduction

Yoga is the science of right living and as such, is intended to be incorporated in daily life. It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body. Yoga focuses on harmony between mind and body, yoga derives its philosophy from Indian metaphysical beliefs. The word yoga comes from Sanskrit language and means union or merger. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self attingtment. The achieve this, yoga use movement, breath, posture, relaxation and mediation in order to establish a healthy, lively and balanced approach to life. According to Swami Satayananda Saraswathi “yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the presents. It is the essential need of today and the culture of tomorrow”. Regular practice of asana maintains the physical body in an optimum condition and promotes health even in an unhealthy body. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life. Yoga asana have a deeper a significant value in the development of the physical, mental and spiritual personality, whereas pure exercises only have a physical effect on the blood pressure.

**Training:** Training may be defined as, “systematic process of repetitive progressive exercise or work involving the learning and acclimatization”. (Arnhen. 1985)

**Exercise:** Johnson and Stolberg (1971) stated that the word “exercise” refer to conscious and purposeful activity. Usually if sufficient intensity to increase to some degree of respiratory and circulatory function.

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If refers only to the actual movement process at the time it occurs and should not be confused with the conditioning or training.

Physical exercises are generally grouped into three types, depending on the overall effect they have on the human body: Flexibility aerobic and anaerobic exercises. In the current study, the physical exercise during supervised sessions was the various types of exercises were performed namely aerobic type of exercise, running and skipping exercise. During unsupervised sessions, the physical exercise could have included stretching, short sprints and relaxation exercise. Physical exercise in any organized activity that involves continuous participation. Exercise occupies a leading role in keeping a person fit. It will be difficult to adjunct one’s life in terms on stress, diet, and sleep and so on without proper exercise.

**Yoga**

The word yoga comes from the Sanskrit root ‘Yuj’ which means ‘to join’ or ‘attach’ or union. It is true union of our will or consciousness with the will or super conscious of God is known as Yoga. Yoga: (Iyengar, 1996)

Yoga is a way to better living. It is an ancient Indian technique of integrating human personality at the physical, mental, moral and intellectual levels by means of Asanas, Pranayama, Meditation & yogic kriyas.

Physical exercises are performed quickly and whit a lot of heavy breathing. Yoga asana are performed slowly with relaxation. The benefits of various yoga techniques have been professed to improve body muscular strength, performance, stress reduction, attainment of inner peace and self-realization. It is well established fact that participation in physical education and sports activities if highly beneficial to one’s health and leads to improved performance by students in schools, in addition to helping them in developing many life skills. In general, children need at least 30 minutes of vigorous activity every day. Unfortunately today children are three to four times less active than they were 30 years ago. As children grow elder, their lives become more sedentary. Many take to bus or driven to schools where they sit behind a desk all day. In the evening they watch TV or play computer games. Computers may have become a necessary for today’s kids, but a study says that the Machines are producing a „generation of weaklings“ “as children swap outdoor play for screen games and the internet, reports PTI from London.

Many studies show that depressed patients who stick to a regimen of aerobic exercise improve as much as those treated with medication. Hence the Researcher has selected secondary school students for this particular research work. In these study secondary school students has given various yogic exercises. On the effect of yogic exercises finally researcher has succeeded on get the result in this particular study. Mainly in this study the researcher has taken secondary school children hence the physiological condition will change in this age then also the researcher has given the particular training and he has got improvement in the particular physiological variables.

With this literature background scholar made an attempt to explore the fact with entitled topic of “The Effect of Yogic

and Physical Exercise on Aggressive nature of Secondary School Student” the study was conducted with orientation of experimental design

**Problem:** A Study of assessment of yoga and Physical Exercises on Aggressive behavior of secondary students of Vijayapur district of Karnataka.

**Hypothesis:** There would be significant difference of effect on aggressive behavior between yoga and physical exercises practitioners.

**Objective:** To assess the influence of yoga and Physical Exercise training on Aggressive nature among secondary school students.

**Methodology**

In this study the investigator has chosen the topic entitled “The Effect of Yogic and Physical Exercise on Aggressive nature of Secondary School Student” as sample the only boy’s student those who were studying in various classes of Nagathan PU Composite junior college of Vijayapur in Karnataka and aged between 14 and 17 years were selected. The selected 150 subjects were randomly divided into three groups of fifteen each, out of which group- I[n=50] underwent yogic practice, group-II[N=50] underwent physical exercise training and group –III[N=50] remained as control. The training programme was carried out for five days per week during morning session only (6 am to 8 am) for twelve weeks. Aggressive nature was measured by administering the stander zed test devised by Dr Mathur Agra was used. The study was to find out the effect of yogic exercises on selected 150 students of high school, aging 14 to 16 years are selected randomly, The Control random group 50 subjects Experimental group-1(Yogic exercise) 50 subjects Experimental group-2 (Physical exercise) 50 subjects. To assessed the Aggressive beahviouer of students.

