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A comparative study of effect of yoga practices on adjustment of residential college students

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Abstract

The aim of this study was to observe the effect of selected yogic practices on adjustment of the students of Post Graduate Diploma in Yoga course residing at the hostel of the institute belonging to the age group of 20-35 years. Thirty (30) students have been selected randomly for the study. The subjects were given yogic practices as treatment from Monday to Saturday for four months for three (3) hours daily in the morning and afternoon. Adjustment Inventory for College Students (AICS) was applied to measure social, emotional, and educational adjustment. The inventory was developed by Prof. A.K.P. Sinha and Prof. R.P Singh (2009). The subjects were tested before and after treatment. Collected data were statistically treated through t-test to compare the effect. Results of the present study showed no significant changes in emotional, social, and educational adjustment among the students.

Keywords: yoga, emotional adjustment, social adjustment, and educational adjustment

Introduction

Adjustment is the reflection of the behavioral process of human beings by which they try to maintain equilibrium among themselves and in society. Adjustment is to be done for fulfilling various needs and maintaining peace in society. Humans always try to maintain harmony with nature with their natural characteristics. The ability to adjust with the members of the family as well as of the society will help to maintain happiness and peace in the family.

Due to technological development and colonial effect people in our country are unable to adjust with others. We are struggling to harmonize with different situations in our daily life, but all the time it is not possible. This may be due to lack of knowledge, education, neurological conditions, physical and mental problems, economic deficiency, familial structure, etc. This maladjustment problem is not only with the male, female, adult, old age but also for the students of our society also. People are becoming affected by different diseases due to this also. Social scientists and psychologists are trying to enhance adjustment power among people in different ways. Even police departments are also taking steps to do so by starting a counseling cell at the police station. Educationists are trying to enhance adjustment ability among the students by incorporating different programs in the curriculum. Still, there is a lack of adjustment. Games and sports are also another good and strong way to develop adjustment. Different situation in a game teaches people how to adjust with each other and to manage the crisis situation. But nowadays students have the tendency to play with the mobile and not in the field. They do not want to go for physical exercises that are onerous in nature rather they may participate in yogic practices that are not strenuous. Yogic practices have a great role in systematizing different systems of the human body which ultimately enhance adjustment ability. There are so many researches in the field of yoga which revealed enhancement of adjustment ability. Kamakhya Kumar (2016) ^[2], B. Tamilselvi & S. Thangarajathi (2013) ^[5] B. Bhagaban, R. Nagartha & H.R. Nagendra (2003) ^[1], B. Tamilselvi & S. Thangarajathi (2015), and K. Kumar (2012) conducted their study in different fields like normal school students, blind students, and college students and found a positive effect of Yoga on adjustment.

Statement of the Problem

Adjustment problem is observed in every sphere of life which hinders the development of

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good relationship among each other. Several scientists and sociologists are trying their best to enhance adjustment ability of the individual. But the Indian heritage Yoga may be of great help in this regard and may develop adjustment ability. Researches also indicated the same findings.

With this background concept the researchers opted the research project entitled A comparative study of effect of yoga on adjustment of residential college students.

Purpose of the study

The purpose of the study was to find out the effect of emotional, social, and educational adjustment of residential college students undergoing Post Graduate Diploma in Yoga course.

Methodology

Selection of Subjects

For the purpose of the study total thirty (n=30) students from the G. S. College of Yoga and Cultural Synthesis, Kaivalyadhama, Lonavla, Maharashtra, India was selected randomly. The subjects selected were from the students of Post Graduate Diploma in Yoga Education course. The group consisted of both male and female as there was no option to select only one sex from the institute. The age of the subjects was ranged from (20 - 35) years.

Criterion Measures

Adjustment capacity was only selected as criterion measures. A standardized English version adjustment inventory was used to measured adjustment (emotional adjustment, social adjustment and educational adjustment) ability of the subjects. The inventory was developed and standardized by Prof. A.K.P Sinha and Prof. R.P Singh in the year 2009. The inventory was applied by many researchers previously. So, the Adjustment Inventory for College Students (AICS) was reliable, valid and fulfills the objectivity of the study.

