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The impact of yoga and physical exercise on aggressive behaviour variables of college women

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Abstract

The purpose of the study was intended to assess the effect of yogic and physical exercises on Aggressive behaviour among the college women, for this purpose hundred fifty students studying in various classes of Government First grade degree college Karnataka state in age group of 19-21 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 Aggressive behaviour. 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 Aggressive behaviour significant increases found in Social maturity behaviour performance among the physical exercise group comparing their counterpart and Aggressive behaviour has been developed in the physical group comparing to yoga group.

Keywords: Physical exercise, aggressive behaviour, college women

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-realization.

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Exercises

Exercises are the key to sound health. Sound health aids physical fitness, therefore, we must take regular exercises in order to keep fit and healthy. Exercises provide adequate quantity of oxygen and enables different organs of human body to function properly. It promotes the circulation of blood to all parts of the body.

Aggressive Behaviour

An aggressive act is an overt act that is either physical or verbal in nature and has the potential to psychologically injure the target. 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.

The yoga and physical exercise are the means to notice all round and harmonious development among school students in the modern society, hence scholar made an attempt explore the "The Impact of Yoga and Physical Exercise on Aggressive Behaviour Variables of College Women" "The present study was carried out in the background of the experimental method.

Hypothesis: There would be significant effect of yoga and physical exercises training on improvement of Aggressive behaviour variables of college women.

1. The training and Involvement in Physical exercises leads to better in Aggressive behaviour comparing to yoga training
2. There is no significant difference of yoga and physical exercise training in improving Aggressive behaviour among students.

Objectives

To assess the effect of yoga and Physical exercises on Aggressive behaviour variables of college women.

Methodology

The purpose of the study was to find out effect of yogasana on Aggressive behaviour variable between yoga and Physical exercises group, to achieve the purpose of the study 100 students studying in the Government first grade degree college Davanagere district of Karnataka 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 Aggressive behaviour variable selected as criterion variables. All the subjects of two groups were tested on selected depended variables at prior to and immediately after the training programme. Questionnaires were administered to collect the data the analyses of covariance were used to analyze the significant difference, if any among the groups. The 0.05 level of confidence 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 Aggressive behaviour variables of yoga and Physical

exercise group were analyzed and presented in the following table.

Aggressive Behaviour

It was hypothesised that there would be significant difference in their Aggressive behaviour between the Yoga and physical exercises group. The hypothesis was formulated on the rationale that regular practices of asana and meditative techniques of yoga is going to develop peace and calm in the personality of practitioners and it also develops the adjustment nature and discipline and smooth behaviour, hence yoga group may produce less aggressive behaviour than counter group. The collected data was discussed and shown in the following table.

Table I: Computation of Covariance of Aggressive Behaviour of Control Group, Experimental Group 1 (Yogic Exercises) and Experimental Group 2 (Physical Exercises) of College Women.

Source Variance	df	Sum of the square	Mean square	Remarks
Between the group	2	3833.885	1916.943	Sig
Within the group	147	13392.465	91.729	

Significant at 0.05 level

Table I-A: Aggressive Behaviour Mean Differences of Control Group (A), Experimental group 1(B) (Yogic Exercise) and Experimental Group 2(C) (Physical Exercise)

GROUP	M1	M2	Diff
Group C & E1	179.215	170.454	8.761
Group C & E2	179.215	167.211	12.003
Group E1 & E2	170.454	167.211	3.242

Results and findings (Aggressive Behaviour)

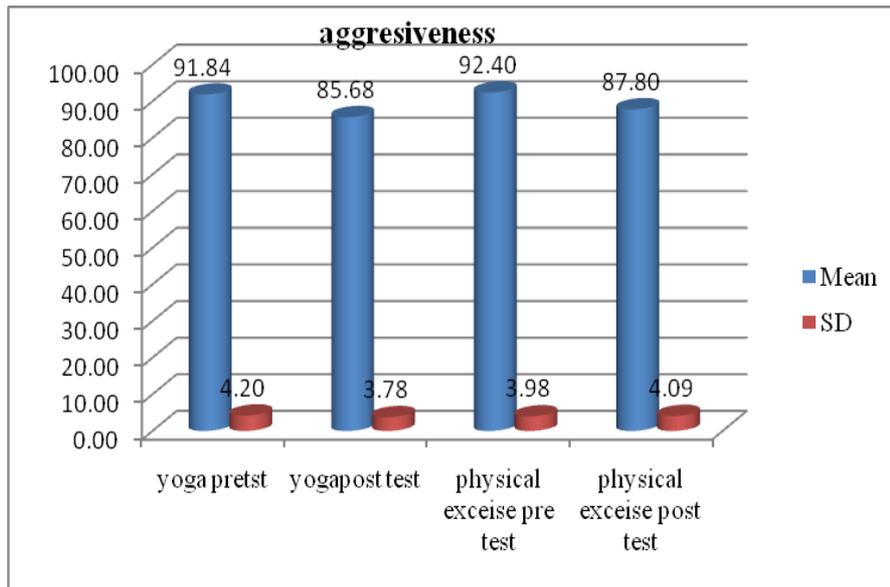
Table I-A- shows the 'F' ratio of 20.898 which was greater than table value of 0.05 level. Hence Scheff's Post Hoc test was employed to the data the score is 2.86 which was also found significant. Table-I- A (shows Scheff's Post Hoc test) shows the mean difference between the three groups. The difference between Group A (control group) and Group B (Yogic exercise) was 8.761 The difference between the Group A (control group) and Group C Experimental group (Physical Exercise) was 12.003. The difference between Group B Experimental groups I (Yogic Exercise) and Experimental group II (Physical exercise) was 3.242.

Discussion and findings of Aggressive Behaviour

When we refer TABLE-I-A it reveals 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 Aggressive behaviour 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 to develop 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 graph showing the difference in Aggressive behaviour between and yoga practitioners and physical exercises.



Conclusion

The regular physical activities programme should be the part of the college and university programme to see and develop harmonious development of the body and mind and cultivates the social and psychological values among the sportsperson

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