

Need of Yogic activities to maintain Aggression among the Hr. Secondary School Students.

¹ Dileshwar Singh, ² Amit Jamwal, ³ Dr. Mandeep Singh

¹Research Scholar, Rabindranath Tagore University, Bhopal (M.P) India.

² Research Scholar, Rabindranath Tagore University, Bhopal (M.P) India

³Physical Director, Govt College of Education, Jammu (Jammu & Kashmir) India.

Email - ¹ dileshwarsinghjatt@gmail.com

Abstract: The purpose of this research was to study the “Need of yogic activities to maintain aggression among the Hr. Secondary School Students”. To find out the effect of Yoga program the scores of the aggression of the all the subjects obtained in the pre-test of both the experimental and controlled groups were minimize in the score obtained in the post-test in all five factors i.e. physical, verbal, anger, hostility and indirect aggression and collected data of both the groups.

Key Words: activities, aggression, experimental, hostility, indirect, collected.

1. INTRODUCTION:

Yoga is the union of the soul with the eternal truth, a state of unalloyed bliss, arising from conquest of dualities. The study of Yoga discipline sharpens the power discernment and leads towards understanding the true nature of the soul which cannot be fully comprehended by the senses or the intellect alone the study of Yoga enables one to attain the pure state of consciousness and to realize the inner self. Yoga frees the one from life's sorrow and from the diseases and fluctuations of mind.

It gives serenity and composure and inward unity amidst the diverse struggle of life. It is the art of knowing oneself and knowing the external truth.

Yoga is the study of functioning of the body, the mind and the intellect in the process of attaining freedom. Yoga is a philosophy, a way of life where art and science meet.

Yoga is the science of right living and as such is intended to be incorporated in daily life. It works on all aspects of person i.e. the physical, mental, emotional, social and spiritual. The word Yoga means unity or 'oneness' and is derived from the Sanskrit word 'yuj' which means to join. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness.

2. MOTIVES OR NEEDS:

“The practice of Yoga aims at overcoming the limitations of the body. Yoga teaches us that the goal of every individual's life is to take the inner journey to the soul, Yoga offers both the goal and the means to reach it”.

When there is a perfect harmony between body and mind, we achieve self realization. Yoga teaches us that obstacles in the path of our self realization indicate them self in physical or mental disposition. When our physical state is not perfect. This causes an imbalance in our mental state, which is known in Sanskrit as Chittarvitti. The practice of Yoga helps us to overcome the imbalance. Yogic Asanas or Poses can cure vyadhi or physical ailments and redness angamejayatva or unsteadiness in the body. Shvasaprashvasa, which translate as uneven respiration – an indication of stress is alleviated by the practice of the Yoga. Asanas tone the whole body. They strengthen bones and muscles, correct postures improve breathing and increase energy. This physical wellbeing has strengthening and calming impact on the mind.

- **Asanas and Pranayama**

Practicing Pranayama cleans the body. Just as gold smith heats gold in fire to burn out the impurities, similarly Asanas by increasing the circulation of fresh blood through the body, purify it of the diseases and toxins which are the consequences of irregular life style, unhealthy habits and poor posture. Regular practices of the Yoga stretches, twists, bends and inversions the basic movements Asanas, together with Pranayama or the control of breath, rectify physical, physiological disorders. They have positive impact on the effect of stress and disease. Among the many ailments those benefits from the practice of Asana are osteoarthritis, high and low blood pressure, diabetes, asthma, and anorexia.

- **Mind and Body**

The Body and Mind are in a state of constant interaction. Yoga science does not demarcate where the body ends and mind begins, but approaches both as single, integrated entity. The turmoil of daily life brings stress to the body and

mind. This creates anxiety, depression, restless, and rage. Yoga Asanas while appearing to deal with the physical body alone actually influences the chemical balance of the brain, which in turn improves ones mental state of being.

3. OBJECTIVE OF RESEARCH:

The main objective of the study is:

- To measure the aggression of the subjects.
- To find out the Need of yogic activities to maintain aggression among the Hr. Secondary School Students.

4. HYPOTHESIS:

- There is a significant need of yogic activities to maintain aggression among the Hr. Secondary School Students.
- There is no significant need of yogic activities to maintain aggression among the Hr. Secondary School Students.

Delimitation

Present study was delimited to male students of Government Hr. Sec. School Jourian.

- The study was delimited to 60 male students of the class 11th only.
- The study was delimited to Yogic activity program only.
- The Yoga training program period was of six weeks duration only.
- This study was delimited to the Hr. Secondary School which comes under the Jammu state board of school education.
- This study was delimited to aggression scale only.

Limitations

- The socio-economic status of the subject was considered as limitation of the study.
- The daily routine of the subject was considered as the limitation of the subject.

5. LITERATURE REVIEW:

This article reports on a qualitative investigation of the effects of indirect aggression from peers (e.g. spreading false stories, exclusion from the group) on teenage girls. Focus groups, pair and individual interviews were conducted with teenage girls and their key teachers to explore the effects of indirect aggression on girls. The perceived characteristics of typical victims of indirect aggression also emerged from the study. The girls initially respond to indirect aggression with confusion and may deny suffering any ill-effects. However, as is the case with other forms of victimization, girls certainly experience a range of negative psychological effects including anxiety, loss of self-esteem and depression. This pain leads to a desire to escape through leaving the group or the school and even to thoughts of suicide. The girls fear that the harassment from peers may not end and witnesses or bystanders do not intervene for fear of what may happen to them. The pain of indirect aggression may be compounded by irrational self-talk by the girls. Some girls react to indirect aggression by retaliating against their aggressors and often conflict is resolved by girls who employ one-to-one strategies that avoid the power of the group. Some victims of indirect aggression are reported to bring the wrath of peers upon themselves through their actions in provoking others. However, the tendency to blame the victim may be a way of alleviating guilt on behalf of the perpetrators of aggression. Victims of indirect aggression may be particularly vulnerable if they are new or have few friends or lack assertiveness. An understanding of the painful effects of indirect aggression on girls is an important prelude to designing interventions to assist girls in their peer relationships.

