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Effect of Yoga on Emotional Intelligence among Senior College Students in Nashik District

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Abstract:

Aim : This study is undertaken to know the effects of Yoga on emotional intelligence among senior college students in Nashik district.

Method : Statistical population in this study is all the students at senior college level in academic year 2022-23 in Nashik district. A total of 60 students, both male and female were asked to fill the questionnaire before and after the yoga training for 4 weeks.

Result: The results showed that emotional intelligence increased after yoga training of 4 weeks.

Key words: yoga, emotional intelligence

Introduction:

Yoga is considered as one of the six foundations of Indian philosophy. Yoga has the potential to provide physical, mental, and emotional benefits. Multitasking and competition have increased in all walks of life, which may manifest as psychological and stress. This leads to mental and emotional drain.

Dissatisfaction and frustration are leading to depression and more incidence of suicide in the society. Emotional quotient (EQ), also called emotional intelligence (EI), assesses the emotional stability of the person and also tells us the ability of the person to handle different stressful situations. EI is “a form of social intelligence that involves the ability to monitor one’s own and others’ feelings and emotions, to discriminate between them, and to use this information to guide one’s thinking and a ”Goleman identifies five components of EI self-awareness, self-regulation, motivation, empathy, and social skill. An alternative framework as defined by the Consortium for Research on. emotional intelligence is one of the important factors that determine success in life and psychological wellbeing. A person who has emotional intelligence gives order and stability to his life in such a way that with high emotional intelligence, the person will experience less negative events in his/her life, based on the results of Richardson and collaborators' research as quoted by Ismaili. Mayer and Salovey research shows that emotional intelligence is related to mental health components. In this regard, several studies have been conducted on emotional intelligence.

Studies showed that yoga has positive effect on physiological and psychological well-being. Experimental studies show that yoga practice improves emotional intelligence and subjective well-being. A study by Shah, Shah, Shah, and Makhvana (2015) found that Raja Yoga Meditation practice enhances emotional intelligence of the students. Adhia, Nagendra, and Mahadevan (2010) proved the usefulness of Yoga in enhancing the emotional intelligence of employees. Yoga played an indispensable role in enhancing the level of emotional intelligence among college students (Sidhaye & Anaspure, 2010; Mulla & Krishnan, 2007; Monk-Turner & Turner, 2010).

Tikhe and Nagendra (2011) conducted a study among managers and found that yoga improves emotional intelligence and managerial performance in organizations. It has been identified that people regularly practicing meditation reported to have high EQ and lower general perceived stress than those who did not practice yoga (Charoensukmongkol, 2014). Chu (2010) found that meditation is beneficial for psychological health and enhances psychological well-being by improving emotional intelligence.. He also found that specific method of meditation does not affect essentially on the dynamics of the emotional intelligence.

Yoga stimulates an under active parasympathetic nervous system and increase the inhibitory action of a hypoactive GABA system in brain pathways and structures that are critical for threat perception, emotion regulation, and stress reactivity (Streeter, Gerbarg, Saper, Ciraulo, & Brown, 2012).

Many studies have been conducted on improving emotional intelligence through yoga interventions. Most of the studies have been conducted in pre-post experimental study model. But studies showing the difference in levels of emotional intelligence among yoga practitioners and those who do not practice yoga are few. This study aims to find out difference in Emotional Intelligence of those who practice yoga and who do not practice yoga.

According to all these facts, the main purpose of this study is to answer these questions. How yoga effects on emotional intelligence among senior college students?

Method:

Objectives:

1. To asses the emotional intelligence among senior college students.
2. To find out the effect of yoga on emotional intelligence among senior college students.

Hypothesis:

1. There would be positive Effect of yoga on emotional Intelligence among male students in senior college.
2. There would be positive Effect of yoga on emotional Intelligence among female students in senior college.
3. There would be positive effect of yoga on emotional Intelligence on senior college students.

Statistical Population and Sampling:

The population of the study consisted of all senior college Students in Nashik district. 60 students were randomly selected as sample. Out of 60 students 30 were boys students and 30 girls students. The mean age for the sample was 20.45 yrs. SD = .83. Age range of them was 19 to 21 yrs.

