



ORIGINAL RESEARCH PAPER

Physical Education

EFFECT OF THERAPEUTICAL YOGIC PRACTICES ON EMOTIONAL INTELLIGENCE AMONG HIV AFFECTED ADOLESCENTS

KEY WORDS: Yoga Therapy, HIV/AIDS, emotional intelligence, Adolescents

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ABSTRACT

The present pretest and post test repeated measures experimental design was designed to find out the effect of yoga therapy on emotional intelligence among HIV affected adolescents. It was hypothesized that there would be significant difference due to the effect of yoga therapy on emotional intelligence among HIV affected adolescents. To reach the goal of the study 23 boys were having HIV staying at child care center in Puducherry city aged between 13 to 19 selected underwent for yoga practices for 24 weeks, five days for a week for a maximum of one hour in the evening, the pretest and post test were conducted before and after the training of each three months. The emotional intelligence was measured by Shutte's self report Emotional Intelligence test (SSREIT). The data collected from the groups were statistically analyzed by using computer/SPSS. Repeated Measures ANOVA was done to determine the significance difference and tested at 0.05 level of significance. The result of the study was showed that the level of emotional intelligence was significantly increased after the yogic practices; hence the hypothesis was accepted at 0.05 level of confidence. The conclusion was that the yogic practices helped to increase the level of emotional intelligence HIV affected adolescents.

Introduction

Yoga

The origins of yoga believed to date back to pre-Vedic Indian traditions, the literal meaning of yoga comes from Sanskrit word yoke which means union. it is a state of self awareness or enlightenment According to the bharathiya tradition the spiritual wisdom is for everyone in the world, so the masters has given different ways to reach this goal according the individual difference, their quality , attitude etc. According to our ancient sages, there are eight stages of yoga. They are namely "Yama" means social discipline, "Niyama" means individual discipline, "Asana" means the posture, "Pranayama" means breath control, "Prathyahar" means mental discipline, "Dharna" means the concentration, "Dhyana" which means meditation and "Samadhi" means self-realization.

Yoga Therapy

Yoga Therapy is only just now emerging as a discipline in itself. More health care practitioners are starting to include yogic techniques in their approach to healing because modern studies says yoga can develop flexibility, strength, self-observation, body-awareness, self-study, self-discipline, attention, concentration, good health and prevent bad health, and more yoga teachers give a therapeutic intention to their teaching.

HIV/AIDS

Human immunodeficiency virus (HIV) and Acquired immune deficiency syndrome (AIDS) is a significant threat to health and well-being in india According to UNAIDS Joint United Nations Programme on HIV/AIDS there was a 70% decline in the number of new HIV infections among children between 2000 and 2015. Despite this significant progress, the number of children becoming newly infected with HIV remains unacceptably high. About 150 000 children became infected with HIV in 2015, there have been studies on the presence of Human Immunodeficiency Virus (HIV) among the adult and even pediatric population, but the adolescent population living with HIV has been neglected. An estimated 2.5 million children around the world are living with HIV/AIDS (joined United Nations program on HIV/AIDS (JNAIDS). However, as HIV-related illnesses become more advanced, and HIV people live longer because of effective treatment, the rate of mental disorders seems to increase Too little has been done to measure the impact of mental health challenges for adolescents living with HIV, it is well known that the efficiency of yoga to deal with the mental problems

Review of related literature

Ms. Nirmala Singh Rathore Mr. Mahesh Kumar Choudhary The Pre and Post Analysis study makes an attempt to find out the impact of yoga on the emotional intelligence and subjective well-being. 30

males and 30 females, samples were selected purposefully for the study. The tools which has used for the research were two psychological tests , well-being and Health are important factors as it affects every single aspect of life and determines what activities or tasks one emerges in or not, and the likelihood of which tasks or activities one is able to complete successfully. Health seems to be one of the most significant factors affecting well-being and emotional intelligence, in order to develop a healthy personality and emotional intelligence one of the ways is the practice of yoga exercises which provides peace of mind, energize and balance of the body ultimately leads to a sense of control, happiness and well-being. The result shows after the practices of yoga that there is a positive impact has been found on the both variables emotional intelligence and subjective well-being.

Aims & Objectives

- Find out the effect of asanas and pranayamas on emotional intelligence among HIV affected adolescents
- Find out the effect of meditation and relaxation techniques on emotional intelligence among HIV affected adolescents

Hypothesis

It was hypothesized that there would be significant difference due to the effect of asanas and pranayamas on emotional intelligence among HIV affected adolescents

It was hypothesized that there would be significant difference due to the effect of meditation and relaxation techniques on emotional intelligence among HIV affected adolescents

Tools and technique

Emotional Intelligence

Purpose: To find out the Emotional intelligence level of the subjects
Equipment used: Emotional Intelligence Questionnaire (ENGLISH)
"Shutte's self report Emotional Intelligence test (SSREIT) by Dr. Nicola Schutte", 1998

Procedure : Each of the following items asks you about your emotions or reactions associated with emotions. There is no right or wrong answer. Please tick the box that best describes you. After deciding whether a statement is generally true for you, use the 5-point scale to respond to the statement. Scoring : 1=Strongly Disagree, 2= Somewhat Disagree, 3=Neither Agree Nor Disagree, 4=Somewhat Agree, 5=Strongly Agree

Methodology

To fulfill the goal of experimental study 23 boys were having HIV were selected between the age group of 13 to 19 years The yogic practices were introduced to the group for a specified period of the time (24 weeks).the efficiency of the yogic practices measured

before and after three months again after six months through Shutte's self report Emotional Intelligence test (SSREIT). The level of significance was fixed at 0.05 level of confidence which was considered adequate for the purpose of study

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The yogic intervention has given to the first three months

Loosening exercise	Asanas	Pranayamas
Surya namaskar	Thadasana Ekapadasana Padahasthasana	Savitri pranayama nadisuddhi pranayama chanranulomapranayama Om kara pranayama
	Trikonasana, garudasana Vajrasana, Padamasana Ardhamatsyendrasana Paschimothanasana Matyasana Bhujangasana Dhanurasana Sarvangaana Halasana Savasana	

The yogic intervention has given to the second three months of period

	Relaxation techniques
Meditation	QRT (Quick relaxation Technique) IRT (Instant relaxation Technique) DRT (Deep relaxation Technique) Yoga nidra

Repeated Measures ANOVA

	Mean	Std. Deviation	N
T0	82.74	9.928	23
T1	105.30	5.147	23
T2	113.26	5.770	23

Tests of Within-Subjects Effects

Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
EI Sphericity Assumed	11531.217	2	5765.609	191.013	.000	.897
Greenhouse-Geisser	11531.217	1.436	8030.522	191.013	.000	.897
Huynh-Feldt	11531.217	1.509	7642.846	191.013	.000	.897
Lower-bound	11531.217	1.000	11531.217	191.013	.000	.897

The mean score for emotional intelligence level of T0 was 82.74 before intervention. The mean score for the first intervention was 105.30. Further the mean score for second was found to be 113.26 which again indicate increase in emotional intelligence. The above result shows that there is an increase in the emotional intelligence among the respondents. Thus the intervention was effective in increasing emotional intelligence among the respondents.

Note:

T0- Pre-test (before Intervention)

T1 -Post-test (after 3 months)

T2 -Post-test (after 6 months)

Conclusion

In the results both T1 and T2 has shown clearly that there is a difference due to the practices of yoga Hence, it is clear Yogic practices increase the HIV affected children's emotional intelligence level. Hence, we can assume that Yogic Practices have a positive impact to increase the level of emotional intelligence on HIV affected adolescents.

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