

EFFECT OF 12 WEEK YOGIC PRACTICES ON AGGRESSION

Dr. Sandip Sankar Ghosh, Assistant Professor,
State Institute of Physical Education for women,
Hastings House, Kolkata, West Bengal.

Mr. Shantanu Mistri, Research Scholar,
Department of Physical Education,
University of Kalyani, West Bengal.



Abstract

The purpose of this study was to assess the effects of selected yogic practices on aggression of school students. Sixty (N=60) school students were randomly selected as subject for the present study. The subjects were divided into two groups- thirty ($n_1=30$) students were assigned in experimental group and thirty ($n_2=30$) were assigned in control group. The age group of the subjects were ranged from (12 – 14) years. In the present study the variable aggression were measured by AOS (Aggression Orientation Scale- Basu, J. 2001) questionnaire. Mean and standard deviation of six components of the variable aggression were calculated. The pre and post treatment means of respective components were compared by using t-test. Statistical significance was tested at 0.05 level of significance. For statistical calculations Excel Spread Sheet of windows version 7 was used. The result showed that aggression of the experimental group reduced in total, but it was not significant. Among the six components of aggression, externalizing tendency, verbal aggression and indirect aggression reduced significantly. But reduction of other components, predisposition, internalizing tendency and physical aggression were not statistically significant. In case of control group the aggression reduced in total but it was not significant. Among the six components of aggression no significant increase or decrease were observed. Verbal aggression remained same, predisposition and internalizing tendency increased slightly where as externalizing tendency, physical aggression and indirect aggression reduced to some extent.

Keywords: Aggression, Externalizing Tendency, Internalizing Tendency, Physical aggression, Verbal aggression, Indirect aggression.

Introduction

India is supposed to be one of the countries which are going to control the world economy in coming days. The huge population of our country will be the key strength in this regard. But for the proper utilisation of our human resources we need to provide them proper education and make them good citizen. The children should be optimum importance in this regard as they are the future of our country. But now a day's most of the children are being raised in a nuclear family. They take food alone, play alone, read alone, as a result they don't know the joy of sharing. This is in absolute contradiction with the basic gregarious instinct of man. On the other hand the parents always want them to come first in all the events of life. To fulfil the wish of their parents they are always pushed in the rat race. They always have to follow a rigid routine and don't have any time for their own. Parents don't allow them to mix up with others. They like to keep them pent up within the four walls and compelled them to remain busy with toys, junk foods, electronic gadgets etc. Television became an integral part of our life. For the commercial benefit of the TV channels, they often are showing violent scenes. American psychological association opined that children and other people who watch crime and violent scenes in the TV, become apathetic about any trouble or pain of others and too some extent their feelings and emotion are lost. This abnormal childhood and impatient and violent environment around the children turn them aggressive. According to the information of National Crime Record Bureau juvenile crimes in India had been increased by 80% in last one decade. Yoga is a complete science of life that originated in India many thousands years ago by the Hindu saints and is still being practiced by many people throughout the world. Great sage Patanjali said, "Withdrawal of sense organs from their worldly objects and their control is yoga". It is the system of self-renewal, renewal of mind and body. With the help of yoga the nervous system, circulatory system, endocrine glands, internal organs as well as muscles function properly. It makes the body supple and flexible and can also be a way to achieve inner tranquillity. Keeping in view of all the above things, the investigator intended to know whether or not Yoga might be a way to reduce the aggression of the students. Accordingly the present project was planned to gather information about the effect of yogic practices for reducing and controlling the aggression. Possibly the result would be helpful to the teachers, guardians and gives little bit information to the future researchers.