Experimental Design

Single group design was adopted for the study. The subjects were asked to sit on the mat with their proper yogic uniform in a hall in the morning. They were advised to lie on Savasana for bringing the body in normal condition. The yogic treatment started with a prayer. After that they were asked to practice yogic schedule for one and a half hours started at 6.30 am and ends at 8.00 am. The session ends with OM chanting. The subjects performed Savasana after every asana. Reaching at the final position the subjects were advised to hold the posture comfortably as long as possible. Traditional method of yogic practices was followed by the subjects. In the afternoon also same process was followed for another one and half hour from 3.30 pm to 5.00 pm. Total duration of daily practice was of three hours. The subjects were given Swatik Aahar. They were under the control (Same type of food, resting time, sleeping time, etc.) of the institute in an Ashram atmosphere. No spicy food was allowed to take. Pre-treatment test was taken before initiation of treatment program in the month of 1st June, 2016 the treatment programmed was carried out for four months. After the treatment period again a post test was taken with the same inventory. The treatment schedule was prepared by the teachers of the institute and they were well experienced in this field.

Collection of Data

The subjects were requested to assemble in a hall in the morning and were well oriented about the purpose before

applying the test. Then they were asked to take rest for a while so that respiration becomes normal and stress free. The inventory was distributed to the subjects and was given ninety minutes to response. The subjects were asked to start and stop with the signal of the researcher. The responses given by the students were converted into numerical values for statistical treatment.

Statistical Methods Used

After converting the responses into numerical scores ‘t’ test was applied on the pre and post-test data for interpretation, analysis, discussion and drawing conclusions.

Results and Discussions

Data have been presented graphically and in tabular form for interpretation, analysis, discussion and drawing conclusions.

Table 1: Mean and SD of Pre and Post Treatment Test Scores on Emotional Adjustment

Variable	Tests	Mean	SD	‘t’ value
Emotional Adjustment	Pre	13.6	4.56	0.97 ^{NS}
	Post	14.8	5.05	

N.B.: NS = Not Significant, SD = Standard Deviation

From Table –1 it was observed that mean scores and standard deviation of pre and post-treatment results of emotional adjustment of residential college students were 13.6 ± 4.56 and 14.8 ± 5.05 respectively. Calculated ‘t’ value (0.97) was less than the table value (2.00) indicated no significant difference between pre and post-treatment test scores. Hence the yogic treatment on the subjects had no effects on emotional adjustment at 0.05 percent level of significance. The subjects were average in emotional adjustment. The mean and standard deviation scores been presented graphically through bar diagram in Figure – 1.

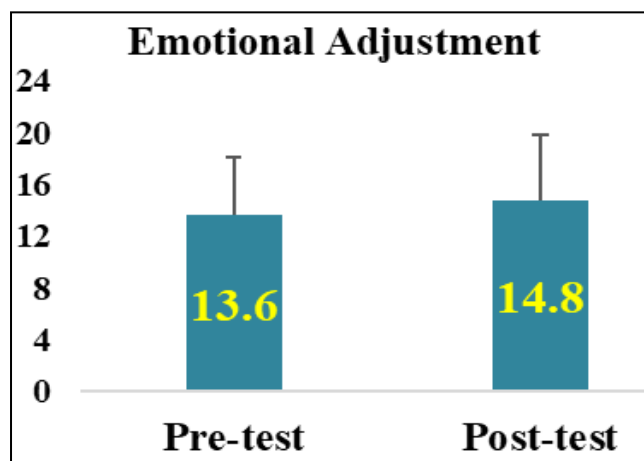


Fig 1: Difference between pre and post-treatment test mean scores and SD of emotional adjustment ability of the subjects.

Table 2: Mean and SD of Pre and Post Treatment Test Scores on Social Adjustment

Variable	Tests	Mean	SD	‘t’ value
Social Adjustment	Pre	7.33	3.84	0.82 ^{NS}
	Post	7.13	3.28	

N.B.: NS = Not Significant, SD = Standard Deviation

From Table –2 it was observed that mean scores and standard deviation of pre and post-treatment results of social adjustment of residential college students were 7.33 ± 3.84 and 7.13 ± 3.28 respectively. Calculated ‘t’ value (0.82) was

less than the table value (2.00) indicated no significant difference between pre and post-treatment test scores at 0.05 percent level of significance. They possess average level of social adjustment. But the yogic treatment had no effect on social adjustment. The mean and standard deviation scores been presented graphically through bar diagram in Figure – 2.

