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## Effect of yogic practices on emotion regulation and empathy among college level athletes

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### Abstract

The purpose of the study was to determine the effect of yogic practices on emotion regulation and empathy among college level athletes. To achieve the purpose of the study 30 athletic practitioners were selected as subjects from chennai district. The age of the subjects were ranged from 18 to 25 years. The subjects were further classified at random into two equal groups of 15 subjects each Group - I underwent Yogic Practices (YP) for thrice in a week after regular athletic practices in their schedule, Group - II underwent only for their athletic practices (AP) in regular training schedule. The selected criterion variable emotional regulation and empathy assessed before and after the training period using Gross & John Emotion Regulation Questionnaire and Toronto Empathy Questionnaire. The collected data were analysed statistically through analyze of covariance (ANCOVA) to find the significance difference. The 0.05 level of confidence was fixed to test the level of significance difference, the result of the study showed that yogic practices showed significance differences on emotional regulation and empathy among athletics.

**Keywords:** Yogic practices, athletes, emotion regulation and empathy

### Introduction

Emotion regulation and empathy is a growing area of interest for theorists and researchers alike, with athlete's studies steadily increasing over the past decade. According to Thompson emotion regulation as the "extrinsic and intrinsic processes responsible for monitoring, evaluating, and modifying emotional reactions, especially their intensive and temporal features, to accomplish one's goals." Emotion regulation capacities are thought to be influenced by a range of systems in the body, including neuro physiological, physical, cognitive, behavioral, and social systems, and are particularly vulnerable during adolescence. Most psychological theorists agree that psychotherapist empathy is a key component of change in the psychotherapeutic setting (Shapiro, 1981) <sup>[2]</sup>. Empathy is defined as "the intellectual identification with or vicarious experiencing of the feelings, thoughts, or attitudes of another" (Random House Unabridged Dictionary, 2008). According to Ioannidou & Konstantikaki (2008) <sup>[3]</sup> Empathy is the capacity to share and understand another's state of mind or emotion. It is often characterized as the ability to put oneself into another's self, or in some way experience the outlook or emotions of another being within oneself.

Yogic practices are an ideal for developing emotional regulation skills because to make sense of emotions, both the mind and the body must be involved. Emotions are interpreted and labeled by the mind, but they are experienced through the body. Developing emotional regulation skills is a primary goal for most of the athletes. Regulating emotions is a critical component of executive functioning. Executive functioning covers the full range of skills required for efficient completion of tasks, including both self-regulation skills (managing attention, emotion and arousal) and meta-cognitive skills (planning, organizing, sequencing and flexibility of thinking). Emotional regulation refers to the ability to understand and respond appropriately to one's own emotional experience.

The ability to perform well during a high intensity competition is an important characteristic for elite athletes. For instance, during a difficult competition, a successful athlete adopts a proactive style in optimizing his performance.

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**Methodology**

The purpose of the study was to determine the effect of yogic practices on emotion regulation and empathy among college level athletes. To achieve the purpose of the study 30 athletic practitioners were selected as subjects from chennai district. The age of the subjects were ranged from 18 to 25 years. The subjects were further classified at random into two equal groups of 15 subjects each Group - I underwent Yogic Practices (YP) for thrice in a week after regular athletic practices in their schedule, group - II underwent only for their athletic practices (AP) in regular training schedule. The selected criterion variable emotional regulation and empathic assessed before and after the training period using Gross & John Emotion Regulation Questionnaire and Toronto Empathy Questionnaire.

**Training Programme**

During the training period the Experimental group – I (YG) underwent six weeks of additional yogic practices after their regular athletics practices as per the schedule. The duration of training were planned for 45 minutes that is from 8.00am to 8.45am on Mondays, Wednesdays and Fridays. All the

subjects involved in this study were carefully monitored throughout the training programmes, Each session 45 minutes consist of yogic warm up 5 min exercise followed by suryanamaskara, ardhkatichakrasana, trikonasana, parsvakonasana, vakrasana, pascimatanasana, uttanpadasana, bhujangasana, salabhasana, sarvangasana, halasana, sethubandhanam, matsyasana. In pranayama session Kapalbhathi, nadisodhana and Deep relaxation. After completion of six weeks of Yogic practices, the participants were retested as the pre test with the questionnaires.

**Statistical Technique**

The collected data were analysed statistically through analyze of covariance (ANCOVA) to find the significance difference.

