



# EFFECTS OF SURYA NAMASKARA ON BEHAVIORAL MALADJUSTMENT OF HIGH SCHOOL STUDENTS

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Behavioral maladjustment is the inadequate personality integration which makes an individual ineffective in adjusting to the demands placed on him by his physical as well as social environment and by his own demands (Coleman, 1974). According to Shaffer (1936) when the relationship among the organism, the environment and the personality is not well established, it is termed as maladjustment. It is measured in terms of the relationship between a person's social status and the social roles (his actual behaviour) which he is prepared and willing to play. The greater the coincidence of status and roles, the better is the adjustment (Lewey and Humber, 1951).

Whether the incidence of maladjustment is mild or severe, it is found among the people of every society. Maladjustment is assumed to have psychopathological origin and it is believed that emotional stress may have a significant effect on it (Coleman, 1974). Boring et al, (1905) have mentioned that strong emotional reaction to frustrations of difficulties is detrimental to good adjustment. Richard (1976) alarmed that maladjustment may often create psychopathology and ultimately leads to a number of health problems. In the early stages of personality development, some of the areas of personality change more easily than others (Hurlock, 1978). Such kind of changes, sometimes produce in harmony among the various drives, impulses and motives of persons and consequently, an individual becomes the victim of maladjustment (Page, 1970). A long standing maladjustment may produce serious personality disorder apart from indulgent to antisocial activities like violation of law and order, homicide, suicide etc. (Dewey and Humber, 1951). The situation is mostly found among the Indian adolescents and it is gradually evolving as a major psychosocial problem of our country.

Since long ago the techniques of psychotherapy and counseling have been applied by many psychologists and social scientists to cure maladjustments. But they require a substantial period, before any change is effected and their results are also temporary in nature. However, maladjustment as we already

knew is the product of disturbed emotions can easily be treated by adopting the technique of Surya Namaskara which has direct control over the neuro-endocrine functions of emotional reactions. Indeed, neuro-endocrinal system profoundly influences the conscious mind (Mishra, 1999). Exponent sociological behavior as well as the tendencies of state that regular practice of "Surya Namaskara" positively affect the functions of mind and also the activities of neuro-endocrine system (Saraswati, 2000). Therefore, much regulation and affecting the basic systems of body, Surya Namaskara refines the attitude and behavior of the practitioner.

Having acquainted with these positive roles of Surya Namaskara, the present investigators undertook the following research program.

## **Problem-**

### **1. Statement of the Problem**

"What are the effects of Surya Namaskara on Behavioral Maladjustment of high School Students."

### **2. Clarification of the Problem**

The effects of 'Surya Namaskara' will be assessed in terms of Home, Health, Social and Emotional adjustment.

#### **i. Home adjustment**

This aspect of adjustment can be measured by the Home Adjustment subtest or Bell's Adjustment Inventory, (Indian Adaptation).

#### **ii. Health Adjustment**

This aspect of adjustment may be measured by Health Adjustment subtest of Bell's adjustment Inventory (Indian Adaptation).

#### **iii. Social Adjustment**

This aspect of adjustment is measured by Social Adjustment subtest of Bell's adjustment Inventory (Indian Adaptation).

#### **iv. Emotional Adjustment**

It is also measured by Emotional Adjustment subtest of Bell's adjustment Inventory (Indian Adaptation).

### **3. Justification of the problem :-**

From psychological stand point, a maladjusted person is an abnormal individual who is in certain of his life-adjustment is disturbed personality: unable to make an effective orientation to his problems. Under the influence of disturbed emotions, they use to misinterpret themselves and their environment. Consequently, they indulge themselves to many unsocial acts like violation of law and order, homicide, suicide etc. if not treated them at the beginning stage. Hence, behavioral maladjustment is really a psycho-social problem and is need to be alleviated as early as possible.

