

INFLUENCE OF YOGIC PRACTICES ON AGGRESSION LEVEL AMONG SCHOOL STUDENTS

G.Raghavan

Director of Physical Education, M.T.N.College, Madurai, Tamilnadu, India

ABSTRACT

The purpose of the present study was to find out the effect of yogic practices on aggression among high school girls. Only forty high school girls studying in the Government Girls Higher Secondary school, Kovilpatti, Tutucorin District, Tamilnadu were selected as subjects and their age ranged from 11 to 15 years. The subjects are divided into two equal groups in which each group consisted of twenty subjects. Group-I underwent yoga training for eight weeks, 60 minutes daily for six days per week. Group-II (Control group) was not exposed to any training or conditioning other than their daily routines activities. Tiwari and Chauhan questionnaire was used to measure the general aggression level of school girls before and after the yoga training. Analysis of covariance (ANACOVA) was applied to find out significant difference, if any between the experimental and control group as a result of eight weeks of yoga practice. In all the cases statistical significance was fixed at 0.05 levels. The result of the study revealed that due to the effect of yoga training the aggression of the school girls was significantly decreased.

Key words : *Yoga practices, Anxiety*

INTRODUCTION

Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. It is a practical aid not a religion. Aggression is overt, often harmful, social interaction with the intention of inflicting damage or other unpleasantness upon another individual. The practice of yoga for fitness and wellness in gyms, community centers, and yoga studios is broadening into yoga therapy being provided in schools, hospitals, and community treatment centers. In fact, the leading yoga magazine, *Yoga Journal*, recently claimed that “yoga as medicine represents the next great wave.” Among the deviant human behaviors, aggression and violence appear to be the most prevalent and highly disturbing, affecting one and all in the society, hence considered a serious global health problem (WHO, 2014). Some of the studies say that this aberrant behavior normally surfacing in childhood becomes habitual and continues at all age points of an individual and that in childhood it might lead to rejection from family as well from fellow children, relational tribulations leading to isolation

during adolescence and criminal, illegal or unlawful behavior in adulthood (Huesmann & Guerra, 1997) and the whole society looks down at such an individual. Further, it could affect both the involved and the noninvolved; and unchecked aggression and violence exact a significant toll on human societies. The way yoga leads to reduction of aggression is understandable: anger, aggression and violence are said to be unrestrained speed in one's mind (Nagarathna & Nagendra, 2003) whereas, yoga is the art of slowing down the mind, so that one has time to think and act. Yogic practices, physical exercises and combination of both the trainings improve the physiological variables like resting pulse rate, cardio respiratory endurance and breath holding time and give positive improvement in psychological variables as anxiety, aggression, achievement motivation and self confidence. (Padmadevi, 2007) .

METHODOLOGY

Subjects and variables

The purpose of the present study was to explore the effect of yogic practices on aggression among high school girls. Only forty high school girls studying in the Government Girls Higher Secondary school, Kovilpatti, Tutucorin District, Tamilnadu were selected as subjects and their age ranged from 11 to 15 years. The subjects are divided into two equal groups randomly in which each group consisted of twenty subjects. Group-I underwent yoga training for eight weeks, 60 minutes daily for six days per week. Group-II (Control group) was not exposed to any training/conditioning other than their daily routines activities. Only pre and post tests were taken. Aggression was selected as dependent variable and yoga practice was selected as independent variable for this research. Tiwari and Chauhan questionnaire was used to measure the subjects' general aggression level.

Training Programme

The training programmes were scheduled for one session a day, each session lasted between one hour approximately including preparation and relaxation. During the training period, the experimental groups underwent for yoga training six days a week for eight weeks. The subjects are divided into two equal groups in which each group consisted of twenty

subjects. Group-I underwent yoga training for eight weeks, 60 minutes daily for six days per week.

Group-II (Control group) was not exposed to any training/conditioning other than their daily routines activities. The yogasana exercise included in this training programme were Sugasana, Vajrasana, Viparitararani, Sarvangasana, Bhujangasana, Matsyasana, Ardhamatsyendrasana, Trikonasana, Vrksasana, and Savasana respectively. The training programme was conducted in the morning sessions

from 6 'O'clock onwards. To assess the aggression standardized questionnaire was used.

Statistical Technique

Analysis of covariance (ANACOVA) was applied to find out significant difference, if any between the experimental and control group as a result of eight weeks of yoga practice. In all the cases statistical significance was fixed at 0.05 levels. The influence of yoga training on aggression was statistically analyzed and the results are presented below.

