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## Effect of yogic activity on spiritual values: An experimental analysis

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### Abstract

This study was conducted to compare the eighty male yug shilpy event related potentials recorded before and after yogic activity. The aim for this study was to assess the effect of yoga on spiritual values in Yug Shilpy participants (ages ranged between 20 to 50 years) were receiving yoga training of the subject, in a residential yoga hall, shantikunj in haridwar, india. They were randomized using the scientific method of randomization into two groups, yoga and control. The yogic practices were scheduled to administer for 25 days. This was an experimental-control group study with pre-post session. Spiritual values develop more naturally when participant lives and involve some affective component. This was an experimental-control group study with pre-post session for the statistical analysis, 't' test was used to compare the pre data with the data recorded after 25 days. The level of spiritual value in experimental group was found higher in comparison to the control group. This task suggest that yoga practice is vital role in participant spiritual values.

**Keywords:** Yoga, Spiritual values, Yug Shilpy

### Introduction

**Values** has been defined as a 'perfect purity of mind, body and soul' <sup>[1]</sup> In Psychology, the term values is used to describe a person's overall sense of self-worth. Which means that it tends to be stable & enduring. Values emerge at all variety of beliefs about the self, such as the appraisal of one's own appearance, thinking, emotional attitudes or behaviours. <sup>[2]</sup> Yoga related on spiritual life, Yogic activity as well as breathing exercise develop for mental - spiritual progress. <sup>[3]</sup> values men person's image in society. Absolute standard mood of behaviour as well as to cultivate spiritual attitude and generate ethical and moral culture are chief objective of society. <sup>[4]</sup> this report was to Personal Values should as a potential resource in Job client. <sup>[5]</sup> Often Religious and Spiritual values can play a major part in human life. <sup>[6]</sup> Yoga had a successful significant and worth. <sup>[7]</sup> Spirituality and religious matters are most authentic and valuable when the client can be a useful focal point for exploration. <sup>[8, 31, 36]</sup> The word 'Yoga' means 'to join'. The process of unification of atman with paromatman is yoga. Yoga is a concerned with exploring the inner world like other sciences, but hear the whole of the individual consciousness. This is how you practise yoga, these are the condition of mind, and this is how the individual experiments, this is the place of god in Yoga. <sup>[9]</sup> The state of senses is regarded as yoga. When the five senses and mind become controlled and the intellect also becomes steady, then that stage is the highest and that is call Yoga. <sup>[10]</sup> Yoga is a mean for quietening the mind or it is a methodological trick to calm down the mind. <sup>[11]</sup> One month training of Yug shilpy satra has also organized on elegant life style, organizational management, efficient working methodology, work culture, glory of labour, healthy, behavioural science, value of time, inculcation of discipline, duty consciousness, besides national integration for the all round development. <sup>[12]</sup>

Construct of yoga on spiritual intelligence in air traffic controllers, quasi experimental research was apply on 40 people of the study population that were selected through convenience sampling method. <sup>[13]</sup> This randomized clinical trials (RCT's) indicate that Yoga may well be effective mental health and behavioural treatment. <sup>[14, 22]</sup> Meditation effect to frontal cortex had more active in brain limbic system than other people. <sup>[15]</sup> Increase Cognitive performances. <sup>[16]</sup>

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Yoga definitely help of beneficial to various psychological Purpose, as self-esteem. [17]. Combination of asana, pranayama improve the Intellectual, Behaviour, self-concept, Happiness and Satisfaction of School going children [18]. This study indicate that, UK Prisoners improved mood and decrease psychological distress by yogic activity. [19, 25, 29, 30]

This Experimental study was design to develop an intervention plan based of Yoga on Yug Shilpys for the enhancement of their Spiritual Values.

## Research methods

### Participants

80 male Yug Shilpy participants whose ages ranging from 20-50 years wear selected. All the participants was Shanti kunj Haridwar, India. Confidentiality and privacy Were maintained throughout the Assessment process.

### Design

Control-experimental group designs with pre-post session was used. In this randomized Controlled study 80 Yug Shilpis were equally divided into two groups- control and yoga. Assessments were made before and after 25 days of the intervention.

### Assessment

To assess Spiritual Values in Yug Shilpy Participants. Nazam F, Husain A and Khan S. M. Manual for spiritual values scale questionnaire was employed before and after the interventions [4].

### Interventions:

The yogic practices were scheduled to administer for 25 days in the morning session. This yogic activity was taught by the author himself. Yoga hall provided by the Shantikunj's administration. Details of the yoga Practice were as -

- Gayetry Mantra jop and Chanting of omker :5 minets
- Sat kriyas (Uddiyan Bandh, Agnisar) : 5 minets
- Sharir sanchalan : 5 minets
- Praja Yog and Surya Namasker: 15 minets
- Asanas: (Bramhamudra, Pavanmuktasan, Dhanurasana, Virasana) 5minets
- Yog Nidra/Shavasana :5minets
- Pranayam : 15 minets
- Meditation : 5 minets

### Data Extraction:

The Spiritual Values Scoring was decided as Strongly Disagree: 1, Disagree: 2, Undecided: 3, Agree: 4, Strong Agree: 5. This Scoring was done to the manual of Spiritual Values Scale.

### Data analysis

To test the significant was set at 0.05 level of confidence. The significance difference in between Pre-test and Post-test means of both the groups, 't' test was employed. On the basis of statistical findings interpretation of the result was made.

### Results

According to the statistical analysis the level of Spiritual Values evaluation in experimental group was found higher (Significant at 0.05 levels) in comparison to the control group.

### Discussion and conclusion

All the baseline the level of Spiritual Values was almost same in both groups, but after the intervention the Experimental

groups had better Spiritual Values in comparison to the Control group. There is emerging evidence that the practice of Yog Nidra positively increase Alpha Ray and GSR. These are beneficial of Physical, mental Health. [20]. Based in this findings can be expected that yoga has the positive impact on the mental health of inserted women. [21]. Yoga can helping reduce anxiety, tress, through relaxations and hence induce a general feeling of weel-being [23, 24, 25, 26]. Yoga plays a significant role in child life. There are a large number of school children's conducted on yoga to their mental health [27, 28]. Pragma yog Sadhana increase ability of self-esteem, value based Education level of adolescents.[32].Efficacy of cognitive-behave as well as Interest, growth, new experiment, Thinking by Yoga.[33, 34, 35].

At last it is say that, Yogic activity is beneficial in enhancement of Spiritual Values in Yug shilpy participant and it will definitely help in other psychological benefits too.

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