**Methodology:-****(1) Research Design**

With a view to evaluate the effects of Surya Namaskara (if any) at various stages of experiment, a 'multi-group' three level', 'pre' and 'post' strategy is adopted. Here, 'Pre' and 'Post' strategy is adopted not only for comparative purpose but also to eliminate the effect of testing sensitivity.

**Result and Discussion:-****(i) Adjustment at pre-experimental stage**

Table-I shows the mean scores. SD and the resultant 't' values of both control and experimental groups at pre-experimental stage.

**Table-1**

**Mean, SD and 't' test values for the Control and Experimental groups on Bell's Adjustment inventory (Indian adaptation) at pre-experimental stage**

Control (N=25)			Experimental (N=25)			
Areas	M	SD	M	SD	't'	Significance
Home	16.30	3.466	16.20	1.506	0.294	NOT SIGNIFICANT
Health	11.20	3.244	11.40	1.632	0.363	NOT SIGNIFICANT
Social	18.55	2.963	18.80	2.339	.436	NOT SIGNIFICANT
Emotional	14.44	2.457	14.45	2.945	0.155	NOT SIGNIFICANT

It is clear from the above table that the scores of both the experimental and control groups in Home, Health, Social and Emotional areas of adjustment did not display any significant difference. The finding represents that both the groups found homogeneous nature of adjustment at their pre-experimental stage (Fig-1)

Regarding the level of adjustment, both the group displayed their maladjustment at pre -experimental stage. After comparing the pre-experimental mean sores of both groups with general norms of adjustment for high school students as suggested in Bell's Adjustment Inventory (Indian Adaptation), it is clear that the subject of both the groups found **unsatisfactory to very unsatisfactory** level of adjustment (Table-2) their mean score was found to fall within the range of 16-17 in Home, 11-12 in Health, 18-19 in Social and 14-15 in Emotional areas of adjustment.

Table-2

### General Norms of Adjustment for High School Students as Suggested in Bell's Adjustment Inventory (Indian Adaptation)

#### Range of Scores

Interpretation	Home	Health	Social	Emotional
Excellent	4 & below	2 & below	6 & below	Below 4
Good	5-7	3-4	7-9	2-4
Average	8-14	5-9	10-16	5-11
Unsatisfactory	15-17	10-11	17-19	12-14
Very Unsatisfactory	18 & above	12 & above	20 & above	15 & above

#### ii. Effects of two months practice of Surya Namaskara on Maladjustment

The results displayed in table-3 indicate that significant differences have occurred in Homes, Social, and Emotional areas of adjustment in the subjects of experimental group. Due to the regular practice of Surya Namaskara for two months the mean scores of the subjects of experimental group decreased significantly as compared to the subjects of control group. The subjects of experimental group now found significantly better in their adjustment in Home ( $p<005$ ), Social ( $p<025$ ), and Emotional ( $p<005$ ) areas as compared to the subjects of control group. Only, Home area of Adjustment of experimental group till remained in unsatisfactory level even after two month of practice of Surya Namaskara. It indicated that they have not yet been able to recover their weakness regarding health.

Table-3

#### Mean, SD and 't' test values for the Control and Experimental groups on Bell's Adjustment inventory (Indian adaptation) at post-phase I stage

Areas	Control (N=25)		Experimental (N=25)		't'	Significance
	M	SD	M	SD		
Home	16.10	3.434	14.20	1.665	3.240	*
Health	11.30	2.341	10.80	2.834	1.216	NOT SIGNIFICANT
Social	18.95	2.157	16.20	1.650	1.942	**
Emotional	14.40	3.120	11.95	1.249	3.226	*

\* $p<005$ , \*\*  $p<025$

When the reduced mean scores of the experimental group is compared with the general norms of adjustment suggested by Bell's Adjustment Inventory (Indian Adaptation, Table-2) it becomes clear that the subjects of experimental group found better adjustment in post phase-I stage though still they remained in unsatisfactory level. No such type of improving trend is observed in case of control group.