Following data collection tools are used:

1. **Mangal Emotional Intelligence Inventory (2004):** For the assessment of Emotional Intelligence Mangal Emotional Intelligence Inventory (2004) developed by Dr.S.K Mangal and Mrs. Shubral Mangal was employed. This instrument consists of 100 items. It contains four components each having 25 items. The participants were asked to answer either „yes“ or „no“. A score of one mark is to be awarded for the response indicating presence of emotional intelligence and zero for the absence of EI. Reliability of inventory was examined through three different methods, namely; Split half method using Spearman – Brown prophecy formula, K-R formula (20), and Test-retest method.

Reliability coefficients of the inventory were found to be .89, .90 and .92 respectively. The validity for the inventory has been established by adopting two different approaches, namely factorial and criterion related approach.

Data collection:- Subjects were Ask fill the questionnaire before and after yoga training of 4 weeks in Lasalgaon college.

This study design is pretest- posttest experimental research design. used to evaluate significance difference between pretest-posttest by using paired sample t-test . The statistical calculations were performed using computer software SPSS.

Results:

Table 1 showing the Mean, SD and t-test score of emotional intelligence among boys senior college students.

Variables	N	Mean	S.D.	P - value	Significance level
Pretest	30	56.53	19.35	0.0025	*0.05
Posttest	30	64.23	17.77		

Table-1 show that the mean of emotional intelligence pretest score of male students in senior college is 56.53 and S.D. is 19.35 and Mean of emotional intelligence Posttest score is 64.23 and S.D. is 17.77 And P value of emotional intelligence of male students in senior college is 0.0025 and P values is above the 0.05 level. Therefore, there would be positive Effect of yoga on emotional Intelligence among male students in senior college has been accepted.

Table 2 showing the Mean, SD and t-test score of emotional intelligence among Girls senior college students.

Variables	N	Mean	S.D.	P value	Significance level
Pretest	30	56.13	14.43	0.029	*0.05
Posttest	30	65	12.44		

Table-2 show that the mean of emotional intelligence pretest score of female students in senior college is 56.13 and S.D. is 14.43. Mean of emotional intelligence Posttest score is 65 and S.D. is 12.44. P- value of emotional intelligence among female students in senior college is 0.029. P values is above the 0.05 level. Therefore, there would be positive Effect of yoga on emotional Intelligence among female students in senior college has been accepted.

Table 3 showing the Mean, SD for emotional intelligence among senior college students.

Variables	N	Mean	S.D	P value	Significance level
Pretest	60	56.33	16.23	0.0003	0.05*
Posttest	60	65.43	12.70		

Table-3 show that the mean of emotional intelligence pretest score of senior college students is 56.33 and S.D. is 16.23 and Mean of emotional intelligence Posttest score is 65.43 and S.D. is 12.70. And P- value of emotional intelligence among senior college students is 0.0003 . And t values is above the 0.05 level. Therefore, there would be positive effect of yoga on emotional Intelligence among senior college students has been accepted.

Discussion:

Purpose of this study was investigating the Effect of Yoga on Emotional Intelligence among Senior College Students in Nashik District. This study is pretest- posttest experimental research study. Total 60 students of senior college was selected as samples. Among them 30 was boys students and 30 was girls students. . Age range of samples was 19-21 year. Sample selected from Nashik district. Simple random method was used for Sampling. Data collected by using Mangal emotional intelligence inventory. The Effect of Yoga on Emotional Intelligence was examined using Paired sample t test statistical techniques. The results show that there positive effect of yoga on emotional Intelligence among senior college students. These findings are consistent with results of Gawali & Dhule, 2013, as well as Shah, Shah, Shah, and Makhvana (2015). Other research findings indicate Adhia, Nagendra, and Mahadevan (2010) proved the usefulness of Yoga in enhancing the emotional intelligence of employees. Tikhe and Nagendra (2011) conducted a study among managers and found that yoga improves emotional intelligence and managerial performance in organizations. It has been identified that people regularly practicing meditation reported to have high EQ and lower general perceived stress than those who did not practice yoga (Charoensukmongkol, 2014).

Finally, results of research indicate that yoga positively effect on students emotional intelligence. Therefore it is recommended that yoga practice should consistently use for increasing emotional intelligence in college students.

Conclusions:

1. There would be positive Effect of yoga on emotional Intelligence among male students in senior college has been accepted.
2. There would be positive Effect of yoga on emotional Intelligence among female students in senior college has been accepted.
3. There would be positive effect of yoga on emotional Intelligence among senior college students has been accepted.

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