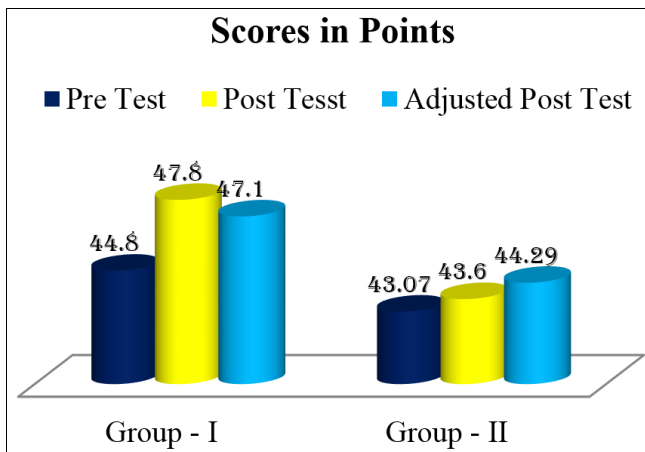
**Analysis of the data**

The data collected prior and after the experimental periods on emotional regulation and empathic of Group - I and Group – II were analysed and presented in table – I & II. The level of significance was fixed at 0.05 level of confidence to test the ‘F’ ratio obtained by analysis of covariance.

**Table 1:** Analysis of covariance for pre and post data on emotional regulation

Test	Group-I	Group-II	Source of variance	Sum of Squares	df	Mean square	F
Pre-test mean	44.80	43.07	Between	22.53	1	22.53	0.58
			Within	1071.33	28	38.62	
Post-test mean	47.80	43.60	Between	132.3	1	132.30	3.35*
			Within	1106.0	28	39.50	
Adjusted mean	47.10	44.29	Between	57.82	1	57.82	3.78*
			Within	412.75	27	15.28	

\* Significant at 0.05 level of confidence. (The table value required for significance at 0.05 level of confidence with df 2 and 28 and 2 and 27 were 3.34 and 3.35 respectively).



**Fig 1:** Bar diagram showing pre, post and adjusted means on emotional regulation

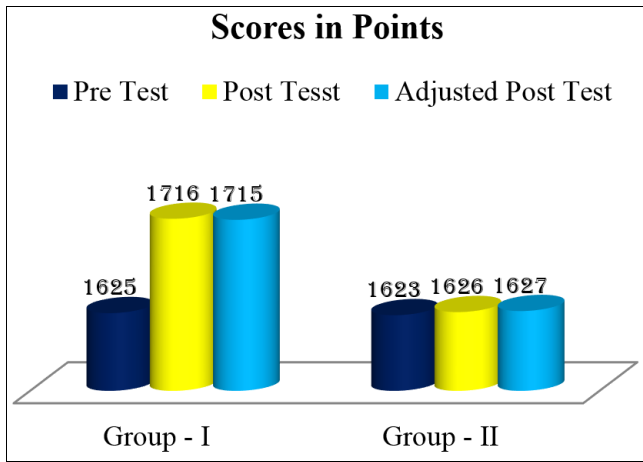
**Discussion on findings of emotional regulation**

The obtained F value on pre test scores 0.58 was lesser than the required F value of 3.34 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal. The post test scores analysis proved that there was significant difference between the groups as the obtained F value at 3.35 was greater than the required F value at 3.34. This proved that the differences between the post test mean at the subjects were significant. Taking into consideration the pre and post test scores among the groups, adjusted post test mean scores were calculated and subjected to statistical treatment. The obtained F value at 3.78 was greater than the required F value at 3.35. This proved that there was Significant differences among the means due to yogic practices after the athletic training on emotional regulation among athlete.

**Table 2:** Analysis of covariance for pre and post data on empathic

Test	Group-I	Group-II	Source of variance	Sum of Squares	df	Mean square	F
Pre-test mean	29.40	29.73	Between	0.83	1	0.83	0.05
			Within	426.53	28	15.23	
Post-test mean	36.13	31.07	Between	192.53	1	192.53	12.29*
			Within	438.66	28	15.67	
Adjusted mean	36.21	30.98	Between	205.02	1	205.02	16.68*
			Within	331.83	27	12.29	

at 0.05 level of confidence. (The table value required for significance at 0.05 level of confidence with df 2 and 28 and 2 and 27 were 3.34 and 3.35 respectively).



**Fig 2:** Bar Diagram showing Pre, Post and Adjusted Means on Empathic

### Discussion on findings of empathy

The obtained F value on pre test scores 0.05 was lesser than the required F value of 3.34 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal. The post test scores analysis proved that there was significant difference between the groups as the obtained F value at 12.29 was greater than the required F value at 3.34. This proved that the differences between the post test mean at the subjects were significant. Taking into consideration the pre and post test scores among the groups, adjusted post test mean scores were calculated and subjected to statistical treatment. The obtained F value at 16.68 was greater than the required F value at 3.35. This proved that there was Significant differences among the means due to six weeks of aerobic training on endurance.

### Conclusion

1. The emotional regulation of the athletes was significantly increased due to yogic practices after the athletic practices among athlete while comparing to the control group.
2. The empathy of the athletes was significantly increased due to yogic practices after the athletic practices among athlete while comparing to the control group.

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