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Pradeep Kumar U
Physical Education Director
Government First Grade College
Irkalgada-583237, Koppal
District, State-Karnataka

Influence of selected yogic exercises on intelligence quotient and emotional intelligence of children's

Pradeep Kumar U

Abstract

The Purpose of the study was to examine the effect of selected Yogic exercises on Intelligence Quotient and Emotional Intelligence of school going children. The sample was 40 students of the Government High school Irkalgada. Before the practice of the selected yogic exercises the students were examined their EM with Emotional Intelligence test and IQ with IQ test for school children constructed by Desai. Then they were divided into two groups by random sampling method. The experimental group practiced the yogic exercises asanas and pranayama.

The Practice lasted for 3 weeks the mean score, standard deviation of the two groups were analyzed by t-test at both level of significance (0.05 and 0.01). For the EI t-test result was 6.24 which were significant and for the IQ it was 1.09 which was insignificant. The study revealed that 3 week yogic exercises on experimental group did result in significant. The study revealed that 3 week yogic exercises on experimental group did result in significant difference in the EI. But they show the in significant difference in the IQ level of the student.

Keywords: Influence, yogic exercise, intelligence quotient and emotion, school going children.

Introduction

IQ (Intelligence Quotient) is an assessment of your ability to think and reason. However, if you want a fuller definition you have to try and understand the concept of IQ First with utmost patience as it is not a straightforward one. Although IQ is science, it's a fuzzy one.

All of you probably must have been labelled as bump, bright, smart, stupid, clever ect. At different times of your life. Isn't it? Thighs are where IQ comes into play as human beings getting influenced by such comments are invariably drawn towards knowing how intelligent they are? Like a kind of school grade, they want to know where their intelligence level stands. For a more intrinsic depiction of their intelligence, they usually turn to their IQ (Intelligence Quotient).

IQ or Intelligence Quotient is simply an attempt to measure intelligence. We use the word "attempt" because intelligence can never be measured accurately. Hence, we have to remain satisfied with relative Intelligence.

IQ is a "measure of relative intelligence which is determined by a single or a set of standardized test. "IQ is a score derived from one of the several different standardized tests that attempts to measure intelligence. In other words,

IQ can be defined as an attempt to measure a person's mental agility. It is a number that measures the people's cognitive abilities (Intelligence) in relation to their age group. An intelligence Quotient indicates a person's mental abilities relative to other persons of approximately the same age.

EI (Emotional Intelligence) is confluence of developed skills and abilities that facilitate

- 1) The accurate knowledge and value of self, as well as responsible action based on personal worth and dignity.
- 2) A variety of strong, healthy relationships.
- 3) The ability to work well with others.
- 4) Productive reactions to demands and pressures of everyday life and work. (Nelson and Low-2003)

Correspondence
Pradeep Kumar U
Physical Education Director
Government First Grade College
Irkalgada-583237, Koppal
District, State-Karnataka

Yoga has been an integral part of physical education up to the secondary school stage since 1988. In fact, most CBSE and ICSE schools in Bangalore and other metropolitan cities are already teaching Yoga. Kendriya Vidyalayas have a competent teacher to demonstrate different asanas.

These are practiced during assembly. With the importance of the yoga in school curriculum the study was conducted to examine the effect of selected yogic exercises on Intelligence Quotient and emotional intelligence of school going children's. The objectives of the study were as follows.

- 1) To study the Intelligence Quotient and emotional intelligence of the school going students.
- 2) To observe the effect of selected yogic exercises on the Intelligence Quotient and emotional intelligence of school going children's.

The Hypotheses were

- 1) There will be significant difference in the intelligence quotients of school going children's
- 2) There will be significant difference in the emotional intelligence of school going children's

Method

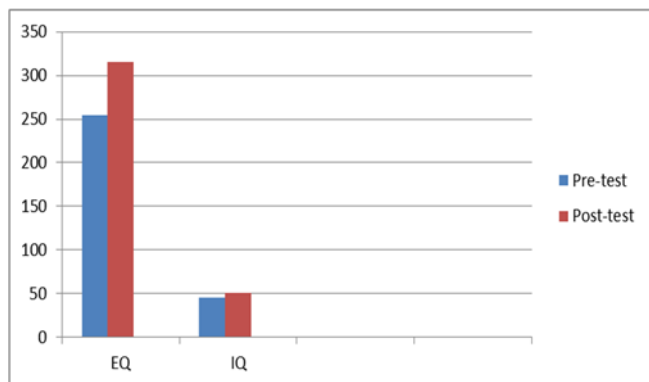
The samples were 30 students of the Government High school Irkalgada. Before the practice of the selected yogic exercises the students were examined their EI with emotional Intelligence test and the IQ with IQ test for the school children's contacted by Desai. Then they were divided into two groups by post-test random sampling method. The experimental group practiced the yogic exercises- asanas and pranayama. The practice lasted for 3weeks. The yoga classes were taken by the co-audience with Sri. Nagraj Physical education teacher.

Result

The mean of score, Standard deviation of two groups were analyzed by t-test at both level of significance (0.05 and 0.01) For the EI- test result was 6.24 which were significance and for the IQ it was 1.09 which was significant.

	Pre-Test	Post-Test
EQ	254	315
IQ	45.3	50.4

Mean of Emotional Intelligence and Intelligence Quotient



Conclusion

The result of the study shows significant difference in the emotional intelligence may be due to removal of mental stress and tension, mind and heart balance. While the three weeks yogic exercises training is not much effective in improving the IQ level of the school children.

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