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THE EFFECT OF YOGIC PRACTICE ENHANCES EMOTIONAL INTELLIGENCE AMONG COLLEGE WOMEN

Dr. S. Velvizhi

Director of Physical Education
Sri Sarada College of Education
Salem, Tamil Nadu, India

Abstract

The purpose of this research was to investigate the effect of sixteen weeks Yoga practice on Emotional Intelligence among College Women. In this experimental study, demographic questionnaire, Emotional Intelligence Scale, for this study were used. Sixty Sarada college for college women were chosen with randomized way allocated into an experimental and a control group. Experimental group undertook Yoga Practice and they were practiced Padmasana, Paschimottanasana, Vrksasana for twenty minutes and twice a day for Sixteen weeks, Control group undertook not any practice and they had their routine life. The data were analysed using descriptive Mean, SD and independent t-test in statistically methods. Result exposed significant stabilized in Emotional Intelligence.

Keywords: Yoga Practice, College Women, Emotional Intelligence.

INTRODUCTION

“Education should contribute to every person’s complete development - mind and body, intelligence, sensitivity, aesthetics, appreciation and spirituality.” **The UNESCO Resolution in 1972.**

Yoga means the integration of mind, body the whole psyche. The regular practice of yoga can bring many changes in mind and body, personality, and behaviour of the practitioner. Special emphasis has been laid to be development of mind and soul along with the body. As Patanjali shows, the mind holds the key to Ultimate Reality. But the mind can serve either as doorway, a vehicle for spiritual liberation or an instrument of enslavement, for common person yoga is simply the practice of Asana. Emotion has become an inevitable subject both for psychologists, philosophers, developmental researchers etc. which play an important role in social communication, personality functions, and even in cognitive processes. It is a behavioral regulator that can change from a deep feeling to a tense feeling in response to a certain situation.

Emotional Intelligence is essential for any student, as they are the leaders in their own life and drive either their success or failure of obtaining a degree. As any student would know, the motivation to success must lie within themselves as the demands and stress levels are all part of the pursuit of educational success. The university and its staff complement act as a medium to obtain this degree, therefore, they are the management of the organization. Together with the leaders (students); who should be emotionally equipped to identify their own emotions and the emotions of other subjects. A yoga practitioner can exert voluntary control all over the body system and reduce his metabolic rate. It is an effective tool to improve and increase concentration, attention, emotional balance and entire personality. Emotion is an essential and most influential psychological condition of human personality. It is an instrument to show one’s internal feeling in effective manner.

Ganpat and Nagendra, (2011) investigated yoga therapy for developing emotional intelligence. The results suggest that participation in a yoga-based Self-Management of Excessive Tension program was associated with improvement in emotional intelligent quotient. Anand and Das (2016) examined the effect of prayer along with meditation v/s meditation on emotional intelligence and psychological well-being. The study was conducted on 130 female university Yogasanas and emotional intelligence. **Goleman’s theory (1995)** suggests that emotional intelligence includes knowing and managing of personal emotions, sympathizing with others, and manipulation of communications in order to be satisfied with them. It covers abilities like recognizing, understanding, and regulating emotions which are important for children to establish positive relationships with people. **Mayer and Salovey, (1997)** says that Emotional intelligence is the perceiving emotions in order to support for emotional and mental development which keeps successful in life and healthy in general of an individual.

METHODOLOGY

The purpose of the study was to investigate the effect of yogic practices enhances Emotional Intelligence among College Women. To achieve the purpose of these study Sixty College Women were randomly selected in Sri Sarada College for Women, Tamandu, India and their age ranged between 20 to 24 years. Emotional Intelligence Scale developed and standardized by Golden, C. J., and Dornheim, L. (1998). 33 Questions were developed. For the tests randomized group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of thirty each and named as Group 'A' and Group 'B'. Group 'A'



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undertook not any practice, and they had their routine life. Group 'B' undertook yoga practice Padmasana, Paschimottanasana, Vrksasana for twenty minutes twice a day for Sixteen weeks), measure widely used in social-science research. The data was collected. Before and after four weeks of training Paired 't' ratio was computed. The level of significance was set at 0.01.

