

## **Effect of Yogic Practice on Personality and Physical Fitness Factor Age between 12 to 16 Years**

**Dr.Uttam Kendre:** Director of Physical Education &Sports, University of Mumbai

### **Abstract**

Yoga is science of right living; it works on all aspect of Human being i.e. Physical, Psychological, Social and Spiritual and gives knowledge of his true self. The science of yoga has a sprat division devoted to a thorough care of the human body and all of its functions. Purpose of the present study is to see the effect of yogic exercise on personality and fitness factors of school children. A total group of 16 students were selected randomly for the present study underwent eight weeks of specific type yogic training. To determine effect of yogic practice personality 14 and physical fitness 4 factor total 18 factors were selected.

The data were collected before and after the yogic treatment and analyzed by Sir William Gosset's (1905) Student t-test. The result reveals that yogic practice have significance effect on personality and fitness factors.

Key word: Yoga

### **Back Ground:**

Yoga is a science of right living and it works within integrated in our daily life and gives knowledge of human being, true self. The science of yoga has a different division devoted to thorough care of the human body and all of its function from breathing to elimination. Its methods are entirely different from other method of health education. Yoga's aims are First removing the vary causes of ill health which brings about insufficient oxygenation, poor nutrition, inadequate exercises and poor elimination of toxic and waste products that poison the system and secondly through rhythmic breathing and concentration, it influences our glandular activity. Yoga can help to increase our mental capacities sharpen our senses and widen man to come closer to the realization of his own spiritual nature.

Personality and behavior are a major concern of sports psychology and modern theories concerning personality and behavior are concerned with the description of individual differences. Though there is a basic form of personality structure in each individual it can be developed according to the environment, society and the individual habits. Personality traits of various sports person have been studied in different forms because of the reason that, there may be a discrete set of personality factor existing among sports person that is related in making them to select and participate in that sports.

The purpose of this study was to determine the effect of yogic practice on Personality and Physical Fitness of 12 to 16 years old students. Every individual different from each other is

*Variorum - Multi- Disciplinary e-Research Journal*  
*Vol.-01, Issue-III, February 2011*

obvious. How and why they are different is less clear and is an important part of study, how yogic exercises help to every individual was the purpose of the study. After discussion with experts in the fields it was decided to administer form “c” of cattail’s sixteen personality factors Questionnaire.

To determine effect of yogic exercise on the Personality and Physical Fitness factors on group of 16 school children were selected. The personality factor Sizothymia /Affectothymia, Intelligence, Ego Strength, Phlemetic Temperament/Exitebility Submissiveness/Dominance, Desurgency, Super ego Strength, Threctical/Parmia Harria/Premisia, Zeppical/casthenia, Untroubled Adequency, Group dependency, Self Sentiment/Integration, Ergic Tension and fitness factors were assessed by Jr. Sr. High school personality questionnaire and Physical fitness factors like Flexibility was checked by Sit and Reach Test, Agility by Shuttle Run, Explosive Leg Strength by Standing Board Jump and cardiovascular Endurance by Harvard Step Test. Eight weeks yogic training were given to Treatment Group and data were collected before and after training on both the group. Ten weeks yogic training which includes asams & pranayams were given to the practical group.

### Statistical Procedure:

In order to find out difference between Pre test and Post Test of Experimental group Mean were taken on the selected Psychological and Physical Factor Sir William Gosset’s Student t-test was applied and the level of significance was set a ( $\alpha$ ) = 5 level which is presented in table 1 and depicted graphically below in fig no. 1

### Statement of Hypothesis:

H0:- Exp Pre = Exp Post / Exp Pre – Exp Post = 0

(No Effect on Variable at given Significance Level)

H1:- Exp Pre  $\neq$  Exp Post / Exp Pre – Exp Post =  $>$ ,  $<$  0

(Effect on Variable at given Significance level)

### Decision Criterion

Based on H1 and  $\alpha$  with n = 16 the decision criterion is given by reject H0 iff  $t > 1.753$  or  $t < - 1.753$

