



EFFECT OF YOGIC EXERCISES ON LEVEL OF ASPIRATION AND EMOTIONAL INTELLIGENCE AMONG THE ADOLESCENTS

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ABSTRACT

An attempt has been made to investigate the Effect of Yogic Exercises on Level of Aspiration and Emotional Intelligence 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. Level of Aspiration was measured by Mahesh Bhargava and M. A. Shah's level of aspiration scale and Emotional Intelligence was measured by Mental Health Battery by Singha and Gupta. In results, it was found that there was difference between pre-test and post-test. So, it was evident that yogic exercises impact significantly on level of aspiration among the adolescents but no significant difference in emotional intelligence.

**KEYWORDS :** Yoga, Adolescents, Surya Namaskar, Asanas, Pranayam, Meditation, Level of Aspiration, Emotional Intelligence 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.

Level of aspiration is longing for what is above one's achieved level with advancement on it as its end. In other words, aspiration means the goal an individual sets for himself in a task, which has intence personal significance for him. Level of aspiration is the future performance in a familiar task which an individual, knowing his level of past performance in the task, explicitly undertakes to reach (Frank 1995).

Emotional intelligence is the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions (Salovey and Mayer, 1990). Goleman (1996) described emotional intelligence as collection of positive characteristics which includes political awareness, self-confidence, conscientiousness, and achievement motives and also associated constructs are awareness of self, self-regulation, maintaining balance between relationships, motivation and understanding others emotions.

So the study, Effect of Yogic Exercises on Level of Aspiration and Emotional Intelligence 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 level of aspiration and emotional intelligence among the adolescents.

Hypothesis

It was hypothesized that yogic exercises have the positive effect on level of aspiration and emotional intelligence 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.

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

1. To determine Level of Aspiration students were measured by Mahesh Bhargava and M. A. Shah's level of aspiration scale.
2. Emotional Intelligence was measured Mental Health Battery by Singha and Gupta.

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.	

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 Level Of Aspiration And Emotional Intelligence Among Adolescents

Variables	Pre-test		Post-test	
	Mean	S.D.	Mean	S.D.
Level of Aspiration	6.98	1.846	10.06	3.235
Emotional Intelligence	24.44	2.401	25.14	2.695

From table -1 it was observed that pre-test result was greater than post-test result in case of level of aspiration and emotional intelligence. It indicated that level of aspiration and emotional intelligence became superior due to yogic practices.

MEAN AND STANDARD DEVIATION OF PRE-TEST AND POST-TEST RESULTS OF LEVEL OF ASPIRATION AMONG ADOLESCENTS



Figure-1

Fig.1- Mean and Standard Deviation of pre-test and post-test results level of aspiration among adolescents.

MEAN AND STANDARD DEVIATION OF PRE-TEST AND POST-TEST RESULTS OF EMOTIONAL INTELLIGENCE AMONG ADOLESCENTS

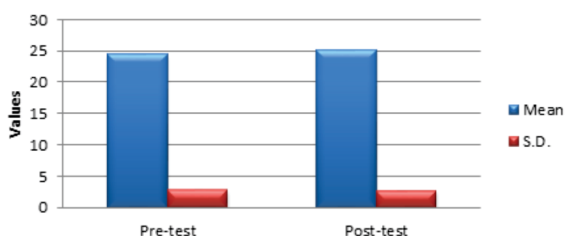


Figure-2

Fig.2- Mean and Standard deviation of pre-test and post-test results of emotional intelligence among adolescents.

Table – 2 Mean Difference Of Pre-test And Post-test Results Of Level Of Aspiration And Emotional Intelligence Among Adolescents

Variable	Tests	Mean	S. D.	't' value
Level of Aspiration	Pre-test	6.98	1.846	5.059 *
	Post-test	10.06	3.235	
Emotional intelligence	Pre-test	24.44	2.401	1.271
	Post-test	25.14	2.695	

\* 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 level of aspiration. In case of emotional intelligence, there was no 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 level of aspiration become well through practice of yogic exercises and emotional intelligence also improved but not significantly.

Level of aspiration is the level of performance in future which a person sets for himself knowing his previous performance, is considered to play a significant role in scholastic achievement. "A mild degree of continued medium dissatisfaction is essential for providing motivation to an individual for continuously improving upon his past performances. Level of aspiration is a truly quantitative concept, which has two requirements that the subjects make some public indication of his aim and that he makes this in quantitative terms (Gardner, 1940). If a state of complete satisfaction or satiation is arrived at, the process of further

progress of individual might come to a standstill. Therefore, for bettering the past achievement, a moderate degree of positive discrepancy between the levels achieved and the level aspired is essential.

Emotional intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

**CONCLUSION**

From the above findings, it can be concluded that yogic exercises helps to develop level of aspiration. 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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