RESULT & DISCUSSION

The primary objective of the paired 't' ratio was to describe the differences between the Control group and Experimental Group mean among College Women

TABLE – I
SHOWING MEAN DIFFERENCE OF CONTROL AND EXPERIMENT GROUP AMONG COLLEGE WOMEN IN THEIR YOGIC PRACTICES OF EMOTIONAL INTELLIGENCE

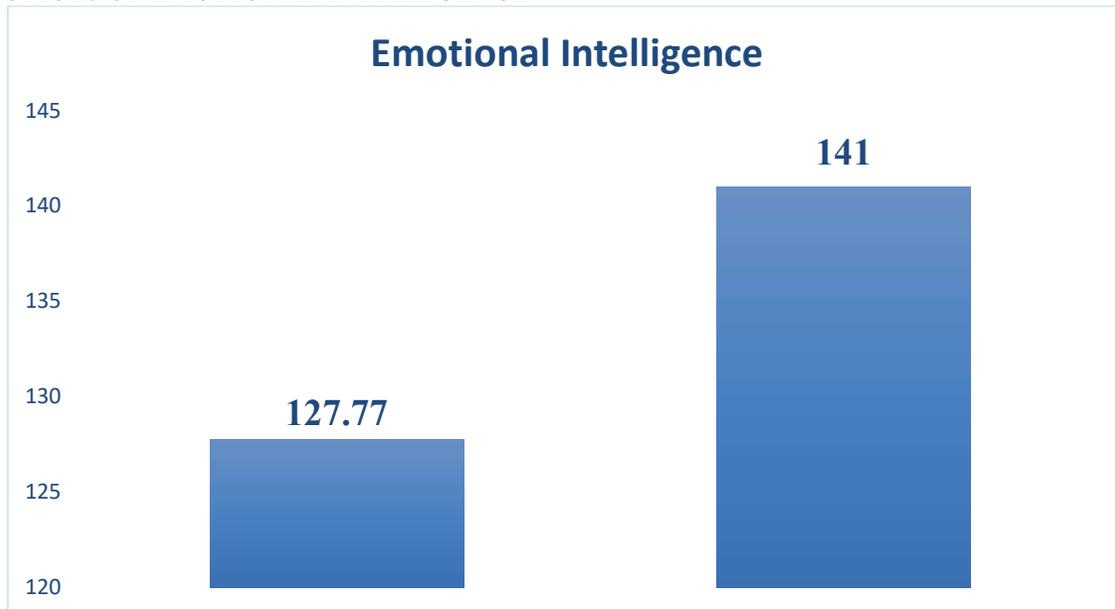
Table with 6 columns: Emotional Intelligence, N, Mean, SD, t- Value, Significant/NS Level. It compares Control Group (Mean 127.77) and Experimental Group (Mean 141.00).

Required table value: 2.58 (0.01)

It is obvious fact from table that yogic practice has significant effect enhances Emotional Intelligence level between Control Group and Experimental group. As the mean value Control group is 127.77 and Experimental group is 141.00. An examination of table indicates that the obtained 't' ratio was 3.34 for Emotional Intelligence respectively. The obtained 't' ratio was found to be greater than the required table value of 2.58 at 0.01 level of significance for 1, 59 degrees of freedom. Hence it was found to be significant.

The results have better stable emotions, concentration and focus better our overall cognition. yogic techniques that stimulate the brain and nervous system to Emotional Intelligence. Asanas are all powerful tools that stimulate the brain and improve the power of the mind. It is the ability to perceive and express emotion, assimilate emotion in thought, understand and reason with emotion, and regulate emotion in the self. The Brain plays a phenomenal role in carrying out daily tasks. College women achievement performance is a result of relationships and interactions, and these are significantly influenced by emotions. Emotional Self Control in Academic Achievement is the ability to control emotional impulses which lead to good performance. Yoga stables the emotions to college women ability to respond, comprehend, perceive and function well is related to the health of the brain.

SHOWING MEAN DIFFERENCE OF CONTROL AND EXPERIMENT GROUP AMONG COLLEGE WOMEN IN THEIR YOGIC PRACTICES OF EMOTIONAL INTELLIGENCE





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CONCLUSION

Yoga asanas that are designed to stable our Emotional Intelligence. It can act as an instant cognitive boost. As a college women become aware of their emotional state during the training, they begin to become more self-aware of how these emotions affect most everything they do.

As they become aware they start to understand that they can influence their accomplishments by getting into the emotional state or frame required for the task. They also begin to see that emotions carried over from other events may influence their performance. Being upset from the drive to achievement because of achievement can carry over onto the ice and a situation that required them to be calm now is ruined because they had carried over anger. So, yoga tolerance for a classmate's error causes an issue, that would have not occurred with a better grasp on their own state. Yoga stabilizes the cognitive abilities, decision-making powers, and even interpersonal skills. Understanding and managing their emotions helps them to be more successful in both their personal and professional lives.

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