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Impact of yogic practices on anxiety and emotional competence among school going students

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Abstract

Background: Yoga, an ancient culture of Indian heritage, regular practice leads to ideal physical, mental, intellectual, and spiritual health. These have a number of beneficial psychological effects in our body. The present work was taken up as data reported on the impact of yogic practices on Anxiety, emotional competence among school going students.

Aim: To know whether there is any change in Anxiety, emotional competence in the subjects practicing yoga and with that of subjects not practicing any type of yoga.

Materials and methods: 80 male student volunteers from Muni International School, A-2/16-18, Mohan Garden, Uttam Nagar New Delhi-110059, India, of age between 11 to 14 years were selected. They were assigned to four groups as per Solomon Four Group Design that included a random assignment to respective groups, pre-text for experimental and control groups and post-test for all four group.

Results: A significant effect of yoga on anxiety ($p < .001$) was observed. However, no significant effect of Yoga was observed on emotional competence. The authors recommended that a yoga intervention of a longer period might show a significant effect on emotional competence as well.

Keywords: Yoga, Anxiety, emotional competence.

1. Introduction

Yogas citta vrtti nirodhah

– Patanjali Yoga Sutra

I:2

Yoga happens when there is stilling (in the sense of continual and vigilant watchfulness) of the movement of thought without where which there is no movement.

Sa tu dirgha kala nairantarya satkara sevito drdhabhumih

– Patanjali Yoga Sutra I:14

But, when is one said to be well grounded in practice? When this spontaneous awareness or cosmic consciousness continues without interruption, for a long time, and one is devoted to it with all one's being, in all sincerity and earnestness.

avidya smita raga dves bhinivesah klesah

– Patanjali Yoga Sutra II:3

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Vajrasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Yogamudra	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Standing kati chakrasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Tadasana	(5 sec hold)	(10 sec hold)	(15 sec hold)	(20 sec hold)	
Shavasan	Shavasan	Shavasan	Shavasan	Shavasan	
Anulom Vilom pranayama (3 set)	10 times (without kumbhak) 3 Repetition (rest every Repetition) (1:1)	15 times (without kumbhak) Repetition 3 (rest every Repetition) (1:1)	15 times (with kumbhak) Repetition 3 (rest every Repetition) (1:1:1)	20 times (with kumbhak) Repetition 3 (rest every Repetition) (1:1:2)	1 set
	Savasan	Savasan	Savasan	Savasan	
Bhastrika pranayama 5 round (10 set)	10 stroke of Kapalbhata with one Surya Bhedhana pranayama (without kumbhak) (1:1)	15 stroke of Kapalbhata with one Surya Bhedhana pranayama (without kumbhak) (1:1)	20 stroke of Kapalbhata with one Surya Bhedhana pranayama (with kumbhak) (1:1:1)	20 stroke of Kapalbhata with one Surya Bhedhana pranayama (with kumbhak) (1:1:2)	1 round
Shavasan	Shavasan	Shavasan	Shavasan	Shavasan	
Omkar Chanting.					
Meditation.					
Discussion Session.					

6. Tools used

1. General Anxiety Scale for Children (GASC) by Dr. Anil Kumar.
2. Emotional Competencies Scale by Sharma and Bharadwaj.

7. Results

Table 1: Pre and post-test mean and SD'S for experimental group and control group on anxiety and emotional competence

	Experimental Group (20 ss)				Control group			
	Pre-test		Post-test		Pre-test		Post-test	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
Anxiety	45.9	3.93	40.4	3.56	45.9	3.34	45.3	3.55
Emotional Competence	87.16	16.24	89.54	14.87	87.46	8.3	89.14	8.68

