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## Impact of yogic and physical exercises on personality variables: A study of college level students

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### Abstract

Exercise plays an important role in day today life, because increased demands and fast life approach needs a fit and sound mental and physical fitness. Keeping in view this important aspect of life researcher is very keen to find out the; ' impact of yogic and physical exercises on personality variables , A study on college level students. The research work has been done on merits and norms were followed strictly to avoid any mistake or fault that will effect the experimental design, validity and authenticity of the research work.

**Keywords:** strictly, authenticity, norms.

### Introduction

Man from the beginning of the life was independent and was well aware of its needs from time to time. But for every purpose and every step it needs proper fitness and bold decisions on the basis of which it is dominant on other living species. So fitness remains the main concern for him from the date of evolution of human life on this earth. In modern world to achieve complete or criteria needed fitness for the particular task different attempts were made to achieve it through different procedures and techniques and is very much successful in that. The most popular and most acceptable process is research. By this process everyone tries to contribute to field of life. Keeping in human fitness in view an experiment has been by the author or this researcher to add something new to the field of knowledge by working on the theme; (Impact of yogic and physical exercises on personality variables; A study on college level students). As we know personality consists of different variables as Physical variables, psychological variables physiological variables, and motor variables. For this experiment different books, journals, Magzenes, Famous personalities were consulted to frame the design in order to do the experiment without any major difficulty. Selected yogic and physical exercises were applied.

### Yoga

Yoga has become the fashion of the day. Millions all over the world have taken to yoga practices. Gradually the understanding of yoga is getting depended. Through yoga we are able to conserve and create more energy, which can be utilized to develop max performance. Yoga teaches us how to control over miss leading thoughts, anxiety, tension, tress and angerness. Yoga with its usefulness to the modern man to relieve his stresses and tensions to the patients in prevention, treatment, rehabilitation and promotion to positive health, to the professional in increasing their skills and improve the quality of life etc. is attracting people from all sections of the society <sup>[1]</sup>. Yogic exercises are also becoming popular in the area of games and sports and also in the curriculum of Indian schools, colleges and universities. Yoga the ancient science of India , is a conscious process for gaining mastery over the mind and thereby grow faster from the animal level to become normal human beings and reach height of greatness. Super human levels and ultimately attain divinity or perfection itself. This conscious process of gaining mastery helps us to manifest the innate potentialities dormant in all of us and blossom into men with the five fold personality development.

Yoga exercises gently tone and shape the body, improve posture, flexibility and contribute to feeling of well-being. It helps to keep the blood vessel elastic, reduce high blood pressure in some cases. Yoga exercises gently press on the body glands and organs, resulting in positive

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effects for the digestive, endocrine and reproductive systems [2]. The path of concentrating the body and mind becoming in true with God is known as yoga. Yoga is helpful in strengthening the bones, muscles and other organic system of the body. The main aim of yoga to achieve all the comforts of life and to make the living soul one with god so that my get rid of the cycle of births death and rebirths and attain salvation [3].

**Problem**

To study the; Impact of yogic and physical exercises on psychological variables of college students.

**Hypothesis**

It is hypothesized that there would be positive correlation of yogic and physical exercises, Emotional intelligence and aggressive behavior and anxiety behavior of college level students.

**Objectives of study**

To assess the effect of yogic and physical exercises on psychological, variable of college level students.

To find the nature of relation exist between yoga and other research variables

**Methodology**

The present research paper is the step to calculate the impact of exercise habit on psychological variables of college students.

**Sample**

The sample size consists of 160 college students and the subjects were selected on the basis of random sampling procedure were applied and the age limit of the subjects is between 18 to 25 years.

**Sample design**

About 120 students are selected and were divided in to three groups and each group contains 60 students. One group as control and other two experimental groups

**Criteria measures**

- 1- Emotional Intelligence
- 2- Aggressive Behavior
- 3- Anxiety Level

**Tools for study**

- **Anxiety:** Anxiety levels of the subjects was determined by using Anxiety Test by A.K.P. Sinha and L.N.K. Sinha.
- **Aggressive Behaviour:** Aggressive behavior scale constructed by A. Kumar was used to determine the aggressive behavior of the subjects
- **Emotional Intelligence:** Emotional intelligence of the subjects was determined with the help of Emotional Intelligence Scale - constructed by Thimgunjuma. (N. P )

Analysis and interpretation of data

In analysis and interpretation of data pre and post score of mean standard deviation p value we measured

