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Effect of yogic exercises on stress and aggression among the adolescents

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Abstract

An attempt has been made to investigate the Effect of Yogic Exercises on Stress and Aggression among the Adolescents. Fifty male students of U.G. college level were practiced different types of yogic exercises like Surya Namaskar, Asanas, Pranayam and Meditation for eight weeks by maintaining a schedule. Stress was measured by stress questionnaire designed by the International Stress Management Association. Aggression was measured by Buss Perry Aggression Questionnaire. In results, it was found that there was significant difference between pre-test and post-test. So, it was evident that yogic exercises impact significantly on stress and aggression among the adolescents.

Keywords: yoga, stress, aggression, adolescents, Surya namaskar, Asanas, Pranayam, meditation etc

Introduction

Yoga is the art of living (Ajmeer Singh *et al.*, 2008). It includes Yama, Niyama, Asana, Pranayam, Dharana, Dhyana and Samadhi. Yogic exercises are the important aspects in our life. It is also considered as a way of life. So, practice of yoga is being emphasized in all institutional level.

Stress is your body's reaction to a challenge or demand. Aggression has been expressed as a behavior whose primary or sole purpose or function is to injure another person or organism, whether physically or psychologically. It may be directly or indirectly. (Lagerspetz KM, Bjorkqvist K, Peltonen T, 1998) ^[3]. Both stress and aggression play an important role for the betterment of performances.

So the study, Effect of Yogic Exercises on stress and aggression among the adolescents was taken into consideration.

Statement of the problem

The problem of the study was to investigate the effect of yogic exercises on stress and aggression among the adolescents.

Hypothesis

It was hypothesized that yogic exercises have the positive effect on stress and aggression among the adolescents.

Delimitations

1. Only male students were selected.
2. No. of students was fifty.

Limitations

Subjects are not from the same cultural group, economical status, educational and family background, food habits, nutrition, mental growth and mental set up. Thus any influence of those factors on personality, will be beyond the control of the investigator.

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Procedure

Selection of Subjects

Fifty male students of U.G. level of Vivekananda Mission Mahavidyalaya were practiced different types of yogic exercises like Surya Namaskar, Asanas, Pranayam and Meditation for eight weeks by maintaining a schedule.

Criterion Measures

- To determine the stress, stress questionnaire designed by

the International Stress Management Association.

- Aggression was measured by Buss Perry Aggression Questionnaire.

Statistical Analysis

Pre-test and Post-test results were taken and compared by employing ‘t’ test at 0.05 level of confidence.

Exercise Programme

| Name of Exercise | | Monday | Wednesday | Friday |
|------------------|---|---------|-----------|---------|
| Surya Namaskar | | 8 min. | 8 min. | 8 min. |
| Asanas | Padmasana, Dhanurasana, Halasana, Shirsana, Ardhamatseyendrasana, Chakrasana, Sabbangasana, Mayurasana, Bakasana and Paschimatyasana. | 25 min. | 25 min. | 25 min. |
| Pranayam | Anulom-Vilom and Kapalbhathi | 5 min. | 5 min. | 5 min. |
| Meditation | | 2 min. | 2 min. | 2 min. |

Programme Schedule

| | |
|-----------|-------------------|
| Frequency | 03 days in a week |
| Duration | 40 minutes |
| Time | 2:10 pm – 2:50 pm |

Presentation and analysis of data

Table 1: Mean and standard deviation of pre-test and post-test results of stress and aggression among adolescents

| Variables | Pre-test | | Post-test | |
|------------|----------|-------|-----------|-------|
| | Mean | S.D. | Mean | S.D. |
| Stress | 9.42 | 2.857 | 3.96 | 1.049 |
| Aggression | 83.04 | 7.658 | 64.18 | 4.241 |

From table -1 it was observed that pre-test result was greater than post-test result in case of stress and aggression. It

indicated that stress and aggression became superior due to yogic practices.

