



A STUDY OF YOGA, AGGRESSION AND MENTAL HEALTH OF COLLEGE STUDENTS

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Abstract: The present study is an attempt to investigate the effect of Yoga on student's aggression and mental health among college students. The sample was drawn from the population of students taking from VasantroNaik Government Institute of Arts & social science Nagpur. The random sampling technique was used. Total sample consist of 50 college going students of graduate level within the age range of 17 to 22 yrs. Pre testpost test design was used. t test was employed for measure effect of Yoga practices on students aggression and mental health. The result concluded that there is significant positive effect of Yoga practices on student's aggression and mental health.

Introduction:

Psychologists from in all over the world are critically, curiously and enthusiastically assessing various psychological aspects of sports, applying research from in related areas to sports situations, and attempting to make sense out of sparse factual material. Considering the popularity of sports, its length of existence and its influence on society, relatively little research has been done with different types of sports. Consequently, not much is really known about aspects of psychology as they related to sport arena.

In the present era, people encountering amazingly brisk change owing exploratory movement. Because of this exploratory progress discuss a country yet every people have acquired the sentiment with the objective. This need is drifting over every occupation, educational sectors including sports. Consequently is exhibited to the nerves and strains of life skirting on reliably, which the swarm is prepared to acclimate. For the most part the exercises stresses and aggression have much to the solicitations tribute by the situation and incite 'change phenomena'. Various Issues of present day man, yoga give response for those who genuinely needs for it. We accentuate the word genuinely in light of the fact that no endeavors could be sought after

without truthfulness. Without philanthropy, one can't focus for a more drawn out time on a movement. Yoga practices are a panacea for focus.

Aggression:

Aggression considered as a behavior rather than a consistent personality trait. Which is Considered from the behavioral aspect, the role of socialization processes and the cultural environment in which it unfolds acquires great significance.

The socio-cultural factors effect on aggression. Some studies have been conducted to identify the socio-cultural factors, which influence the degree of aggression in terms of violence, crime, hostility, anger, delinquency and even suicide. Every country has its unique culture and characteristics which are different from another culture. Any behavior, which is normal in one society or culture, can be abnormal in another culture proven by different cultures.

Mental health

The concept of mental health includes emotional, psychological, and social well-being. Its influenced how we think, feel, and act. It is also helps to determine how we handle stress, relate to others, and make choices. Mental health is important at every

stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including a Biological factor, such as genes or brain chemistry, Life experiences, such as trauma or abuse and family history of mental health problems.

Deshpande S. & et.al (2008) studied randomized control trial of the effect of yoga on verbal aggressiveness in normal healthy volunteers. The researcher has demonstrated that an eight week intervention of an integrated yoga module decreased verbal aggressiveness in the yoga group.

Felver, J.C. & et.al (2015) showed that the Yoga in Public School Improves Adolescent Mood and Affect. The present research suggested that school-based yoga may provide unique benefits for students above and beyond participation in physical exercise.

Frank, Jennifer L.& et.al. (2014) assessed that the effectiveness of a School-Based Yoga Program on Adolescent Mental Health, Stress Coping Strategies, and Attitudes toward Violence: Findings from a High-Risk Sample. Results provided evidence of the potential for Transformative Life Skills to influence important student social-emotional outcomes among high-risk youth.

Malathi& et.al (2000), assessed the effect of yogic practices on subjective well being. In this study total 48 healthy volunteers who participated in the practice of yoga over a period of 4 months were assessed on Subjective Well Being Inventory before and after the course in order to assess the effect of yoga practice on subjective feelings of well-being and quality of life. The results revealed that the significant improvement in 9 of the 11 factors of Subjective Well Being Inventory was observed at the end of 4 months, in these participants.

Rizzolo, Denise; Zipp, Genevieve Pinto; Stiskal, Doreen; Simpkins, Susan (2009). Stress Management Strategies for Students:

The Immediate Effects of Yoga, Humor, and Reading on Stress. The results indicated that one 30-minute session of yoga, humor, and reading had similar effects in decreasing acute stress in health science students.

Statement of the Problem:

“To study the effect of Yoga practices on aggression and mental health among college students.”

Objectives:

To study the effect of Yoga practices on students’ aggression.

To study the effect of Yoga practices on student’s mental health.