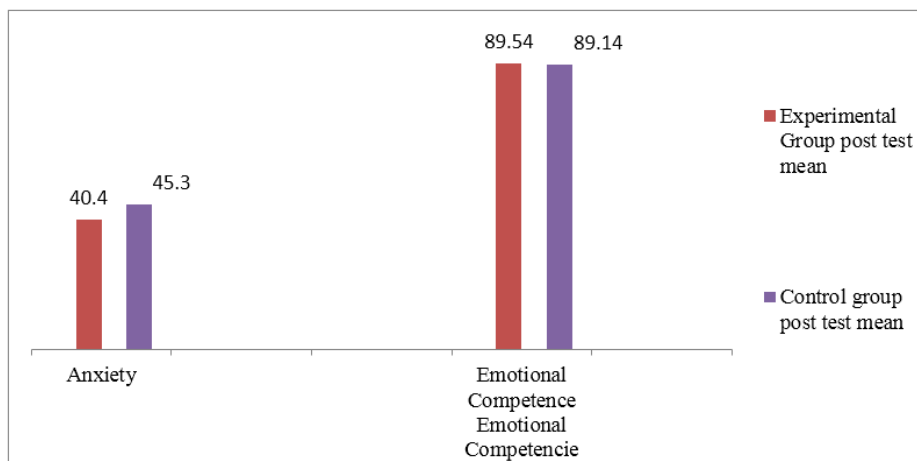


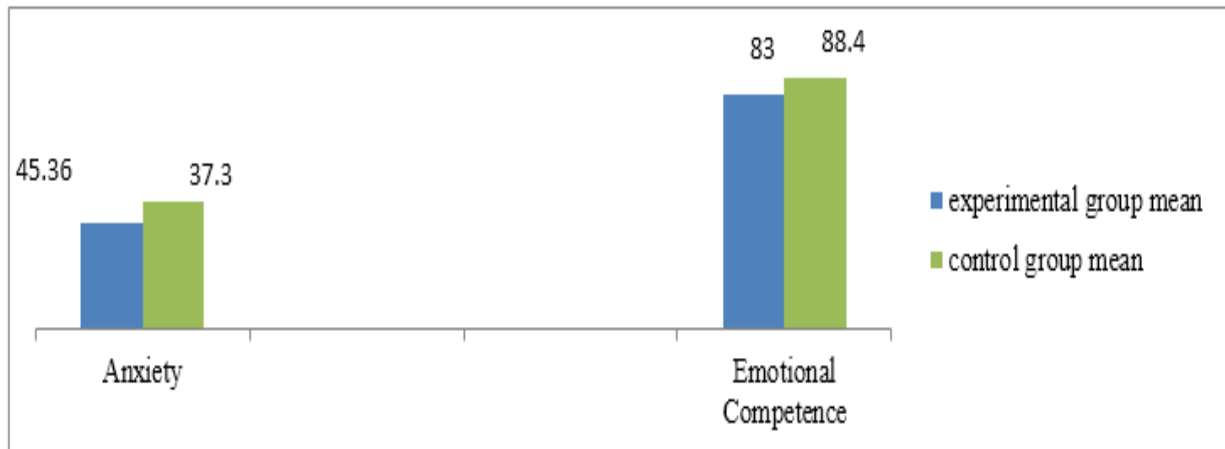
Fig 1: Comparison of the Means of the Experimental Group and Control Group

Table 2: Two way ANOVA (mixed) showing the impact of yoga intervention (between subject variable) and pre-post time gap (within subject variable) on anxiety and emotional competence

	Source	SS	df	MS	F	Sig.
Anxiety	Within subject variable	186.4	1	186.4	60.46	0.001
	Between subject variable	120.06	1	120.06	5.24	.029
Emotional Competence	Within subject variable	84.04	1	84.04	4.17	0.05
	Between subject variable	0.05	1	0.05	0.00	0.98

Table 3: Impact of yoga on anxiety and emotional competence (comparison of experimental group 3 and control group 4)

	Experimental Group		Control Group		t	df	Sig. (2 tailed)
	Means	SD	Means	SD			
Anxiety	37.3	4.88	45.36	2.69	6.36	38	0.00
Emotional Competence	83	6.63	88.4	10.90	2.26	38	0.02

**Fig 2:** Comparison of the Means of the Experimental Group and Control Group (Experimental group 3 and control group 4)

8. Discussion

8.1 Yoga and Anxiety

Table 2 Indicates a significant effect of Yoga intervention on anxiety $F(1, 20) = 40.08, P < .001$. Further comparison of Experimental group 3 and Control group 4 in table 3 show significant difference in the anxiety experienced by the two groups, $t(1, 38) = 6.37, P < .001$. These results support the hypothesis stating that Yoga practice reduces anxiety. These findings are in line with previous research showing the effect of Yoga intervention on anxiety reduction. In psychoanalysis it is stated that anxiety is a reaction to frustration and it is a central problem in neurosis. A high negative correlation is reported between anxiety and educational performance (Dubey, 1979). These findings highlight on the importance of Yoga to reduce anxiety among adolescents.

8.2 Yoga and Emotional: Competence

The effect of within subject variable is found significant. $F(1, 20) = 4.16, P < 0.05$. Indicating that, there is overall increase in emotional competence of both the experimental group and the control group from pre-test to the post test. On the other hand the effect of Yoga on emotional competence is not found significant. T test results on difference in emotional competence of group 3 and group 4 also do not support the hypothesis that Yoga contributes to emotional competence. Although the difference is found significant, it is in the reverse direction (table 3) it appears that Yoga intervention for a long time.

9. Conclusion

On the basis of results and discussion the following conclusion can be drawn,

- Yoga training helped to reduce anxiety among adolescents.
- Yoga training did not enhance the emotional competence among the adolescents

10. References

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