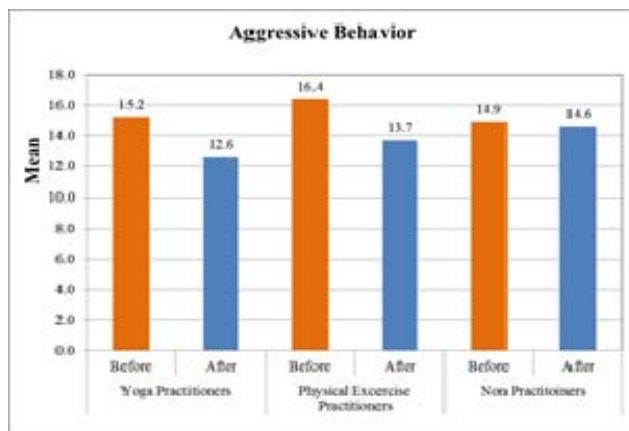
**Aggressive Behaviour**

**Table 1**

		Mean	SD	MD	t' Value	P Value
Yoga Practitioners	Before	15.2	1.8	2.6	1.998	<0.05
	After	12.6	1.3			
Physical Exercise Practitioners	Before	16.4	1.2	2.7	2.013	<0.05
	After	13.7	1.1			
Non Practitioners	Before	14.9	1.6	0.3	0.637	NS
	After	14.6	1.3			

SD: Standard Deviation; MD: Mean Difference

Above Table 1. presents the results regarding the study of effect of yogic exercises and physical exercises on the various psychological parameters like aggressive behavior. The data for pre training (Yoga as well as Physical Exercises) showed that for the Yoga Practitioners the mean aggressive behavior was 15.2±1.8, while that for the Physical Exercise Practitioners was 16.4±1.2 and for the control group i.e. Non-Practitioners it was 14.9±1.6 Subsequent to the training duration, the aggressive behaviour measurements were again recorded from the study participants. The data indicated that for Yoga Practitioners, Physical Exercise Practitioners and Non-Practitioners, the mean aggressive behavior was 12.6±1.3, 13.7±1.1 and 14.6±1.3 respectively. The comparative assessment of the aggressive behavior before and after the training duration showed that there was significant reduction in the aggressive behavior of the subjects belonging to Yoga and Physical Exercise Practitioners group. However, no significant change was observed in the aggressive behavior of the Non-Practitioner group. Thus, on the basis of the results, it is concluded that the Yoga and Physical Exercise training can significantly lower the aggressive behavior.



**Emotional Intelligence**

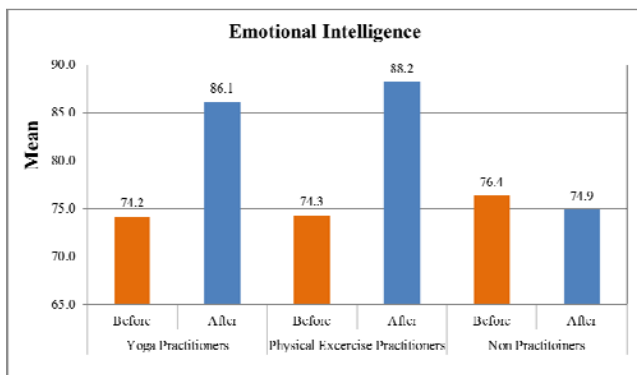
**Table 2**

		Mean	SD	MD	t' Value	P Value
Yoga Practitioners	Before	74.2	4.2	-11.9	-2.997	<0.05
	After	86.1	5.1			
Physical Exercise Practitioners	Before	74.3	3.8	-13.9	-3.127	<0.05
	After	88.2	4.6			
Non Practitioners	Before	76.4	5.1	1.5	1.008	NS
	After	74.9	6.2			

SD: Standard Deviation; MD: Mean Difference

Above Table 4.14 presents the results regarding the study of effect of yogic exercises and physical exercises on the various physiological parameters like emotional intelligence. The data for pre training (Yoga as well as Physical Exercises) showed that for the Yoga Practitioners the mean emotional intelligence was 74.2±4.2, while that for the Physical Exercise Practitioners was 74.3±3.8 and for the control group i.e. Non-Practitioners it was 76.4±5.1 Subsequent to the training duration, the emotional intelligence measurements were again recorded from the study participants. The data indicated that for Yoga Practitioners, Physical Exercise Practitioners and Non-Practitioners, the mean emotional intelligence was 86.1±5.1, 88.2±4.6 and 74.9±6.2 respectively. The comparative assessment of the emotional intelligence before and after the training duration showed that there was significant rise in the emotional intelligence of the subjects

belonging to Yoga and Physical Exercise Practitioners group. However, no significant change was observed in the emotional intelligence of the Non-Practitioner group. Thus, on the basis of the study results, it is concluded that the Yoga and Physical Exercise training can significantly increase the emotional



