



EFFECT OF YOGIC TRAINING ON AGGRESSION AMONG PROFESSIONAL COLLEGE STUDENTS

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ABSTRACT

The goal of the study was to see if yogic training affected aggression among professional college students. It was expected that the influence of yogic training on aggression would result in substantial disparities among professional college students. Thirty engineering College students from Kozhikode, Kerala, were chosen for this study, with ages ranging from 18 to 24. The current study used a pre-test–post-test random group design with a control group and an experimental group. The participants were divided into two equal groups of fifteen, Group 'A' and Group 'B'. Group 'A' received yogic training, while Group 'B' received no training. Smith Questionnaire was used to examine the aggression questionnaire. With 15 subjects in each group, a true randomised experimental group design was used with two groups: yogic training and control. The experimental group received treatments for a period of twelve weeks, while the control group received no instruction. The ANOVA was used to compare the two groups statistically. The experimental group had shown significant decrease in aggression than the control group.

KEYWORDS: Yoga, Training, Aggression

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 the continued practice of yoga will lead one to a sense of peace and well and also a feeling in harmony with one's environment. The word Yoga comes from the Sanskrit root "Yuj", which means, "to join" or "to yoke". Yoga is one of the six systems of Indian philosophy. The classical form of yoga, based on the text described to patanjali, became known in the middle ages as Raja Yoga or "Royal Yoga". Other forms of yoga also developed, which might be followed together with, or independently of the classical yoga. Among theses the practices of Hatha Yoga have become famous throughout the world, and the term yoga is often used to denote them. Hatha Yoga

seems to be a late development in Hinduism, and the earliest texts on the subject date from little before the Muslim invasion. It is closely connected with Tantrism. Though many practitioners of Hatha Yoga are not Tantrists (Sugumar, 2011).

METHODOLOGY

The goal of the study was to see if yogic training affected aggression among professional college students. It was expected that the influence of yogic training on aggression would result in substantial disparities among professional college students. Thirty engineering College students from Kozhikode, Kerala, were chosen for this study, with ages ranging from 18 to 24. The current study used a pre-test–post-test random group design with a control group and an

experimental group. The participants were divided into two equal groups of fifteen, Group 'A' and Group 'B'. Group 'A' received yogic training, while Group 'B' received no training. Smith Questionnaire was used to examine the aggression questionnaire. With 15 subjects in each group, a true randomised experimental

RESULTS AND DISCUSSION

group design was used with two groups: yogic training and control. The experimental group received treatments for a period of twelve weeks, while the control group received no instruction. The ANOVA was used to compare the two groups statistically.

TABLE I
COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PRACTICES AND CONTROL GROUPS ON AGGRESSION

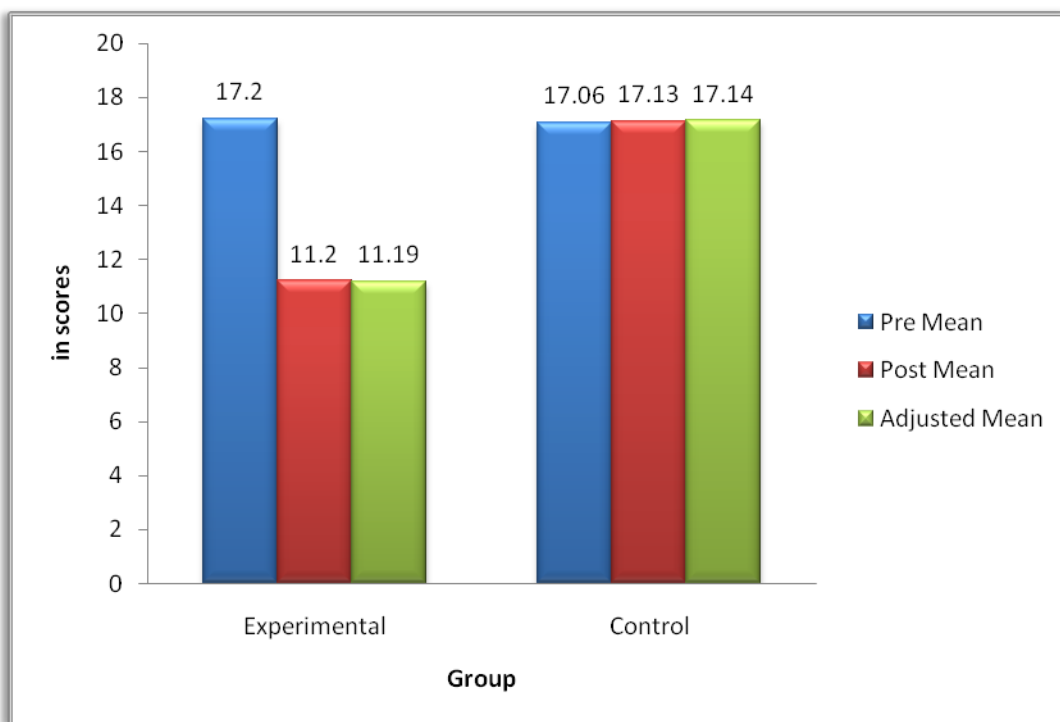
	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means \pm SD	17.20 \pm 1.52	17.06 \pm 2.08	BG	0.13	1	0.13	0.04
			WG	93.33	28	3.33	
Post-Test Means \pm SD	11.20 \pm 2.48	17.13 \pm 1.95	BG	264.03	1	264.03	52.75*
			WG	140.13	28	5.00	
Adjusted Post-Test Means	11.19	17.14	BG	264.83	1	264.83	51.36*
			WG	139.21	27	5.15	

(Table Value for 0.05 Level for df 1 & 28 = 4.19, df 1 & 27 = 4.21) df- Degrees of Freedom

The pretest averages of the yogic practises and control groups were 17.20 and 17.06, respectively, according to table - I. The F-ratio for the pre-test was 0.04, whereas the F-ratio for the table was 4.19. As a result, the pre-test mean F-ratio for degrees of freedom 1 and 28 was negligible at the 0.05 level of confidence. The yogic practises and control groups' post-test averages were 11.20 and 17.13, respectively. The F-ratio for the post-test was 52.75, and the F-ratio for the table was 4.19. As a result, the pre-test mean F-ratio for degrees of freedom 1 and 28 was

significant at the 0.05 level of confidence. The yogic practises and control groups had adjusted post-test averages of 11.19 and 17.14, respectively. The obtained F-ratio for the adjusted post-test means was 51.36 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27. The pre, post and adjusted post test mean values of yogic practices and control groups, on aggression are graphically represented in the figure - 1.

FIGURE 1
PRE AND POST TEST DIFFERENCES OF THE YOGIC PRACTICE GROUP AND
CONTROL GROUPS ON AGGRESSION



DISCUSSION OF FINDINGS

The conclusions of the study are backed up by research undertaken by others (Setty A.G 2016) Uncontrolled aggression/violent behaviour could have a huge impact on both those participating and those who are not. In Indian yogic literature, this irresponsible human behaviour is widely addressed. It offers a theoretical foundation for comprehending the causes, negative consequences, desire for peace and harmony, and methods for correcting aggressive conduct. It is also said that yoga is a path to inner bliss and exterior coherence, and that it is possible to achieve a sense of inner calm and emotional stability through this time-tested technique, which has the potential to cure aggressive habits. The outcomes of the study are backed up by research (Saraf, 2016). Group counselling and yoga

practises: Effective tools for reducing the aggression of adolescents. The study showed significant changes in aggression due to yoga practice.

CONCLUSION

The experimental group had shown significant decrease in aggression than the control group.

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