



Yoga Practices on Emotional and Health Adjustment Traits of Personality on Saurashtra University

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KEYWORDS

Personality is best understood in terms of internal and external influences. At every moment our genes, our experiences, environment and our free will determine our personality. In the western perspective, the various personality theories fall into five major perspectives the Psychoanalytic perspective which defines personality in terms of the dynamics that underlie behavior, the Trait perspective which defines personality in terms of behaviors, the Humanistic perspective which pays attention to the growth potential of people, the social cognitive perspective which emphasizes the ways in which our personalities are influenced by our environment and the Evolutionary perspective which asserts that the patterns of behavior seen in a species is a product of evolution. In the Indian perspective, the essence of human personality is the self, which in conjunction with the gross physical and subtle bodies becomes subject to experience pleasure and pain. Self-realization is the goal of human life according to Indian psychology. Education has a big role to play in the personality development of a student. Education to be complete must have five principal aspects relating to the five principal activities of the human being: the physical, the mental, the emotional, the intellectual and the spiritual. All these aspects are looked into in our ancient system of yoga.

YOGIC TRAINING:

Yogic training is a system of psycho-physical training that has its goal the uncovering of mystical consciousness. Yoga is a timeless pragmatic science evolved over thousands of year dealing with the physical, moral being of man as a whole.

Problem: To assess the effect of Yoga Practices on emotional and health adjustment traits of personality of professional college's students on Saurashtra University Rajkot, Gujarat.

Hypothesis: There would be no significant difference in the personality traits of yogic practitioners and non practitioners.

OBJECTIVES OF THE STUDY:

To assess the effect of yogic practices and non practices on Psychological traits of Professional college students

Methodology: The purpose of the study is to investigate the

"YOGA PRACTICES ON EMOTIONAL AND HEALTH ADJUSTMENT TRAITS OF PERSONALITY ON SAURASHTRA UNIVERSITY STUDENT"

Psychological Variables:

1. Practices and non practices of Yoga are Independents Var-

iables.

2. Personality traits are Dependents variables.

Tools:

Personality scale constructed by Cattle 16 P. F Scale has used.

The Sample:

1. 100, Yogic Practitioners
2. 100, Non Practitioners

To select the 100 Girls of Yoga Practitioners and 100 non practitioners and total sample of 200 Girls from Professional colleges of Gujarat state Saurashtra University the method of Purposive random sampling technique has been used in the present study.

Collection of Data:

The standardized questionnaires are administered on yoga practitioners and non practitioners and data have been collected from Saurashtra University professional College, Baroda, Gujarat.

Statistical Techniques:

1. "t", test, has used to assess its effects on selected personality traits of professional collegeStudents.

3. Analysis of data and Results:

The hypothesis t is postulated on the rationale that the yoga practitioners with positive personality traits would be more emotionally stable,

Table -1

Table showing the Mean, SD and t values of personality and emotional adjustment of practitioners and non practitioners

Variable	Practices		Non Practices	
	Personality	Adjustment	Personality	Adjustment
Mean	54.35	10.46	27.40	15.49
S. D.	11.65	7.45	3.31	4.93
T- Value	35.80*		22.42*	

** Significant at 0.01 level

The above table presents the mean, SD and t values of per-

sonality and emotional adjustment of yoga practitioners and non practitioners. The yoga practitioners have the mean score of 54.35 on personality and 10.46 on emotional adjustment when compared to the non yoga practitioners who have the mean scores of 27.40 on personality and 15.49 on emotional adjustment respectively. The comparative analysis of the mean scores of both groups suggest that the yoga practitioners are having the positive personality traits and good emotional adjustment when compared to the non yoga practitioners who lacks the positive personality traits and less emotionally adjusted.

The obtained t value for the practitioners and non practitioners groups are 35.80 and 22.42 respectively, which are significant at 0.01 levels. The analysis of the above table is quite clear that the good personality yoga practitioners are emotionally good adjusted than their counter parts; hence the above-mentioned hypothesis is accepted.

Conclusions

The present reveals that regular practice of the various techniques had a beneficial effect on the personality traits at the physical, mental, emotional levels.

The regular practice of yoga techniques produces a progressive relaxation of the psychological process within oneself and cultivates skills of mastery over the emotion and interpersonal efficiency, and also develops heartedness and sympathetic attitudes toward human being. Thus the personality development takes the direction of increased openness towards the environment and increased spontaneity.

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