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Effect of selected yogasana on personality variables in college youth

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Abstract

The aim of the study was to assess the effect of selected yogasana on 10 personality variables such as Social concern, Emotional adjustment, Assertiveness, Value system and culture, leadership skills, Communication skills, Self-awareness, Self-confidence, Interpersonal relationship and Stress coping ability. The subjects of the study were 80 college students of Kerala in the age group of 18 to 25. Personality development index by Dr. K V Kaliapan (1996) was employed to assess the 10 personality variables. The selected yogasanas were Sarvangasana, Halasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Paschimottanasana, Ushtrasana, Shashankasana, Gomukhasana, Ardha matseyndrasana, and Shavasana. 80 subjects were divided into two groups of 40 each under experimental and control group. Each group had 20 males and 20 females. Pretest was conducted using Personality development index questionnaire and data obtained. 3 months of yoga training was given and thereafter post test was conducted by using the same questionnaire. The data was analyzed using dependent t-test. It was found that experimental group showed significant changes in 8 out of 10 variables.

Keywords: Yogasana, personality variables

Introduction

Personality is defined as the dynamic organization within an individual of those psycho physical systems which determines his/her unique adjustment with the society. (Allport, 1936)^[1]

The nervous system plays a significant and dominant role in coordinating the activities of every structure in the body. Every bit of our behavior to a great extent is contributed by our nervous system. Our perceptions, observations, intelligence, physical and emotional development are directly or indirectly controlled by the functioning of our nervous system and in this way the personality of an individual is greatly influenced as well as structured through mechanisms of the nervous system. (S. K. Mangal, 2002)^[3].

Yogasana claims to soothe the nervous system and helps in the proper functioning of glands. There are many asanas in yoga which based on its final posture stimulates one or the other glands and helps in their proper functioning.

On the basis of literature viewed, research findings and understanding it was hypothesized that there would be significant changes in personality with three months of yogasana practice. However as the yogasana practice was done only on 40 students it may not be enough for generalization. Life style habits and hereditary differences were beyond the control of researcher and is considered as a limitation of this study.

Methodology

80 college going youths (40 male and 40 female) from different colleges of Kerala in the age group of 18 to 25 were divided randomly into experimental and control group with 40 subjects (20 male and 20 female). Pretest was conducted on both the groups using personality development index questionnaire and data recorded. Experimental group were given training in selected yogic asanas for thrice a week for 3 months by a yoga expert. Students in experimental group were motivated to do yogasana for the rest of days by themselves. Control group were not given any training. The yogic asanas given to experimental group were Sarvangasana, Halasana, Pavanmuktasana, Bhujangasana, Shalabhasana, Dhanurasana,

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Paschimottanasana, Ushtrasana, Shashankasana, Gomukhasana, Ardha matseyndrasana, and Shavasana. All the asanas were held upto 30 seconds and Shavasana was done after every asana for a minute to relax the body. At the end of three months both the group was again assessed on personality development index. The data obtained were compared to pretest data to evaluate the effect of yogasana on personality variables.

Results

The data were analyzed using dependent t-test and the hypothesis was tested. The level of significance was set at 0.05. The pre and post t-ratio of experimental and control group is presented in table 1 and 2.

Table 1: t-ratio for the experimental group

Sl. No.	Variables	t-ratio
1.	Social concern	1.03
2.	Emotional adjustment	8.42*
3.	Assertiveness	5.94*
4.	Value system and culture	0.12
5.	Leadership skills	5.83*
6.	Communication skills	3.74*
7.	Self-awareness	5.31*
8.	Self-confidence	7.83*
9.	Interpersonal relationship	4.77*
10.	Stress coping ability	9.53*

N = 40 *Significant at 0.05 level of confidence, 0.05⁽³⁹⁾ = 2.021

Table 2: t-ratio for the control group

Sl. No.	Variables	t-ratio
1.	Social concern	0.17
2.	Emotional adjustment	1.67
3.	Assertiveness	1.16
4.	Value system and culture	0.76
5.	Leadership skills	0.89
6.	Communication skills	0.98
7.	Self-awareness	0.59
8.	Self-confidence	0.68
9.	Interpersonal relationship	1.56
10.	Stress coping ability	0.76

Mean score of the pre training and post training of experimental and control group is presented in Table 3 and 4 respectively.

Table 3: Mean of the experimental group on the 10 personality variables, pre and post training

Variable	Mean (Pre training)	Mean (Post training)
Social concern	41.27	41.42
Emotional adjustment	40.17	42.55
Assertiveness	34.91	35.62
Value system and culture	23.05	24.82
Leadership skills	20.6	22
Communication skills	21.52	22
Self-awareness	20.4	21.27
Self-confidence	20.1	21.4
Interpersonal relationship	24.52	25.57
Stress coping ability	41.47	44.05

Table 4: Mean of the control group on the 10 personality variables, pre and post test

Variable	Mean (Pre-test)	Mean (Post-test)
Social concern	39.57	39.6
Emotional adjustment	39.5	39.72
Assertiveness	34.65	34.55
Value system and culture	21.85	22
Leadership skills	19.72	19.9
Communication skills	20.32	20.42
Self-awareness	20.72	20.62
Self-confidence	19.47	19.32
Interpersonal relationship	23.47	23.87
Stress coping ability	40.47	40.57

To give a clear view of the effect of yogasana in specific personality development the mean of the experimental and the control group on the 10 personality variables of both pre and posttest was represented in the form of bar diagram in figure 1 and 2 respectively.

