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## The Impact of Yoga and Physical Exercise on Social Maturity Variables of Secondary School Girls

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### Abstract

The purpose of the study was intended to assess the effect of yogic and physical exercises on Social maturity behaviour among the secondary school girls, for this purpose hundred fifty students studying in various classes of UBG High School Chalagere Haveri District 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 Social maturity behaviour significant increases found in Social maturity behaviour performance among the physical exercise group comparing their counterpart and Social maturity behaviour has been developed in the physical group comparing to yoga group.

**Keywords:** Physical Exercise, Social Maturity, Secondary School Girls, ANCOVA

### 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 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,

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self-esteem, life skills and behaviour. Social Maturity is a term commonly used in two ways like, with respect to the behaviour that is appropriate to the age of the individual under observation and secondly the behaviour that conforms to the standard and expectations of the adults. Thus Social Maturity permits more detailed perception of the social environment which helps adolescents to influence the social circumstances and develop stable patterns of social behaviour

**Raj defines social maturity**

As the level of social skills and awareness that an individual has achieved relative to particular norms related to an age group. It is a measure of the development competence of an individual with regard to interpersonal relations, behaviour appropriateness, social problem solving and judgment. Social responsibility, also a sub-trait of social maturity, defined as adherence to social performance, sociable and presidia behaviour, social inhibition and withdrawal are some of the traits associated with the psychosocial maturity of an individual. They are either the components or the resultants of social maturity. How an individual performs in an environment also depends largely on how he or she has adapted or adjusted to it. Adjustment is a built-in mechanism for coping with the problematic or other realities of life. Adjustment has been considered as an index to integration; a harmonious behaviour of the individual by which other individuals of society recognize that the person is well adjusted (Pathak, 1990). Optimal adjustment to the learning environment seems to be a precursor to maximizing achievement of students. School psychologists often come across numerous cases in which a child performing brilliantly at one school is unable to actualize his potential at a different school or class.

Maturity is that, the society/culture of behaviour to particular situation which is taught from the childhood. If the adolescent is unable to behave as his age appropriate in the society he may become socially immature. A small child can be accepted if he is socially immature but not the adolescent. An immature adolescent creates problems with his social relations and family relations. Thus a socially matured person is well accepted by the peers as well as society. So an adolescent has to be socially matured. Thus, the social maturity has various aspects of social abilities as self-sufficiency, occupational activities, communication self-direction and social participation.

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 Social maturity Variables of College Students” “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 social maturity variables of secondary school girls.

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

**Objectives**

To assess the effect of yoga and Physical exercises on Social

maturity behaviour variables of secondary school girls.

**Methodology**

The purpose of the study was to find out effect of yogasana on Social maturity behaviour variable between yoga and Physical exercises group, to achieve the purpose of the study 100 students studying in the UBG High school Haveri 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 Social maturity 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. The analyses of covariance were used to analyse 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 Social maturity behaviour variables of yoga and Physical exercise group were analyses and presented in the following table –I

**Social maturity behaviour**

The Hypothesis was formulated that after training of yoga and physical exercise, physical exercise group would show the better performance in Social maturity behaviour than their counterpart group, it was assumed on the rational that Participation in yogic exercises leads develop various social skills to interact and manage social situation, and long term expose to yogic activities results in developing higher level of spiritual ability and socialization, but whereas physical exercises participation develops assertiveness, tough mental status, and aggressive nature comparing to control and Yogic exercise group of secondary school students. The collected data was presented in the below table

**Table 1:** Computation of Covariance of Social Maturity of control Group, Experimental group 1(Yogic Exercises) and Experimental group 2 (Physical Exercises) of College students.

Source Variance	df	Sum of the square	Mean square	Remarks
Between the group	2	39337.240	19668.620	Sig
Within the group	147	34481.800	234.570	

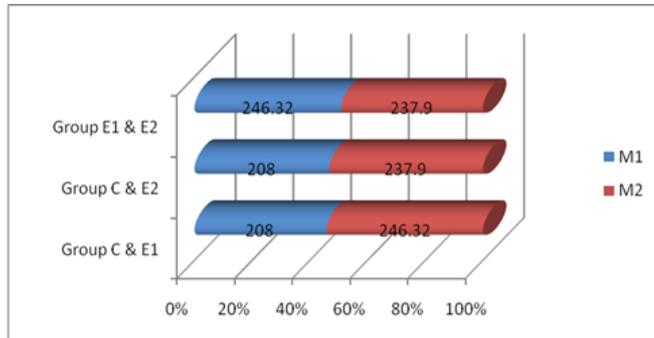
Significant at 0.05 level

**Table 2:** A-Social Maturity 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	208	246.320	-37.780
Group C & E2	208	237.900	-29.360
Group E1 & E2	246.320	237.900	8.420

**Results and Findings Social Maturity:** Table 2 shows the ‘F’ ratio of 83.850 which was greater than table value of 0.05 level. Hence Scheff’s Post Hoc test was employed to the data the score is 7.55 which was also found significant. Table 2

(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 -37.780 the difference between the Group A (control group) and Group C Experimental group (Physical Exercise) was -29.360. The difference between Group B Experimental groups I (Yogic Exercise) and Experimental group II (Physical exercise) was 8.420



**Graph:** The graph showing training effect of Yoga and Physical Exercisers on social maturity

When we refer Table 2 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 Social Maturity 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.

### Conclusion

Hence 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 and traits among the practitioners, school curriculum should be taught regularly to children to develop harmonious personality.

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