Methods and Materials

The purpose of this study was to assess the effects of selected yogic practices on aggression of school students. Sixty (N=60) school students were randomly selected as subject for the present study. The subjects were divided into two groups- thirty ($n_1=30$) students were assigned in experimental group and thirty ($n_2=30$) were assigned in control group. The age group of the subjects was ranged from 12 – 14 years. The random group design was used for the study. In the present study the variable of aggression were measured by AOS (Aggression Orientation Scale- Basu, J. 2001) questionnaire consisted of 80 separate statements each carries one marks i.e. a total of eighty marks. Students were assembled in the classroom. They were provided Aggression Orientation Scale (ASO). They were made to understand well about the purpose of the study and how they had to respond against each question. They were requested and motivated not to copy others responses and to reflect their own feeling and experience only. They were taken to confidence that their responses would be kept secret. The subjects were require to put a tick mark on the statement they agreed with and a cross mark with which they did not agree. Summing up the number of questions, ticked by the subjects, score were obtained. The treatment was intervenered for a period of twelve weeks in the month of July, August and September. The subjects of experimental group had undergone through selected Yogic asanas (Padmasana, Vajrasana, Pashchimattanasana, Bhujangasana, Parvatasana, Vrikshasana, Chakrasana, Yoga Mudra, Savasana), pranayamas (Anuloma-viloma without Kumbhaka and Modified Pranayama) and Omkar chanting practices for 30 min and four days per week. Frequency, duration and repetition of asanas pranayamas and Omkar chanting were determined in a steady progressive manner from the first day to last day of the treatment. The data were collected by two steps i.e. prior to the intervention of the treatment and after the completion of the treatment program. Mean and standard deviation of six components of aggression were calculated. The pre and post treatment means of respective components were compared by using t-test. Statistical significance was tested at 0.05 level of significance. For statistical calculations Excel Spread Sheet of windows version 7 was used.

Results

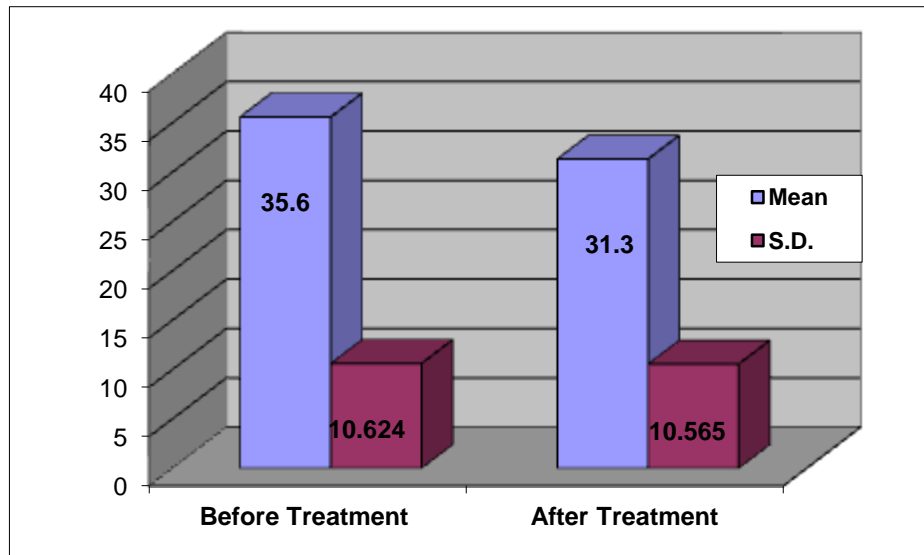
In Table-1 the mean and standard deviation of obtained data of the experimental group before and after the treatment have been presented.

Table 1
MEAN AND STANDARD DEVIATION OF AGGRESSION OF THE EXPERIMENTAL GROUP BEFORE AND AFTER THE TREATMENT.

Aggression	Before Treatment		After Treatment	
	Mean	S. D.	Mean	S. D.
Predisposition	12.167	4.153	11.7	4.843
Externalizing Tendency	3.5	1.925	2.433	1.194
Internalizing Tendency	2.667	1.184	2.467	1.196
Physical	3.567	2.487	3.133	2.543
Verbal	3.7	1.622	2.8	1.669
Indirect	10.233	2.609	8.8	2.645
Total	35.6	10.624	31.333	10.565

From Table–1 it was evident that after Treatment the amount aggression slightly reduced in respect of all the elements.

