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IMPACT YOGIC AND PHYSICAL EXERCISES ON EMOTIONAL INTELLIGENCE AMONG SECONDARY SCHOOL STUDENTS

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ABSTRACT

The purpose of the study was intended to assess the effect of yogic and physical exercises on Emotional Intelligence behaviour among the school students, for this purpose hundred fifty students studying in various classes of Government high school of Vijayapaur in Karnataka state in age group of 14-16 years were selected. They were divided into three equal groups, each group consist of fifty subjects, in which group-I underwent yoga practices, group-II underwent physical exercises and group –III acted as control group who were not allowed to participated and receive any special treatment apart from their regular curriculum classes', The training period for this study was six days a week for twelve weeks, the before and after the training period, the subjects were tested for speed ability. The analysis of covariance (ANCOVA) was applied to find out which group has better in performance, whenever "F" ratio for adjusted test was found to be significant for adjusted post-test means Scheffe's test was followed, as a post hoc to determine which of the paired means differ significantly . it was drawn conclusions that after the training of yoga and physical exercise both training has improved Emotional Intelligence behaviour significant increases found in Emotional Intelligence behaviour performance among the yoga group comparing their counterpart and Emotional Intelligence has been developed in the yoga group comparing to Physical Exercises group'.
Keywords: Yogic, Emotional, Intelligence and Physical Exercise

INTRODUCTION

Yoga is the art and science of maintaining physical and mental wellbeing that has its origin in India, is among the most ancient yet vibrant living traditions that is getting increasingly popular today. A potent stress buster, yoga is an instrument of self-evolvement and enlighten, through physical and mental well-being. Math-dimension it enhances the quality of our lives at so many levels. One aspect of yoga's benefits is to explore the bond between health and beauty.

The word Yoga derived from Sanskrit word ''YUJ'' meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with mind with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme, Physical exercise in any organised activity that involves continuous participation and effects on whole body. Exercise occupies a leading role in keeping a person fit. It will be quite difficult to adjunct one's life in terms on stress, diet, and sleep and so on without proper exercise. Regular practices of asana maintain the physical body in an optimum condition and promote health even in an unhealthy body. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life, yogasna have a deeper significance value in the development of the physical, mental, and spiritual personality, whereas pure exercise only have physical effect on muscles and bones. Physical exercises are performed quickly and with a lot of heavy breathing, yogasan are performed slowly with relaxation and concentration. The benefits of various yoga techniques have been professed to improve body muscular strength, performance, stress reduction, attainment of inner peace and self-realizations. Schools are dynamic setting for promoting health and wellness through various correlated areas such as physical education and sports. There is a growing awareness that the health and psycho-social wellbeing of young children is of paramount importance and schools can provide a strategic means of children's health, self-esteem, life skills and behaviour. Social

Over the last two decades, sport psychology has contributed to the performance of elite athletes through the implementation and practice of psychological methods and techniques such as relaxation, goal-setting, mental rehearsal, visualization and self-talk. For the most part, this focus on psychological methods has been more widely considered by examining psychological skills derived from various personality traits and psychological dispositions of elite athletes. There has been a great deal of interest in understanding the relationship of personality variables to sports performance, most argued psychological and complex phenomena. James-Lange theory is one of the early descriptions which explain the model. "The bodily changes follow directly the perception of the existing fact, and that one's feeling of the same changes as their occuring is the emotion". According to this explanation; (1) people mentally perceive something; (2) this creates a mental affect (the emotion); and (3) this generates some physical expression. (Strongman, 2003, p.14). This early stage theory shows that there is a link between emotion and body responses. Emotional intelligence involves the ability to perceive accurately, appraise, and express emotion; the ability to access and/or generate feelings when they facilitate thought; the ability to understand emotion and emotional knowledge; and the ability to regulate emotions to promote emotional and intellectual growth (Mayer and Salovey, 1997). There is a growing interest in emotional The yoga and physical exercise are the means to notice all round and harmonious development among

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school students in the modern society, hence scholar made an attempt explore the "The Impact of Yoga and Physical Exercise on Emotional Intelligence Variables of Secondary School Students "The present study was carried out in the background of the experimental method.

METHODOLOGY

The main purpose of the study was to find out Effect of yogasana on Emotional Intelligence behaviour variable between yoga and Physical exercises group, to achieve the purpose of the study 100 students studying in the Government High School Vijayapur district has selected randomly as subject for the experiment, they were divided into two equal groups, each group consists of the 50 students. Group I and Group II underwent yogasan and Physical; exercises training for six days per week for twelve weeks. Group III Acted as control that did not undergo any special training programme apart from their regular physical education classes programme. The Emotional Intelligence behaviour variable selected as criterion variables. All the subjects of two groups were tested by administering Emotional Intelligence scale constructed by Prof Thimaguzam at prior to and immediately after the training programme. The analyses of covariance were used to analyze the significant difference, if any among the groups. The 0.05 level of significance was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate

Analysis of the data: The data collected prior and the after the experimental period on Social maturity behaviour variables of yoga and Physical exercise group were analyzes and presented in the following table.

