



ORIGINAL RESEARCH PAPER

Physical Education

EFFECT OF YOGIC EXERCISES ON EMOTIONAL STABILITY AND OVERALL ADJUSTMENT AMONG THE ADOLESCENTS

KEY WORDS: Yoga, Adolescents, Surya Namaskar, Asanas, Pranayam, Meditation, Emotional Stability, Overall Adjustment etc.

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ABSTRACT An attempt has been made to investigate the Effect of Yogic Exercises on Emotional Stability and Overall Adjustment 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. To determine emotional stability and overall adjustment were 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 Emotional Stability among the adolescents but no significant difference in Overall Adjustment.

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.

Emotional stability is a process in which personality is continuously striving for greater sense of emotional health both intra-psychically and intra-personality. Emotional stability enables the person to develop an integrated and balanced way of perceiving the problems of life.

According to Renee Cefalu, "What goes on in our head solely determines the level at which we function in society, our physical health, and the degree of our mental and emotional stability and maturity."

Adjustment, in overall is the behavioral process by which humans beings maintain equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustment begins when a need is felt and ends when it is satisfied.

So the study, Effect of Yogic Exercises on Emotional Stability and Overall Adjustment 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 Emotional Stability and Overall Adjustment among the adolescents.

Hypothesis

It was hypothesized that yogic exercises have the positive effect on Emotional Stability and Overall Adjustment 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

To determine emotional stability and overall adjustment were measured by 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, Ardhamatseyendra sana, 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	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 Emotional Stability And Overall Adjustment Among Adolescents

Variables	Pre-test		Post-test	
	Mean	S.D.	Mean	S.D.
Emotional Stability	16.26	1.903	20.48	2.476
Overall Adjustment	17.28	1.750	18.02	2.598

From table -1 it was observed that pre-test result was greater than post-test result in case of Emotional Stability and Overall Adjustment. It indicated that Emotional Stability and Overall Adjustment became superior due to yogic practices.

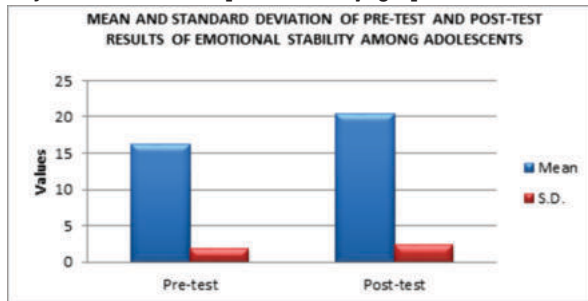


Fig.1- Mean And Standard Deviation Of Pre-test And Post-test Results Emotional Stability Among Adolescents.

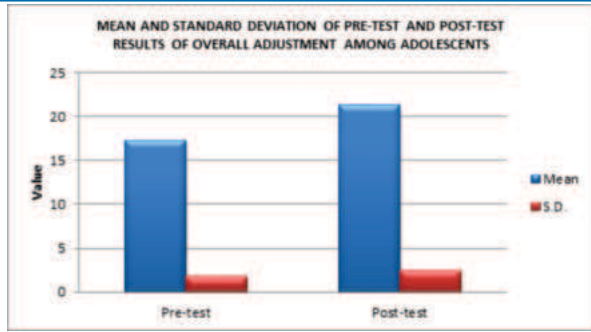


Fig.2- Mean And Standard Deviation Of Pre-test And Post-test Results Of Overall Adjustment Among Adolescents.

Table – 2 Mean Difference Of Pre-test And Post-test Results Of Emotional Stability And Overall Adjustment Among Adolescents

Variable	Tests	Mean	S. D.	't' value
Emotional Stability	Pre-test	16.26	1.903	4.552*
	Post-test	20.48	2.476	
Overall Adjustment	Pre-test	17.28	1.750	1.669
	Post-test	18.02	2.598	

* 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 Emotional Stability. In case of Overall Adjustment, 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 Emotional Stability becomes well through practice of yogic exercises and Overall Adjustment also improved but not significantly.

Emotional Stability is the ability of an individual to withstand stress, strains, failures and difficulties of day to day life without becoming anxious, nervous, tense and emotionally upset (Singh et al, 2014).The characteristics associated with emotional stability are stable emotions and self-image, even tempered, dealing successfully in diverse conditions, following strict schedule to feel in control, feeling contented with life and accepting one's circumstances, ability to cope up with adversity and safe living environment.

Over-all Adjustment refers to adapting, regulating and adjusting in various aspects of life like education, health, social, emotional and cultural at home, school, society and workplace. It helps in maintaining equilibrium between the needs and obstacles (Shaffer, 1948). The identifying characteristics associated over all adjustment are adapting in various aspects of like education and social health at home, school and society, maintaining balance in different life situations, positive attitude towards life, balance between work and family, tackling with fear, anxiety and stress, forming positive relationship and dealing effectively with challenges of life.

CONCLUSION

From the above findings, it can be concluded that yogic exercises helps to develop Emotional Stability. 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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