6. METHODOLOGY:

The study which research scholar had undertaken with the purpose to collect the information regarding the Need of yogic activities to maintain aggression among the Hr. Secondary School Students.

The methodology adopted by the research scholar to achieve the purpose of the study includes the design of the study, procedure of selection of subjects, variables, tools used and training schedules. Statistical tool explained as follows

Method of the study

As the researcher wants to study the Need of yogic activities to maintain aggression among the Hr. Secondary School Students, the study was conducted by experimental method.

Design of the study

For the present study the pretest-posttest non equivalent –groups design was used.

O₁ x O₂

O₃ c O₄

Pretest-posttest double groups design in which, X, is the treatment, C, is the control and O₁ and O₃ represents the pretest and O₂ and O₄ posttest assessments respectively.

Method of sampling

• Population

Population (N=200) is the collection of units having similar properties under study. All the male students between age group 15-17 years of , Government Hr. Secondary school Jourian was the Population of the study.

• Sample

For this study 60 male students were selected with the help of random sampling technique and two different groups i.e. controlled group and experimental group of thirty students each was formed. As this study program was chalked out to reduce the aggression of aggressive students, those students found more aggressive in pre-test were selected for the training program of Yoga purposively, then this sampling may be called purposive sampling.

7. RESULTS:

The purpose of this research was to study the Need of yogic activities to maintain aggression among the Hr. Secondary School Students. To find out the Effect of Yoga program the scores of the aggression of the all the subjects obtained in the pre-test of both the experimental and controlled groups were minimize in the score obtained in the post-test in all five factors i.e. physical , verbal, anger, hostility and indirect aggression and collected data of both the groups were compared and analyzed factor wise by employing statistical software (SPSS). The step wise result as well interpretations has been presented in this chapter.

Analysis of the Data

The obtained results are present in the following tables which represent the results of descriptive analysis and independent sample t –test to compare the mean of groups’ i.e. experimental group and control group.

Analysis of the change in performance of physical aggression

Descriptive Statistic of change in performance of physical aggression of Experimental and Control Group

Group	N	Mean	Std. Deviation	Std. Error Mean
Experimental	30	-7.0000	4.09373	0.74741
Control	30	0.3333	3.17678	0.58000

Table shows that there were 30 subjects each in experimental and control group. The mean change in physical aggression scale for experimental group was -7.0000with standard deviation of 4.09373. Similarly, for the control group the mean change in similar variable was 0.3333 with standard deviation of 3.17678.

8. Analysis, Interpretation and Discussion

From the above analysis and interpretation of data following findings may be drawn.

- Yoga training program reduces the physical aggression significantly.
- Yoga training program reduces the verbal aggression significantly.
- Yoga training program reduces the anger scale significantly.
- Yoga training program reduces the hostility scale significantly.
- Yoga training program reduces the indirect aggression significant

9. CONCLUSION:

It can be concluded that Yoga training for the period of six week was effective to reduce the Physical aggression, verbal aggression, anger scale, hostility scale and indirect aggression significantly. Hence it can be conclude that Yoga

program reduces the aggression of the subjects which is very important to create peace, modification of mind, vision of unity, happiness, harmony and inner peace. Vanish the negative tendencies and the mind becomes steady and develops the mental peace.

10. RECOMMENDATIONS AND SUGGESTIONS:

The following recommendations have been forwarded in the light of the present study

- It is recommended that similar study may be conducted on different aggression score ranges.
- It is recommended that similar study may be conducted on different psychological variables.
- It is recommended that similar study may be conducted on female subjects.
- It is recommended that similar study may be conducted on different age group of subjects.
- It is recommended that similar study may be conducted on different psychological variables.
- It is recommended that similar study may be conducted on different aggression score ranges.
- It is recommended that similar study may be conducted on sedentary people.
- To make the study more detailed and valid the study may repeated on large sample.

REFERENCES:

1. Agarwal A. (2011) A Study of Aggressive behavior and Adjustment in individual and team players as in relation to their performance.P4 Shodganga.inflibnet.ac.in/./04 content. Retrieved on 25/03/2013.
2. Agarwal A., (2011) A Study of Aggressive behavior and Adjustment in individual and team players as in relation to their performance.P4 Shodganga.inflibnet.ac.in/./04 content. Retrieved on 25/03/2013.
3. Anderson C.A., Bushman B.J., (2001) Studied the Effects of Violent Video Games on Aggressive Behavior, Aggressive Cognition, Aggressive Affect, Physiological Arousal, and Pro-social Behavior, Psychological Scien12(5) PP 353-359 Doi:10.1111/1467-928000366.Balasubramaniam m., Tells S., Doraiswamy p., (2012) Studied Yoga on our minds: a systematic review of Yoga for neuropsychiatric disorder. Psychiatry; 3:117.doi. 10.3389/ fpyst 2012.00117
4. Banna J., Keim N.L., Townsend M.S. (2011) Assessing Face Validity of a Physical Activity Questionnaire for Spanish-Speaking Women in California. *Asian J Sports Med.* Vol. 2(2) Pp 106–116 PMID: PMC3289200 <http://www.joe.org/joe/2011october/a6.php>.Retrived on 25/11/13.