TABLE NO. 1
SHOWING COMPUTATION OF COVARIANCE OF EMOTIONAL INTELLIGENCE OF CONTROL GROUP, EXPERIMENTAL GROUP 1(YOGIC EXERCISES) AND EXPERIMENTAL GROUP 2 (PHYSICAL EXERCISES) OF SECONDARY SCHOOL STUDENTS.

Source Variance	Df	Sum of the square	Mean square	Remarks
Between the group	2	4730.520	2365.260	
Within the group	147	87111.220	59.260	Sig

Significant at 0.05 level

TABLE- 2
EMOTIONAL INTELLIGENCE MEAN DIFFERENCES OF CONTROL GROUP (A), EXPERIMENTAL GROUP 1(B)(YOGIC EXERCISE) AND EXPERIMENTAL GROUP 2(C)(PHYSICAL EXERCISE)

GROUP	M1	M2	Mean Difference
Group C & E1	70.540	84.280	13.740
Group C & E2	70.540	76.840	6.300
Group E1 & E2	84.280	76.840	7.440

The graph showing the mean difference between the different group of research

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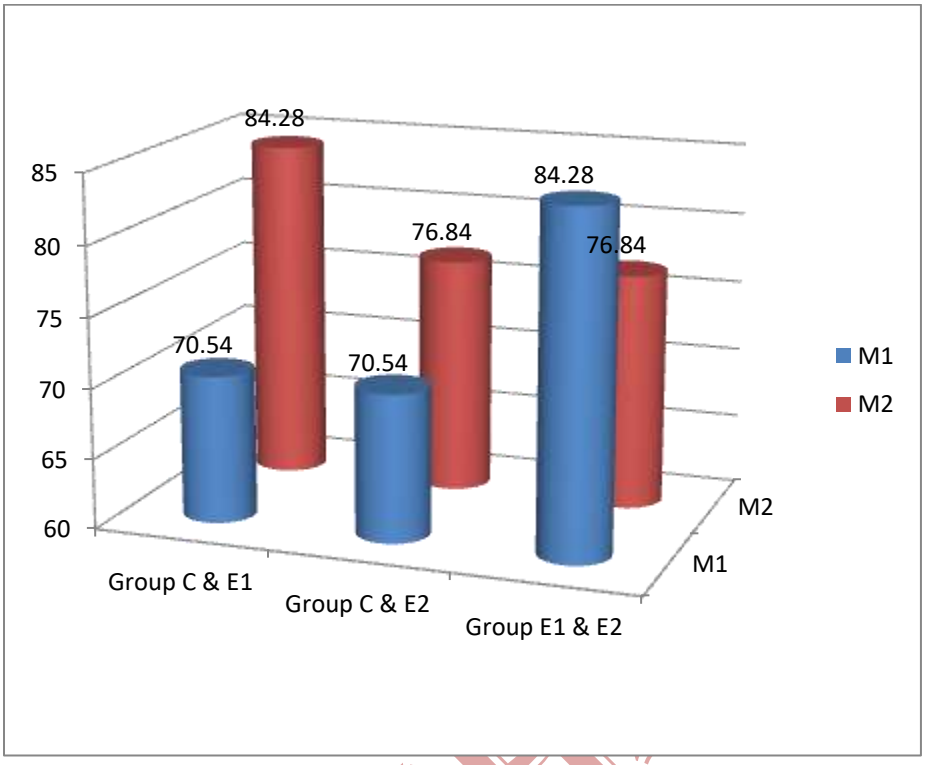

RESULTS AND FINDINGS

Table I-A- shows the 'F' ratio of 39.913 which was greater than table value of 0.05 level. Hence Scheff's Post Hoc test was employed to the data the score is 23.35 which was also found significant. Table-XI A (shows Scheff's Post Hoc test) shows the mean difference between the three groups. The difference between Group A (control group) and Group B (Yogic exercise)was -13.740 The difference between the Group A (control group) and Group C Experimental group(Physical Exercise) was -6.300. The difference between Group B Experimental groups I(Yogic Exercise) and Experimental group II (Physical exercise) was 7.440.

DISCUSSION AND FINDINGS

It was reveals from table no. 01 that computed F ratio was greater than the table value and data was employed to find-out the adjusted paired means that was also significant. From the statistical analysis of the data, it was found that Yogic exercise has improved Emotional intelligence than their counter part (Physical exercise and control group). It may be due to the reason that Yogic exercise are going to develop harmonious between mind and body. So this idea was also supported by the great quotation "Sound Mind in a Sound body" Expressed by the great Philosopher Plato. In addition to that different techniques of yoga are going develops confidence, positive attitudes, characters and behaviour of the practitioner. Hence study reveals that various personality factors could be improved by the regular practice of Yogic exercise.

The formulated hypothesis there is significant difference in the Emotional intelligence between Experimental groups I(Yogic Exercise) and Experimental group II (Physical exercise was statistically proved and formulated that is practice of yoga leads to higher level of emotional intelligence is accepted

CONCLUSION

The study reveals that various personality factors could be improved by the regular practice of Yogic exercise. Because yoga exercises have large potentiality to produce positive abilities, emotional competence and traits among the practitioners, school curriculum should taught regularly yoga to children to develop harmonious personality.

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