

EFFECT OF YOGA ON HYPOMANIA Dudes AGRESSION

DR PRATHEEPA C.S, Post doctorate fellow..., Alagappa college of physical education, Department of Physical Education, Alagappa University, karaikudi.

INTRODUCTION

Yoga is an integrated, holistic system of self-culture which aims at the harmonious development and health of body mind complex. It is an exact science whose practices are based on the unchangeable laws on nature. Aggression is any form of behavior directed towards the goal of harming or injuring another living being who is motivated to avoid such treatment. Recently aggressive behavior of the hypomania dudes becomes a serious problem in the schools and the society as well.

It is a great threat for the mankind. Psychiatrist mahalaxmi at the Tamilnadu Behavioral Health treatment in Dindigul worked with the children suffering depression, threatening suicide, and creating violent atmosphere. The children were provided yoga classes within two or three months their aggressive attitude decreased quite a bit. The present study was an effort from the end of the scholar find out whether yoga as means, out of many, has any positive effect in reducing aggression in school situation.

PURPOSE OF THE PROBLEM

The purpose of the study was to investigate and assess the effect of yoga on aggression of the hypomania dudes.

HYPOTHESIS

It was hypothesized that there would be some effect of yoga on aggression.

METHODOLOGY

The subject for the purpose of the study were selected randomly from the students of residential dudes of Alagappa university, karaikudi. students were considered as experimental group and 30 students for control group. The average age of the students were 17 to 28 years. The experiment was conducted for a period of twelve weeks the month of June, July, August and September. The subjects of experimental group had undergone through selected Yogic asana, pranayama and Omkar practices for 30 min and four days per week early morning. Frequency, duration and repetition of asanas pranayama and Omkars were determined in a steady progressive manner from the first day to last day of the treatment. The data for measuring aggression of the hypomania dudes was collected twice before the start of the study and after 12 weeks of treatment period of the study. Measurements were taken twice under identical condition providing a day's rest in between the two days. Person's product Moment correlation was computed with those two measurements. Coefficient of correlation revealed that there was a high correlation between those two measurements. Thus the data taken were considered highly reliable.

TABLE - 1
COMPONENTS OF TREATMENT

Asana

Sl.No.	Types of Asana	Name of Asana
1	Meditative Pose	Padmasana Vajrasana
2	Cultural Pose	. Paschimattanasana . Bhujangasana . Parvaatasana . Vrikshasana . Chakrasana . Yoga Mudra
3	RelaxedPose	1.Savasana

Pranayama

1. Anuloma – Viloma without Kumbhaka
2.Modified Pranayama

Omkar

1. Omkar chanting

ADMINISTRATION OF AGGRESSION MEASUREMENT

Hypomania dudes were rest in his room. They were provided Aggression Orientation Scale (AOS). 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 subject were require to put a tick mark on the statement they agreed withand a cross mark with which they did not agree. Sum up the number of questions, ticked by the subjects, score were obtained.

To determine the significance of difference between the aggression of experimental group, - before and after yoga treatment uncorrelated 't' test was applied. For the purpose of the present study, the level of significance was fixed 0.05 level of confidence, which was deemed to be reasonable forthe study.

PRESENTATION OF DATA

TABLE -2
MEAN DIFFERENCE BETWEEN INITIAL AND FINAL AGGRESSION OF
EXPERMENTAL GROUP

Variable	Before Mean	After Mean	Mean Difference	S.E.D	't'
Predisposition	13	12	1	1	0.400
Externalizing Tendency	4	3	1	0	3
Internalizing Tendency	3	3	0	0	1
Physical	4	3	0	1	1
Verbal	4	3	1	0.425	2
Indirect	10.233	9	1	1	2
Total	38.233	33	4	3.425	9.400

TABLE - 2 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 confidence.

TABLE -3
MEAN DIFFERENCE BETWEEN INITIAL AND FINAL AGGRESSION OF
CONTROL GROUP

Variable	Before Mean	After Mean	Mean Difference	S.E.D	't'
Predisposition	11	10	1	0	1
Externalizing Tendency	4	3	1	1	2
Internalizing Tendency	3	3	0	1	1
Physical	3	3	0	1	1
Verbal	3	3	0	0	0
Indirect	10.4	10	0.04	1	1.04
Total	34.4	32	2.04	4	6.04

TABLE - 2 showed that aggression of the control group reduced slightly in case of all the elements of aggression mixed tendency were observed some of the components decreased slightly while some other components increased. But no difference was significant at 0.05 level of confidence.

DISCUSSION OF THE FINDINGS

After the statistical treatment of obtained data, the result 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 Dr. Mahalaxmi at the South Behavioral Health Center in Dindigul but reduction of other components, predisposition, internalizing tendency and body aggression were not statistically significant and it was contrary to the result.

CONCLUSION

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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