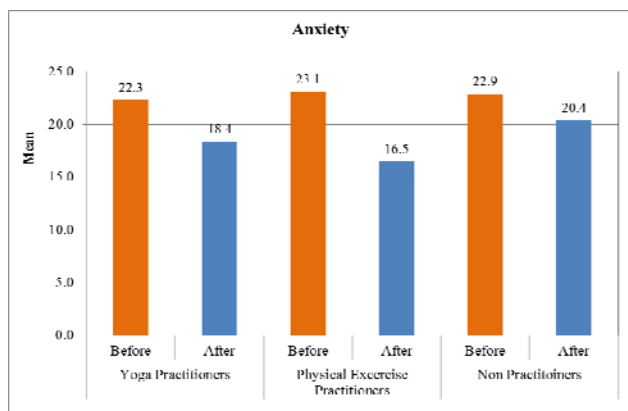
**Anxiety**

**Table 3**

		Mean	SD	MD	t' Value	P Value
Yoga Practitioners	Before	22.3	2.1	3.9	3.018	<0.05
	After	18.4	2.9			
Physical Exercise Practitioners	Before	23.1	3.1	6.6	4.673	<0.05
	After	16.5	2.8			
Non Practitioners	Before	22.9	2.4	2.5	1.529	NS
	After	20.4	2.6			

SD: Standard Deviation; MD: Mean Difference

Above Table 4.12 presents the results regarding the study of effect of yogic exercises and physical exercises on the various physiological parameters like anxiety. The data for pre training (Yoga as well as Physical Exercises) showed that for the Yoga Practitioners the mean anxiety was 22.3±2.1, while that for the Physical Exercise Practitioners was 23.1±3.1 and for the control group i.e. Non-Practitioners it was 22.9±2.4. Subsequent to the training duration, the anxiety measurements were again recorded from the study participants. The data indicated that for Yoga Practitioners, Physical Exercise Practitioners and Non-Practitioners, the mean anxiety was 18.4±2.9, 16.5±2.8 and 20.4±2.6 respectively. The comparative assessment of the anxiety before and after the training duration showed that there was significant reduction in the anxiety of the subjects belonging to Yoga and Physical Exercise Practitioners group. However, no significant change was observed in the anxiety of the Non-Practitioner group. Thus, on the basis of the study results, it is concluded that the Yoga and Physical Exercise training can significantly lower the anxiety.



**Findings**

**Anxiety;** from the study results, it is concluded that the Yoga and Physical Exercise training can significantly lower the anxiety

**Aggressive Behavior.** On the basis of the study results, it is concluded that the Yoga and Physical Exercise training can significantly lower the aggressive behavior.

**Emotional Intelligence.** From the study results, it is concluded that the Yoga and Physical Exercise training can significantly lower the emotional intelligence.

**Hypothesis testing**

- It is hypothesized that there would be positive correlation of yogic and physical exercises, Emotional intelligence, and aggressive behavior and anxiety behavior of college students.
- The study results indicated that yogic and physical exercises have positive correlation with emotional intelligence, and aggressive behavior as well as anxiety of college students, hence, the hypothesis, which states that “It is hypothesized that there would be positive correlation of yogic and physical exercises, Emotional intelligence, aggressive behavior and anxiety behavior of college students” is accepted.

**Recommendations**

1. The impact of socio-economic status of students on their physical fitness and personality traits as well as sports performance should be thoroughly investigated in future studies.
2. Studies focusing on physical fitness and performance of boys and girls participating in Indian and Foreign games should be carried out.
3. The relation between nutrient intake and the sports performance of the players from rural and urban areas should be investigated.
4. The suitability of the body frame of the student and his/her selection of sport should be evaluated along with consideration of knowledge of personality and general intelligence of the subjects for participation and excellence in different level tournaments.
5. Similar studies should be accomplished at different places, such as on state and national level to get improve the data as well as knowledge repository.
6. More studies on similar lines should be carried out to improve the accuracy as well as reliability of the findings.
7. Role of academic pressures as well as pressure to perform in competition should be investigated in view of the current sport performance.
8. Role of yoga in betterment of the different sports should be studied in future investigations.
9. Co-relational studies consisting Yogic practices and Coordinative abilities of the sportspersons should be carried out.
10. Effect of Pranayama should be evaluated in view of the sports performance of college going students.
11. Studies pertaining to the effect of psychological traits on the physical performance should also be carried out.

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