### Paired Samples Statistics of Pre and Post Test (Treatment Group)

	Factor	Pre Mean $\pm$ S.D	Post Mean $\pm$ S.D	t	Significance Effect
Pair 1	Sizothymia/Affectothymia (A)	5.25 $\pm$ 1.125	6.00 $\pm$ 0.42	-1.627	$\uparrow^*$
Pair 2	Intelligence (B)	2.50 $\pm$ 1.633	3.31 $\pm$ .84	-1.544	$\uparrow^*$
Pair 3	Ego Strength (C)	6.69 $\pm$ 1.537	6.88 $\pm$ .238	-.374	$\downarrow^*$
Pair 4	Phlemetic Temperament/Exitebility (D)	5.13 $\pm$ 1.310	6.06 $\pm$ -.362	-1.431	$\uparrow^*$
Pair 5	Submissiveness/Dominance (E)	6.31 $\pm$ 1.922	6.88 $\pm$ .056	-.783	$\uparrow^*$
Pair 6	Desurgency (F)	4.94 $\pm$ 1.389	5.56 $\pm$ .336	-1.576	$\uparrow^*$
Pair 7	Super ego Strength (G)	4.88 $\pm$ 1.586	5.63 $\pm$ .055	-1.324	$\uparrow^*$
Pair 8	Threctical/Parmia (H)	5.44 $\pm$ 1.365	6.06 $\pm$ .285	-1.667	$\uparrow^*$

*Variorum - Multi- Disciplinary e-Research Journal*  
*Vol.-01, Issue-III, February 2011*

Pair 9	<b>Harria/Premisia (I)</b>	6.06 ± 2.351	6.56 ± .636	-1.000	↑*
Pair 10	<b>Zeppical/casthenia (J)</b>	6.251 ± 583	6.81 ± .505	-1.649	↑*
Pair 11	<b>Untroubled Adequency (O)</b>	5.00 ± 1.592	5.25 ± .390	-.565	↑*
Pair 12	<b>Group dependency (Q2)</b>	5.75 ± 1.571	6.13 ± .618	-1.000	↓*
Pair 13	<b>Self Sentiment/Integration (Q3)</b>	4.56 ± 1.263	5.94 ± -.045	-2.551	↑*
Pair 14	<b>Ergic Tension (Q4)</b>	5.25 ± 2.295	84.38 ± .079	-.451	↑*
Pair 15	<b>Harvard Step Test (HST)</b>	84.38 ± 3.945	3.188 ± .742	-.659	↑*
Pair 16	<b>Standing Broad Jumb (SBJ)</b>	153.44 ± 12.68	154.44 ± 13.26	-1.690	↑*
Pair 17	<b>10x4 Run (Run)</b>	18.19 ± 1.721	17.45 ± 1.837	3.822	↑*
Pair 18	<b>Seat and Reach Test (SR)</b>	5.94 ± 1.238	5.56 ± 1.132	-1.000	↓*

**\* Effect on Variable at Significance Level.**

-1.627, -1.544, -.374, -1.431, -.783, -1.576, -1.324, -1.667, -1.000, -1.649, -.565, -1.000, -2.551, -.451, -.659, -1.690, 3.822, -1.000

**Discussion of Findings:**

For the personality factor A to J result reveal that there is significant effect of training these factors because the calculated 't' does not fall in critical region and we accept H1 in the cases of all factor. It is concluded that 'F' value of experimental group showing increase in mean in all A to J 14 factors shows the yogic practice have significant effect on it. Physical Factor also shows significant increase in mean except one of i.e. 2 and 3 that reveals significant effect of training and the hypothesis H1 accepted and in the case of 2.3 mean does not falls in critical region not shown significant improve therefore H1 is accepted.

**Conclusion:**

A well Planned and conceived yogic exercise program can be make immeasurable contribution to the wellness of individual. The importance of physical activity has been substantiated across life span from pediatric to gerontology perspectives and has been shown to be a significant mediator in coping with life pressures (Iambart [et.al.](#) 1988)

The Paired sample t-test analysis of all 18 variables indicates that the treatment group of 16 participant the mean scores of A, B, D, E, F, G, H, I, J, O, Q1, Q3, Q4 of 18 Factors calculated t-

*Variorum - Multi- Disciplinary e-Research Journal*  
*Vol.-01, Issue-III, February 2011*

test of value of 13 Factor falls in critical region we accept H1, the Hypotheses stated earlier support the case of 13 variable that is why it is accepted and in the case of C and Q2 the result does not support to hypothesis that H0 and it is rejected in the case of Conclusion mean value is showing positive difference and increase in mean indicate that there is significant effect of yogic practices on variable A, B, D, E, F, G, H, I, J, O, Q1, Q3 and Q4.

**Reference:**

- 1)Ieslie T Lambart and Paul E Grabe, "Re-Conceiving Physical Education: Helping students Become Responsible for their Physical Activity, The Physical Educator 45.3.1988.
- 2) 'Statistical Methods' by S. P. Gupta, Publisher: Sultan Chand and Sons, New Delhi, pg no. 911.
- 3) Swami Jyotirmayananda, Raj Yog Sutra, (1991) pg-162.
- 4) Ramond B Cattell and [et.al](#). Hand Book for junior & senior High School Personality Questionnaire (1968) pg-49.