Figure-1: Mean and Standard Deviation of Total Aggression of Experimental Group Before and After Treatment.



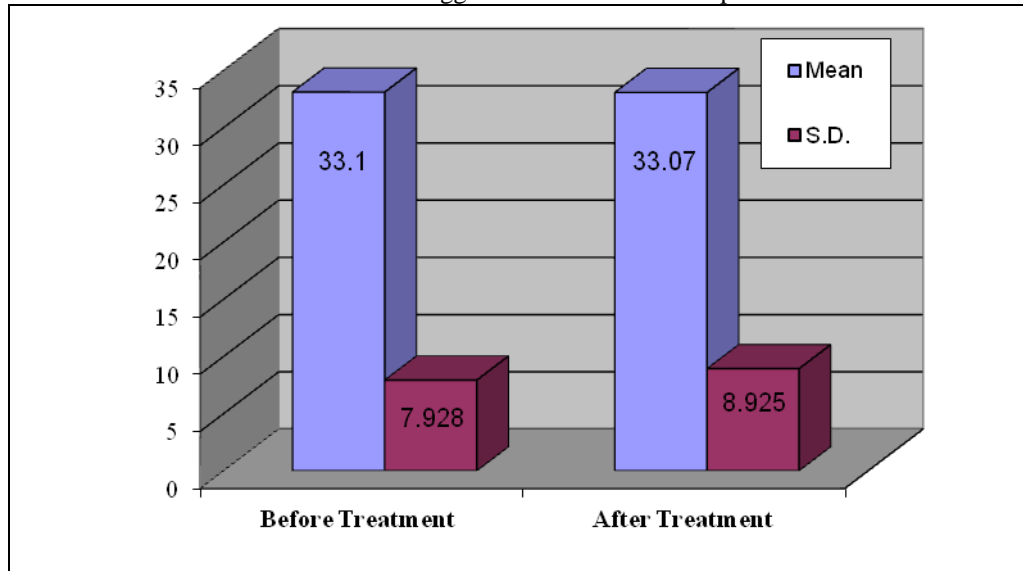
In Table-2 the mean and standard deviation of obtained data of the control group before and after the treatment have been presented.

Table 2
MEAN AND STANDARD DEVIATION OF AGGRESSION OF THE CONTROL GROUP BEFORE AND AFTER TREATMENT PERIOD.

Aggression	Before Treatment		After Treatment	
	Mean	S. D.	Mean	S. D.
Predisposition	10.167	3.312	11.1	3.986
Externalizing Tendency	3.767	1.501	3.067	1.874
Internalizing Tendency	2.467	1.074	2.8	1.375
Physical	3.3	1.950	2.9	1.863
Verbal	3.333	1.605	3.333	1.688
Indirect	9.9	2.123	9.86	2.080
Total	33.1	7.928	33.067	8.925

Table-2 showed that overall aggression of the control group reduced slightly. In case of elements of predisposition and internalizing tendency slight increase was observed; verbal aggression remained the same while in externalizing Tendency and physical aggression a slight reduction was observed.

Figure-2: Mean and Standard Deviation of Total Aggression of Control Group Before and After Treatment Period.



In Table-3 't'-ratio between initial and final aggression of experimental group have been presented.

Table 3
MEAN DIFFERENCE BETWEEN INITIAL AND FINAL AGGRESSION OF EXPERIMENTAL GROUP.

