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EFFECTS OF YOGA PRACTICES ON PERSONALITY

Dr. Anil Gahininath Kamble

Associate Professor,
College of Education Barshi.



ABSTRACT:

In response to the declining health related personality levels in children especially in Indian girls there is need to develop a exercise program which will be effective for maintaining good personality. In this context, many exercises have been suggested by many investigators. However, still overall status of the school going Indian girls is in a dilemma. Since Yoga seems to be interesting as well as an alternative to traditional aerobic and strength training programs, it was thought plausible to undertake this study on yoga. Moreover, Yoga requires little space, virtually no equipment, and has no harmful follow up effects ON personality development Given

these characteristics, researcher sought to determine the efficacy of yoga practices on health related physical fitness and psycho-physiological variables among school girls.

KEYWORDS: Yoga, psychology.

INTRODUCTION :

Physical activity rates decline precipitously during the high school years. These rates are consistently lower among adolescent girls than among adolescent boys girls' median activity scores decreased dramatically between the ages of 9 and 18 years. In fact, several government agencies and public health authorities have established guidelines for physical activity among young people, but most adolescents are not active at the recommended levels. Young people need to become more active, and physical activity interventions in schools have the potential to reach nearly all children and adolescents.

Decreasing rates of physical activity and increasing rates of obesity and type 2 diabetes among adolescent girls show an urgent need for a determination of how school-based programs can effectively promote physical activity among this group. Accordingly, the researcher of this study has planned to introduce yoga practices among school girls which would enhance their health related physical fitness. Further, previous Researchers have shown that yoga practices may improve body composition Although, increasing amount of research on effect of yoga practices on personality in childhood and adolescence has been published but less is known about health related physical fitness and psycho-physiological

outcomes in school girls. Hence, the researcher has undertaken this study entitled **“Effects of yoga practices on personality.**

OBJECTIVES OF THE STUDY

- To prepare proper yoga training schedule so that this could be an appropriate training intervention especially for the pre-adolescent school girls.
- To evaluate the effect of the yoga practices on selected health related physical fitness and psycho-physiological profiles of school girls.

HYPOTHESES

H₁ Yoga practices would help to improve overall factors of health related physical fitness of the school going girls.

H₂ There will be significant effect of yoga practices on selected psychological variables of the school going girls.

METHODOLOGY

Research Method

Researcher used the Experimental method for the present research

Sample

50 Students [Age between 13 -15] were selected by purposive sampling method for the present research by the researcher

Research Procedure

After the pre test was over, all the subjects of Group A were exposed to yoga training with their regular school schedule daily in the morning for one hour except Sundays and holidays for a total period of 12 weeks. The subjects of control group, although did not receive the yoga training, however, they were kept busy with some recreational activities daily 1 hour in the morning except Sunday and holidays during the total period of experiment.

One yoga teacher was given responsibility to organize daily training programmes for a total period of 12-weeks under the overall supervision of the present investigator.

A) Personality Test

For the assessment of personality a test developed by Dr. Mrs. Usha Khire was administrated. The test is easy to understand and can be administered approximately in 15 to 20 minutes. This test has four factors viz., Confidence, Sociability, Neurotic Tendency, and Self- Sufficiency. The questionnaire was having total 68 items. There were alternative answers against each question. Scoring is done in points. This scale bears acceptable reliability and ensures content validity.

CONCLUSION:

Given these characteristics, researcher sought to determine the efficacy of yoga practices on health related physical fitness and psycho-physiological variables among school girls.

Few studies have attempted to increase physical activity among older students, and none have tested a comprehensive physical activity intervention that targets high schools and high school students or is designed specifically to increase physical activity among high-school girls.

Decreasing rates of physical activity and increasing rates of obesity and type 2 diabetes among adolescent girls show an urgent need for a determination of how school-based programs can effectively promote physical activity among this group.

Accordingly, the researcher of this study has planned to introduce yoga practices among school girls which would enhance their health related physical fitness.

Although, increasing amount of research on effect of yoga on physical fitness and health in childhood and adolescence has been published but less is known about health related physical fitness and psycho-physiological outcomes in school girls.

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