



Effect of Yogic Exercises On Sociability And Kinesthetic Perception Among The Adolescents

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ABSTRACT

An attempt has been made to investigate the Effect of Yogic Exercises on sociability and kinesthetic perception among the adolescents. 100 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. Sociability of the subject was measured by Cowell Social Behavior Trend Index (Form-A, Form-B). Kinesthetic Perception was measured by Distance Perception Jump Test. 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 sociability and kinesthetic perception among the adolescents.

KEYWORDS

Yogic Exercises, Sociability, Kinesthetic Perception, 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, Dhyan 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.

Sociability is the quality of being sociable or sociableness. Sociability is the relative tendency or disposition to be sociable or associate with one's fellows. (Robert A. Baron, 2012).

Kinesthetic perception is the ability to perceive the position, effort and movement of the parts of the body or the entire body during muscular action (Johnson and Nelson, 1994). It is presumably located in the joints, muscles and tendons and hence referred as sixth sense organ. It is a process by which sensory stimulation is organized into usable experiences.

Statement of the problem

The problem of the study was to investigate the effect of yogic exercises on sociability and kinesthetic perception among the adolescents.

Hypothesis

It was hypothesized that yogic exercises have the positive effect on sociability and kinesthetic perception among the adolescents.

Delimitations

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

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

100 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

Sociability of the subject was measured by Cowell Social Behavior Trend Index (Form-A, Form-B). Kinesthetic Perception was measured by Distance Perception Jump Test.

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	Wednes-day	Friday
Surya Namaskar	8 min.	8 min.	8 min.
Asanas Padmasana, Dhanurasana, Halasana, Shirsana, Ardhamatsyendrasana, 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	4:10 pm – 4:50 pm

PRESENTATION AND ANALYSIS OF DATA

**Table – 1
MEAN AND STANDARD DEVIATION OF PRE-TEST AND POST-TEST RESULTS OF SOCIABILITY AND KINESTHETIC PERCEPTION AMONG ADOLESCENTS**

Variables	Pre-test		Post-test	
	Mean	S.D.	Mean	S.D.
Sociability	1.458	0.548	4.658	1.033
Kinesthetic Perception	5.608	1.610	7.583	1.637

From table -1 it was observed that post-test result was greater than pre-test result in case of sociability and kinesthetic perception. It indicated that sociability and kinesthetic perception became superior due to yogic practices.

Figure – 1

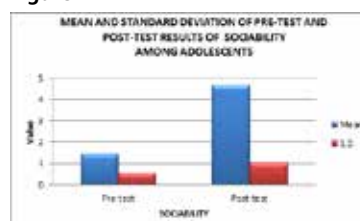


Fig.1 - Mean and Standard Deviation of pre-test and post-test results sociability among adolescents.

Figure – 2

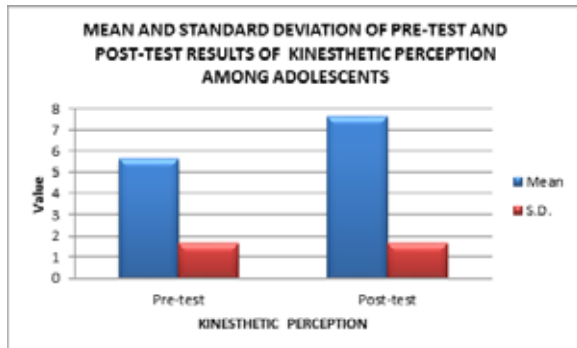


Fig.2 - Mean and Standard deviation of pre-test and post-test results of kinesthetic perception among adolescents.

Table – 2
MEAN DIFFERENCE OF PRE-TEST AND POST-TEST RESULTS OF SOCIABILITY AND KINESTHETIC PERCEPTION AMONG ADOLESCENTS

Variable	Tests	Mean	Standard Deviation	“t’ value
Sociability	Pre-test	1.458	0.548	19.350*
	Post-test	4.658	1.033	
Kinesthetic Perception	Pre-test	5.608	1.610	6.082*
	Post-test	7.583	1.637	

* 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 sociability. In case of kinesthetic perception, 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 sociability and kinesthetic perception become better through practice of yogic exercises.

Simmel (1996) stated that sociability is the play form of association, that is, the pleasurable, joyful and delightful experience that comes out of people’s interaction in society. Imagine the perfect social situation, when you are having fun with peers, chatting, laughing, joking and enjoying the sheer delight of being together.

Sutaria (1985) described that kinesthetic perceptions usually go hand in hand. It deals with the sense of body movements and muscle feelings and provides information about object qualities, bodily movements, and their interrelationships. Thus it constitutes the basic rubric of perceptual-motor learning.

Yogic exercises help the subjects to rely themselves about self like self-doing, self-control, self-confidence, self-realization, self-actualization etc. which help them for developing better sociability and kinesthetic perception in a successful manner.

CONCLUSION

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

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