Human bodies are designed for regular physical activity. The sedentary nature of much of modern life probably plays a significant role in the epidemic incidence of depression today. Hence the Researcher has selected secondary school students for this particular research work. In these study secondary school students has given various yogic exercises. On the effect of yogic exercises finally researcher has succeeded on get the result in this particular study. Mainly in this study the researcher has taken secondary school children hence the physiological condition will change in this age then also the researcher has given the particular training and he has got improvement in the particular physiological variables

**Aggressive behaviour**

It was hypothesised that there would be significant difference in Aggressive behaviour of Yoga and Physical exercises group. It was formulated on the rational that regular practices of asana and meditative technique s of yoga is going develop peace and calm in the personality of practitioners and it also develops the adjustment nature, discipline and smooth behaviour, hence yoga group may produce less aggressive behaviour than counter group. The collected data was discussed and shown in the following table.

**Table 1:** Shows the Computation of Covariance of Aggressive Behaviour of control Group, Experimental group 1 (Yogic Exercises) and Experimental group 2 (Physical Exercises) of Secondary school students.

Source Variance	DF	Sum of the Square	Mean square	Remarks
Between the group	2	7149.44	3574.72	13.9714
Within the group	146	37509.36	256.913	

Significant at 0.05 level

**Table 2:** The mean differences of Aggressive Behaviour in the control group (A), Experimental group 1(B) (Yogic Exercise) and experimental group 2(C) (Physical Exercise)

Group	M1	M2	Diff
Group C & E1	193.81	175.980	17.83
Group C & E2	193.81	186.842	6.968
Group E1 & E2	175.980	186.842	10.862

**Results and findings (Aggressive behaviour)**

Table 1- shows the ‘F’ ratio of 13.9714 which was greater than table value of 0.05 level. Hence Scheff’s Post Hoc test was employed to the data the score is 2.86 which was also found significant. Table-2 A (shows Scheff’s Post Hoc test) shows the mean difference between the three groups. The difference between Group A (control group) and Group B (Yogic exercise) was 17.83. The difference between the Group A (control group) and Group C Experimental group (Physical Exercise) was 6.968. The difference between Group B Experimental groups I(Yogic Exercise) and Experimental group II (Physical exercise) was 10.862.

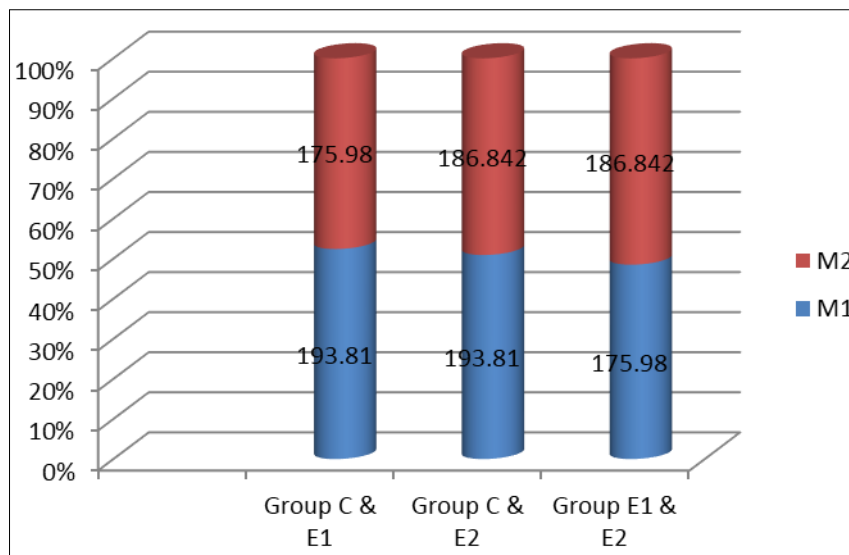
**Discussion and findings of Aggressive Behaviour**

When we refer Table- 2 A it reveals that computed F

ratio was greater than the table value and data was employed to find-out the adjusted paired means that was also significant. From the statistical analysis of the data, it was found that Yogic exercise has reduced Aggressive behaviour than their counter part (Physical exercise and control group). It may be due to the reason that Yogic exercises are going to develop harmonious between mind and body and it develops ability of mind to maintain calm, peace and controlling skills over the Emotions. (Kozas *et al.* 2005 and Jaynabakhat, 2009) study also support similar results as yoga improves the emotional intelligence and mastery over the emotions.

Competitive and challenging nature of Physical activities elicits the assertive behaviour in performing and facing such condition. Yogic practices are beneficial for the muscles, joints, cardiovascular system, nervous system and lymphatic system, as well as the mind and energy centres. They strengthen and balance the entire nervous system and harmonise and stabilise the state of mind. The effects of these exercises are a sense of contentment, clarity of mind, relaxation and a feeling of inner freedom and peace.

Hence study reveals that Emotional nature of mind could be controlled and improved by the regular practice of Yogic exercises and Physical exercises



**The graph 2:** showing the difference in Aggressive behaviour between and yoga practitioners and Physical exercises group

**Conclusion**

The experimental study reveals that both training of Physical Exercise and yoga group made positive effect on developing the skills and technique in controlling and producing the emotions of the secondary school students, yoga has noticed significant difference of effect on controlling the aggressive behavior

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