Variable	Mean		Mean Difference	S. E. D.	't'
	Before	After			
Predisposition	12.167	11.7	0.467	1.165	0.400
Externalizing Tendency	3.5	2.433	1.067	0.414	2.579*
Internalizing Tendency	2.667	2.467	0.2	0.307	0.651
Physical	3.567	3.133	0.434	0.649	0.667
Verbal	3.7	2.8	0.9	0.425	2.118*
Indirect	10.233	8.8	1.433	0.678	2.113*
Total	35.6	31.333	4.267	2.735	1.560

* $t_{0.05, 58} = 2.01$

Table-3 showed that aggression of the experimental group reduced in case of all the elements. But reduction in case of externalizing tendency, verbal aggression and indirect aggression were significant at 0.05 level of significance.

In Table-4 't'-ratio between initial and final aggression of control group have been presented.

Table 4
MEAN DIFFERENCE BETWEEN INITIAL AND FINAL AGGRESSION OF CONTROL GROUP.

Variable	Mean		Mean Difference	S. E. D.	‘t’
	Before	After			
Predisposition	10.167	11.1	0.933	0.946	0.986
Externalizing Tendency	3.767	3.067	0.7	0.438	1.596
Internalizing Tendency	2.467	2.8	0.333	0.319	1.045
Physical	3.3	2.9	0.4	0.492	0.812
Verbal	3.333	3.333	0	0.425	0
Indirect	9.9	9.86	0.04	0.543	0.74
Total	33.1	33.067	0.033	2.179	0.015

* $t_{0.05, 58} = 2.01$

Table 4 showed that overall aggression of the control group reduced slightly. In case of elements of aggression mixed tendency were observed some of the components decreased slightly while some other components increased. But no differences were significant at 0.05 level of significance.

Discussions

After the statistical treatment of obtained data the results indicated that aggression of the experimental group reduced in total, but it was not significant. Among the six components of aggression, externalizing tendency, verbal aggression and indirect aggression reduced significantly which reassembled partially with the work done by Psychiatrist Peter Armendariz at the Southwest Behavioral Health Center in Lawton. But reduction of other components, predisposition, internalizing tendency and physical aggression were not statistically significant and it was contrary to the result obtained by Psychiatrist Peter Armendariz. The reason, why externalizing tendency, verbal and indirect aggression reduced, might be the effect of Asanas, Pranayamas and Omkar, which promotes self-control, brings calmness and removes mental and physical irritations. The asanas, they practiced, worked to keep the spinal cord supple and flexible, improved digestion, circulation etc, keep physical body healthy and free from diseases. Pranayamas given to them helped to clean the lungs and made them healthy, reduce physical and mental fatigue, bring emotional balance and give mental peace. Omkar gave them calmness in mind and ability to control their mind through increasing concentration. The other components of aggression, predisposition, internalizing tendency and physical aggression did not reduce significantly. It might be due to the fact that the sample was not sufficiently large; frequency of exercises might be more, irregular practice of some of the students during the treatment. In relation to aggression, control group showed no notable reduction or increase. In some of the components like predisposition, internalizing tendency, an increasing tendency was noticed but not significantly. The reason behind such results was considered to be effect of violence scenes in TV, newspapers and in other media, the changing out look towards society of the growing children and any preventive step was not taken. In some cases components of aggression reduced slightly. It might be due to realization of the children about what is good or bad, harmful or advantageous for the future the children and the society.

Conclusions

On the basis of the finding the following Conclusions were drawn. In case of total aggression the reduction due to yoga was not sufficient enough to be considered as significant. With regard to predisposition aggression Yoga was found to be ineffective. The Yoga was found much effective in reducing externalizing tendency among the experimental group. In case of internalizing tendency, due to yoga practice significant decrease was not found. In case of physical aggression too yoga had not reduced the aggression significantly. The yoga treatment found significantly effective in reducing verbal aggression. With regard to indirect aggression yoga was found to be significantly effective. The control group was not given the yoga treatment and it was found that there was an increasing tendency of aggression in two of the components and in case of others decreasing tendency was observed. But the changes were not significant.

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