Table – 1 Descriptive Analysis of the Pre and Post Test Data and 't' Ratio on Aggression of Experimental and Control Group

Group	Test	Mean	Standard Deviation	Range	Mean Differences	't' ratio
Experimental group	Pre test	20.65	3.33	12	2.45	14.43*
	Posttest	18.20	3.29	12		
Control Group	Pre test	19.70	2.96	11	0.40	1.80
	Posttest	20.10	3.34	13		

Table t-ratio at 0.05 level of confidence for 19 (df) =2.09 *Significant

Table- 1 shows that the mean, standard deviation, range and mean difference values of the pre and post test data collected from the experimental and control groups on aggression. Further, the collected data was statistically analyzed by paired 't' test to find out the significant differences if any between the pre and post data. The obtained 't' values on aggression of experimental group is 14.43 which is greater than the required table value of 2.09 for significance at 0.05 level for 19 degrees of freedom. It revealed that significant differences exist between the pre and post

test means of experimental group on aggression. However, no significant differences exist between the pre and post test means of control group on aggression, since the obtained 't' value 1.80 is lesser than the required table value of 2.09 for significance at 0.05 level for 19 degrees of freedom.

The pre and post test data collected from the experimental and control groups on aggression is statistically analyzed by using analysis of covariance and the results are presented in table– 2.

Table – 2 Analysis of Covariance on Aggression of Experimental and Control Group

	Yoga Training Group	Control Group	S o V	Sum of Squares	df	Mean squares	'F' ratio
Pre test Mean SD	20.65	19.70	B	9.03	1	9.03	0.91
	3.33	2.96	W	376.75	38	9.91	
Post test Mean SD	18.20	20.10	B	36.10	1	36.10	3.29*
	3.29	3.34	W	417.00	38	10.97	
Adjusted Post test Mean	17.72	20.58	B	80.06	1	80.06	99.82*
			W	29.68	37	0.80	

Table F-ratio at 0.05 level of confidence for df 1 and 38 = 4.10, 1 and 37 =4.11 *Significant

Table- 2 shows that the pre-test means and standard deviation on aggression of yoga training and control

groups are 20.65±3.33 and 19.70±2.96 respectively. The obtained 'F' value 0.91 of aggression was lesser

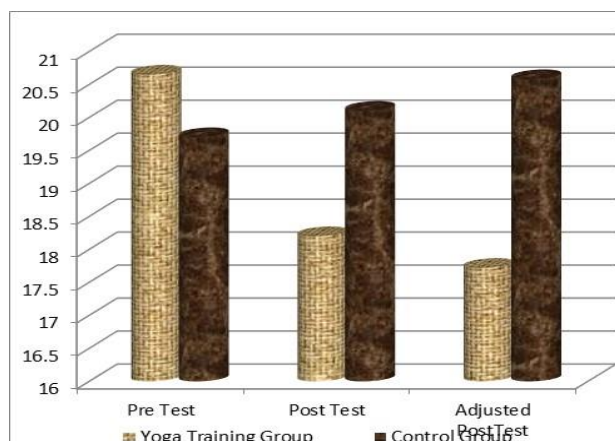
than the required table value of 4.10 with 1, 38 df at 0.05 level of confidence.

The post-test means and standard deviation on aggression of yoga training and control groups are 18.20 ± 3.29 and 20.10 ± 3.34 respectively. The obtained 'F' value of 3.29 on of yoga training was greater than the required table value of 4.10 with 1, 38 df at 0.05 level of confidence. It implied that no significant differences exist between the two groups during the post test on aggression.

The adjusted post-test means on aggression of yoga training and control groups were 17.72 and 20.58 respectively. The obtained 'F' value of 99.82 on aggression was greater than the required table value of 4.11 of 1, 37 df at 0.05 level of confidence. Hence, it was concluded that significant differences exist between the adjusted post test means of yoga training and control groups on aggression.

The pre, post and adjusted post test mean values of experimental and control groups on aggression is graphically represented in figure-1.

Figure - 1 Diagram showing the Mean values on Aggression of experimental and control groups



DISCUSSION ON FINDING

The result of the study revealed that due to the effect of yoga training the aggression of the school girls was significantly decreased. The result of the study is in line with the study of Rani and Mathana (2010) who examined the level of competitive aggression between school and college level volleyball players. Analysis of aggression showed a significance difference between them at 0.05 levels. It is concluded that college volleyball players are less aggressive than school volleyball players. Mudimela (2010) studied the impact of level of participation on psychological factors such as aggression, anxiety, achievement motivation and performance. Six hundred and twenty-five soccer players representing three different levels,

inter-university, inter-district, inter-collegiate, constituted the sample of the study. Significant differences were found among three levels of participation with regard to aggression, achievement motivation and performance only. Aggression and achievement motivation contributed significantly to performance

When aggressive energies are expressed within the rules of the sport and channeled into skill by a mature athlete, they one may witness a powerful and inspiring performance. The aggression athlete will be more active, eager, strong, highly motivated and likely to seek to vanquish any opponent. Various psychologists argue that aggression is innate and only occurs in a frustrating situation but Miller (1941) claimed to differ. He stated that it was frustration that made aggression more likely, he also stated that for one or more reasons athletes won't show this aggression in their profession.

CONCLUSION

Based on the result obtained from the statistical analysis of the data the yoga training reduces the aggression of the school girls.

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