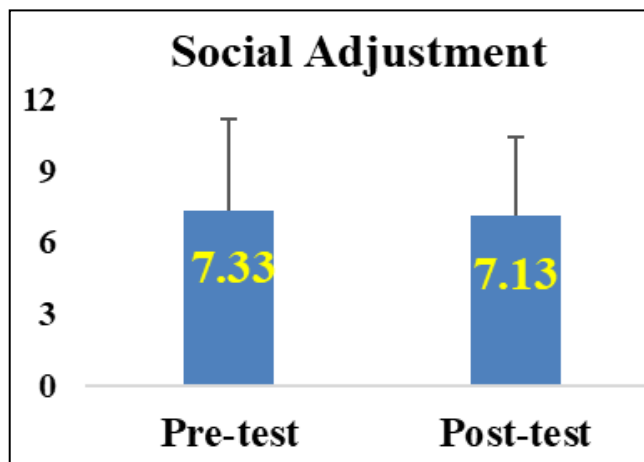


Fig 2: Difference between pre and post-treatment test mean scores and SD of social adjustment ability of the subjects

Table 3: Mean and SD of Pre and Post Treatment Test Scores on Educational Adjustment

Variable	Tests	Mean	SD	't' value
Education Adjustment	Pre	7.40	4.41	0.91 ^{NS}
	Post	7.14	4.12	

N.B.: NS = Not Significant, SD = Standard Deviation

From Table –3 representing the mean and SD of pre and post-treatment scores on educational adjustment of the subjects. It was observed from the table – 3 that mean scores and SD of pre and post-treatment results of educational adjustment of residential college students were 7.40 ± 4.41 and 7.14 ± 4.12 respectively. Calculated 't' value (0.91) was less than the table value (2.00) indicated no significant difference between pre and post-treatment test scores. Hence the yogic treatment on the subjects had no effects on educational adjustment at 0.05 percent level of significance. The subjects were average in educational adjustment. The mean and standard deviation scores been presented graphically through bar diagram in Figure – 3.

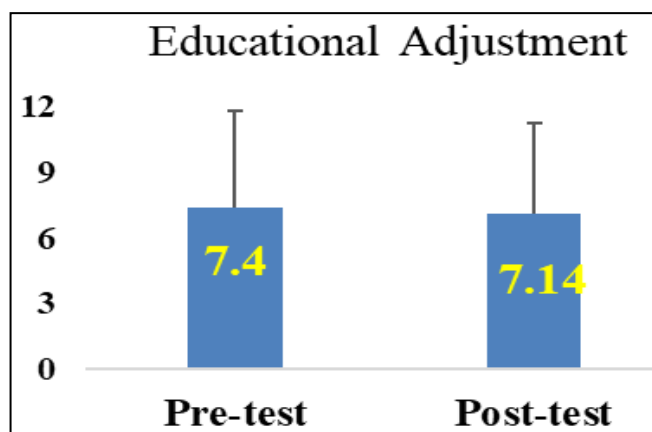


Fig 3: Difference between pre and post-treatment test mean scores and SD of educational adjustments ability of the subjects

Discussion of findings

Practice of Yoga leads to the union of individual

consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, man & nature. According to Bhagavad-Gita “Samatvam Yoga Ucyate” means yoga is equanimity of mind. Essence of adjustment lies between body and mind and equal thought. The mind-body problem is the problem of interpersonal relationships and maladjustment. Scientists are agreed to accept the key role of Yoga in relation to body-mind coordination as well as adjustment. Yogic practices help us to keep body and mind calm and cool as well as to enhance social adjustment. Adjustment leads to better living and better society. Adjustment usually starts from our minds, so if we are able to purify our mind then we can adjust to any situation either emotionally, socially or educationally. But now the question is how can we improve our adjustment quality? Here yoga plays a vital role in improving adjustment. Yogic practices like Yama, Niyama, Asana, Pranayama and Mudra improves our consciousness and ultimately develops adjustment power. In this research work no significant difference between pre and post-test scores on adjustment was observed on residential yoga students. Non significance of the result may be due to group of subjects and their age. Apart from that the subjects were strictly under control and got their yoga education under same environment. The teacher and time were also same. Non variance of climatic condition throughout the treatment session may also be another reason for the non-significant result. The group of subjects comprised of both male and female may affect the result.

Conclusions

From the findings of the present study, it may be concluded that Yoga training to the students of Yoga Courses under the age group of 20 to 35 years may have no effect on social adjustment, educational adjustment and emotional adjustment.

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