



## Effect of selected yogic practice on aggression of hostel students

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### Abstract

The main purpose of the study was to determine the effect of selected yogic practice on aggression of hostel students Maharshi Dayanand University, Rohtak. For the purpose of the study 25 male hostel students of Maharshi Dayanand University, Rohtak were randomly selected as samples. The age of the hostel students was ranging 18 to 28 years as the subject for the purpose of the study. Yogic practice was restricted to Surya Namaskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu sirasan, Paschimotansan. The data were collected before the start of 2 weeks selected asana training program (pre-test) and immediately after the completion of 2 weeks selected Yogic training program (post-test) by questionnaire. To determine the Yogic practice effects on aggression of hostel students paired sample t-test was applied. The level of significance was set 0.05. The findings of statistically analysis revealed that there was significant improvement in aggression level of hostel students of experimental group (pre and post) due to selected Yogic practice.

**Keywords:** aggression, Surya Namaskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu Sirasan, Paschimotansan

### Introduction

Yoga is one of the most ancient metaphysical sciences which explore the idea of soul and through its train stirs the super cognizant personality of the man which joins moral being with the interminable incomparable soul. Yogic practices profoundly affect the arrangement of the human body. The muscle, bone, sensory system, respiratory circulatory and stomach related arrangement of the human body is significantly profit by normal routine with regards to yoga asana. The body turns out to be more adaptable and more ready to conform to natural changes subsequent to rehearsing asana. Yoga progresses toward becoming something we live, not simply something we "rehearse." The unavoidable weights of life have less of an effect on us as we react in a more cognizant way. As we wind up adjusted and amicable, our communications with individuals and circumstances turn out to be more think, quiet, and loose. We convey association and congruity to each experience, regardless of whether it's an arbitrary gathering in the city, a discussion with our youngster, or a family get-together. At the point when our inward world starts to change our external world movements to mirror our new viewpoint. Yoga is exploration of life and the craft of living. It is the presence of mind reply to general physical and mental wellness. Does it decrease feelings of anxiety, aggression as well as makes your entire body fitter and guarantees life span.

### Objective

- The main objective of the study is to know the effect of selected yogic practice on aggression of hostel students.

### Hypothesis

- It was hypothesized that there would be no significant effect of selected yogic practice on aggression of hostel students.

### Methodology

- 25 male hostel students of Maharshi Dayanand University, Rohtak were randomly selected as sample.
- The age of the hostel students was ranging 18 to 28 years as the subject for the purpose of the study.
- Yogic practice was restricted to Surya Namaskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu sirasan, Paschimotansan.
- The dependent variable was chosen as aggression.
- Aggression of the hostel students was measured by standard questionnaire of Dr. M.K. Sultania.
- A total period of 2 weeks training program with the selected Yogic practice administered on the experiment group.

### Training Program

- The training program of 2 weeks, six day in a week. The training was given in the evening season for 45 minutes.

### Significance of the study

- The study would be helping the hostel students to know there aggression level.
- The result of the study would highlight the effect of

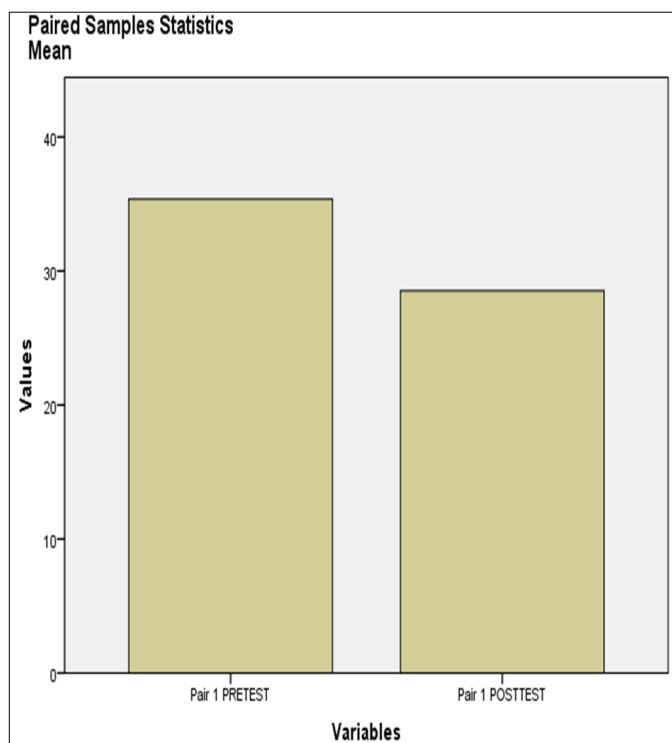
selected asana on the aggression of hostel students.

**Table 1:** Paired Samples Statistics

Variable	group	N	Mean	S.D	S.E.M	T -value
Aggression	Pre-Test	25	35.36	5.79	1.15	9.28*
	post-test	25	28.52	3.45	0.69	

\*Significant at 0.05 level      Tabulated  $t_{0.05(24)} = 2.00$

Table 1. Shows that ‘t’ value (9.28). The mean score of pre test and post test of aggression is higher than the table value 0.05. The mean score of pre-test aggression (35.36) is higher than the post-test of aggression (28.52), which shows the significant difference. Significant difference was found in aggression level of experimental group (pre and post) due to selected yogic practice. It may be attributed to the fact that selected yogic practice given to the selected hostel student’s decrease their aggression level.



**Fig 1:** Mean comparisons of aggression pre and post test

**Result**

Collected data of aggression were converted into t-score and determine the composite score of hostel students. To determine the effect of selected yogic practice on aggression of hostel students paired samples t-test were employed. The level of significance was set 0.05 for testing the hypothesis. Findings of table no 1 reveal that there are significant mean difference in aggression between the mean of pre and post-test of experimental group as the calculated t-ratio of 9.28\* respectively are higher than the tabulated t-ratio value of 2.00 respectively at 0.05 level for 24 degree of freedom respectively.

**Discussion**

The finding of table no 1 are that there was significant

improvement in aggression of (pre and post)experimental group. This signifies that due to 2 week of selected yogic practice brought fruitful result within the subject of experimental group. It may be attributed to the fact that selected yogic practice given to the selected hostel student’s decrease their aggression level.

**Conclusion**

- Significant difference was found in aggression level of experimental group (pre and post) due to selected yogic practice.

**References**

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