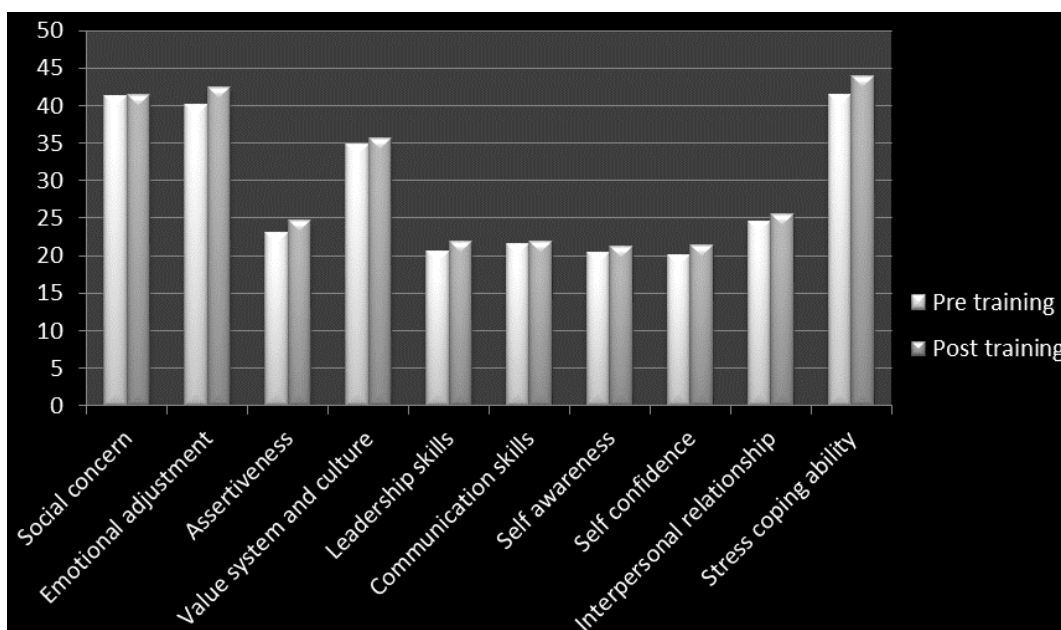


Fig 1: Bar diagram showing mean of the experimental group on the 10 personality variables, pre and post training

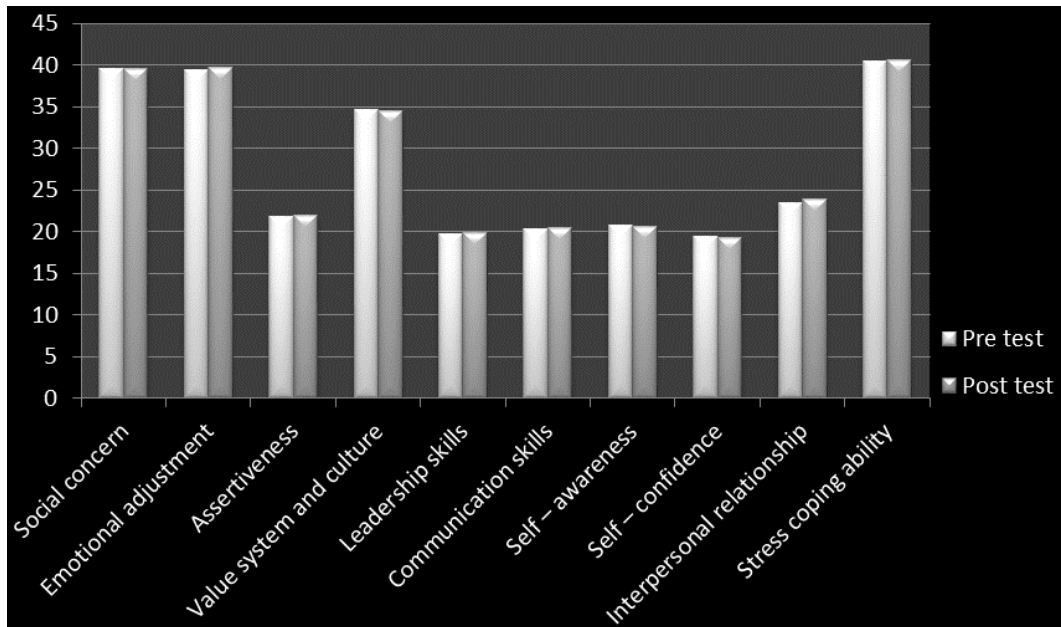


Fig 2: Bar diagram showing mean of the control group on the 10 personality variables, pre and post test

Conclusions

Regular practice of yogasana will improve stress coping ability, emotional adjustment, self-confidence, leadership skills, self-awareness, interpersonal relationship, communication skill and assertiveness. 3 months of selected yogasana practice doesn't have any significant change in social concern, value system and culture of participants. Stress coping ability has shown the highest improvement which shows yogasana's immense potential to ward off stress.

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