Therefore, the finding indicated that the subject of experimental group found better adjustment after two months practice of Surya Namaskara in Compared to those of the control group (fig.2).

### iii. Effects of four months practice of Surya Namaskara on maladjustment

Table-4 shows that mean scores of the subjects of experimental group decreased further in Home, Social and Emotional areas of adjustments as compared to the subjects of control groups. Now the experimental group also found significant difference in Health area which one was insignificant in post phase-I of the experiment. They now, differed significantly in home ( $p<005$ ), Health ( $p<001$ ), Social ( $p<005$ ), and Emotional ( $p<005$ ) areas of adjustment.

**Table-4**

#### Mean, SD and 't' values of the control and Experimental groups on Bell's adjustment Inventory (Indian Adaptation) at post-phase II stage

Control (N=25)			Experimental (N=25)			
Areas	M	SD	M	SD	't'	Significance
Home	16.33	3.241	13.10	1.695	6.344	*
Health	11.64	2.456	9.00	1.546	2.470	**
Social	18.77	3.270	15.97	1.464	5.243	*
Emotional	14.20	2.895	10.40	1.344	8.930	*

\* $p<005$ , \*\* $p<01$

While comparing the mean scores of the subjects of experimental groups with the general norms of adjustment for high school students as suggested by Bell's Adjustment Inventory (Indian Adaptation, Table-2), it is evident that the subjects of experimental group have attended the 'average' level of adjustment in all the areas of adjustment; after four months practice of Surya Namaskara. But the subjects of non-meditation control group are still remained in the 'unsatisfactory' level of adjustment. Therefore, no positive change was found in behavioral maladjustment of the subjects of control group. Thus the third hypothesis is also confirmed.

#### Discussion:-

The main findings of the investigation can be summarized as bellows:

- (i) The subjects of both the groups were found homogenous in their adjustment pattern at the initial stage of experiment. At the time hypotheses formulation, it was expected that personality pattern of both the groups would be homogeneous. After experiment, the obtained result proved the tentative statement. Hence the first hypothesis is confirmed by the results.
- (ii) After two months practice of Surya Namaskara, the subjects of experimental group differed significantly in Home, Social and Emotional areas of adjustment. But the subjects of non-meditating control group did not found such significant difference. Therefore, due to two months practice of Surya Namaskara, the subjects of experimental group found better behavior adjustment as compared to the subjects of control group.
- (iii) After four months practice of Surya Namaskara, the subjects of experimental group improved in all the four areas of adjustment. They not only maintained and widened the gains received due to two months practice of Surya Namaskara, but also improved significantly in their Health

adjustment which was at non-significant level at their second (post-phase I) stage of experiment. But the subject of non-meditating control group did not display such kind of positive change in their adjustment even at the end of four months of their respective treatments.

At the time of hypotheses formulation, the second hypothesis declared that after two months practice of Surya Namaskara, adjustment capability would be developed in all the four i.e. Home, Health, Social and Emotional areas of adjustment. After experiment, the observed results support the second hypothesis. Similarly, the third hypothesis is also corroborated by the results, which also declared that after four months practice of Surya Namaskara, adjustment ability of subject of experimental group would be developed and widened further as compared to the subjects of control groups.

### **Conclusion:-**

On the basis of analysis of data and within the limitation of present investigation, it can be concluded that Surya Namaskara, is a successful therapeutic means for both recent and long standing psychological disturbances of all kinds in general and behavioral maladjustment in special. It is not only a way of coping with stress, but a unique means of transforming and utilizing emotion as stripping to greater awareness, efficiency and achievement in life. The practitioner of Surya Namaskara becomes his own psychotherapist by alleviating his own personal problems as well as inters personal difficulties.

Therefore, it is expected that regular practice of Surya Namaskara, can alleviate the difficulties of behavioral maladjustment and it may be an aid in fulfilling the border purpose of behavior therapy.

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