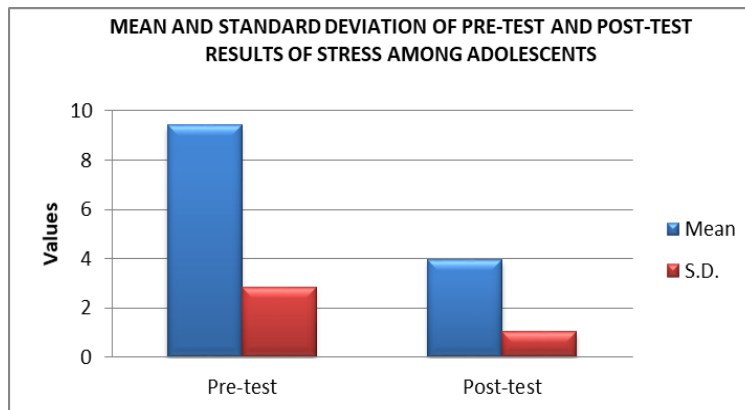


Fig 1: Mean and Standard Deviation of pre-test and post-test results stress among adolescents

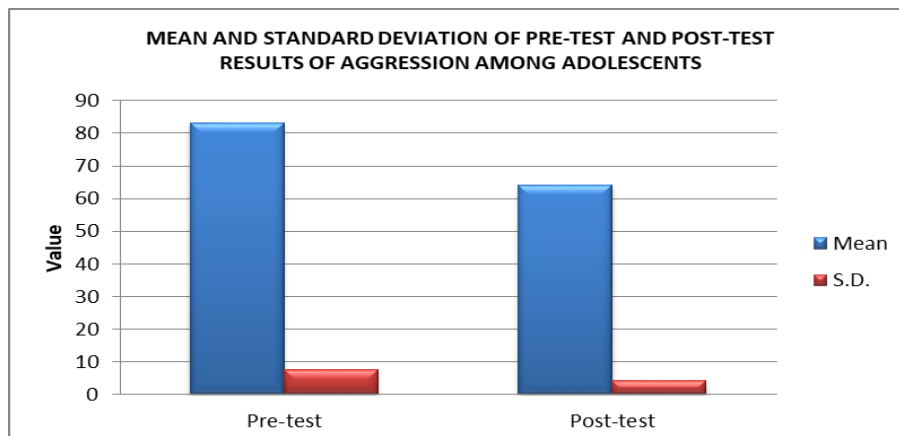


Fig 2: Mean and Standard deviation of pre-test and post-test results of aggression among adolescents

Table 2: Mean difference of pre-test and post-test results of stress and aggression among adolescents

| Variable | Tests | Mean | S. D. | 't' value |
|------------|-----------|-------|-------|-----------|
| Stress | Pre-test | 9.42 | 2.857 | 12.685 * |
| | Post-test | 3.96 | 1.049 | |
| Aggression | Pre-test | 83.04 | 7.658 | 15.234 * |
| | Post-test | 64.18 | 4.241 | |

* Significant at 0.05 level of Confidence $t_{.05} (99) = 1.980$

From Table – 2 it was observed that there was significant difference between pre-test and post-test result in relation to stress. In case of aggression, there was also significant difference between pre-test and post-test results.

Discussion of the findings

The obtained data on the subjects through application of statistical technique revealed that stress and aggression become better through practice of yogic exercises.

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous (S. K. Mangal, 2013) ^[5]. Stress is a condition of mental pressure for particular individual facing problems from environment or society. Aggression is intentionally taking an action to hurt other people both physically and verbally. Someone is injured due to aggressive behavior, physical, social, psychological, and material injuries (Leary, Twenge, Quinlivan, Leary, & Quinlivan, 2006) ^[4].

It is evident that there was significant difference between pre-test and post-test results. So, it is evident that yogic exercises have highly positive effect on stress and aggression among the adolescents.

Conclusion

From the above findings, it can be concluded that yogic exercises helps to minimize both the stress and aggression. During teaching as well as coaching, teacher and coaches should keep in mind about such physiological facts which help the students and athletes for better educational achievement as well as sports performances.

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