Hypotheses:

There will be significantly positive effect of Yoga practices on student’s aggression.

There will be significantly positive effect of Yoga practices on student’s mental health.

Methodology

Sample:

The sample was drawn from the population of students taken from VasantNaik Government Institute of Arts & social science Nagpur. The random sampling was used. Total sample consist of 50 college going students of graduate level, age range of students between 17 to 22 Years.

Variables :-

Independent Variable

Yoga Practices

Dependent Variables

Aggression

Mental Health

Research Design:

Pre test and post test design was used for measure the effect of Yoga practices on aggression and mental health. The design of the study was planned in three phases. Phase I: Pretest, Phase II: Yoga practices and Phase III: after test.

Tools:

Aggression Questionnaire.

The present questionnaire developed by Dr. G.C.Pati. Total consist 16 questions in present questionnaire. Split-half reliability coefficient is 0.71 and The validity coefficient is significant above one percent level.

Mental Health Inventory:

The present inventory developed by Dr. A.K. Srivastava. Spilt half reliability is 0.73 and Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire is high.

Statistical Treatment:

The various means of the sample were computed. The standard deviations were computed to measure the variability was done using Statistical Package for Social Sciences (SPSS) for finding out the differences among variables, t-test was used to find out the difference between before and after effect of Yoga on students aggression and mental health.

Result and Discussion:

H1: There will be significantly positive effect of Yoga practices on student’s aggression.

Group	Mean	S.D.	N	t
Pre-test	84.32	8.95	50	3.92**
Post-test	78.28	6.22	50	

Result depicts that the mean and standard deviation values are differ between before and after Yoga practice on aggression. The Mean of aggression before yoga practice is 84.32 and Standard deviation is 8.95 which is high compare to after yoga mean and SD values of students aggression level which are 78.28 & 6.22 respectively. The t value is 3.92 shows significant at both the level of significance difference between before and after effect of yoga on student’s aggression level. Hence, light of the present results it is clearly revealed that the Yoga practices positive effect on the reducing the level of aggression. The present results support the

above stated hypothesis i.e. there will be significantly positive effect of Yoga practices on student’s aggression.

H2: There will be significantly positive effect of Yoga practices on student’s mental health

Group	Mean	S.D.	N	t
Pre-test	98.63	9.08	50	2.98**
Post-test	103.52	7.26	50	

Results revealed that the Yoga practices significantly influence on students mental health. In this study, the mean of mental health before Yoga practice is 98.63 and SD is 9.08 is higher than the after Yoga practice mean and SD of mental health which are 103.52 and 7.26 respectively. The significant differences found between pre test measures and post test measurers which is commutated through the using t test. The t value found 2.98 which is significant at both the level of confidence. Hence Present results supported to above stated hypothesis no. 2 which is there will be significantly positive effect of Yoga practices on student’s mental health is accepted.

The present scenario of world is full of violence, many country suffered from the various violence, domestic war and terrorism. All problems associated with the aggression and mental health. The people who cannot control and manage their aggression they impaired with social, functional and interpersonal relegations which are affect on their mental health. Many studies found and suggested that the Yoga is best medicine for reducing and control the aggression and stress and Yoga is best remedies for establisher of mental health. Hence, according to many research and studies, people who suffer from uncontrolled aggression, balanced mental health they should do regular practice of Yoga.

Some studies support present results, some selective studies quoted for the relevance present results, Deshpande S. & collogue (2008), studied on effect of Yoga practices on verbal aggressiveness and they conclude the intervention of yoga module decreased the verbal aggressive. Yoga practices also

improves adolescent mood and affect revealed by Fever, J.C. in 2015 and they suggested that school-based yoga provide unique benefits for students. Yoga program also positive effect on mental health concludes by Frank, Jenifer L and colleagues in 2014. Frank & his colleague assessed the effectiveness of school based Yoga program on adolescent mental health, stress coping strategies and attitudes toward violence and the researcher found evidence of potential for transformative life skills to influence important students social emotional outcome among high-risk youth. In 2000 Malathi& colleague assessed the effect of yogic practices on subjective well being and revealed that the significant improvement of subjective well being in four months.

Conclusion:

Regular Yoga practices positively effect on student's aggression level and mental health.

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