



# ROLE OF YOGIC PRACTICES IN ENRICHING EMOTIONAL INTELLIGENCE: SYSTEMATIC REVIEW

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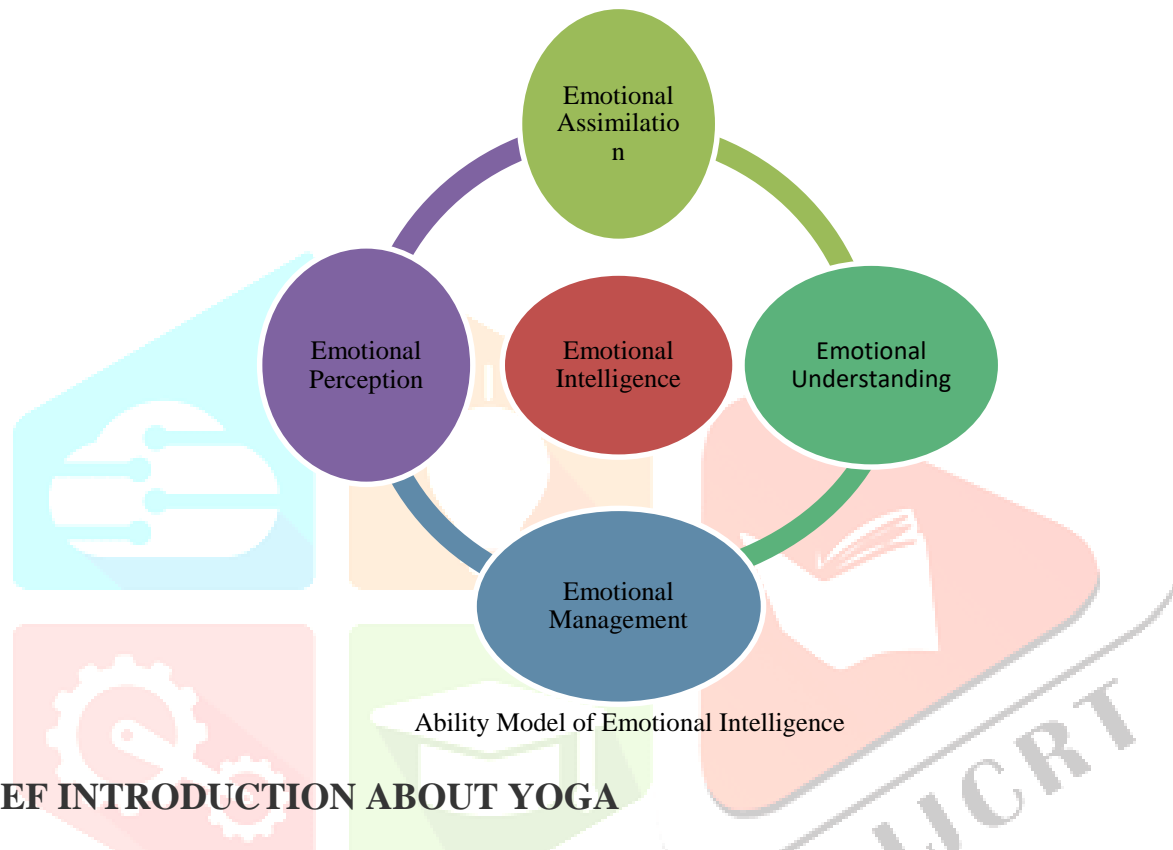
**Abstract:-** A high level of emotional intelligence (EI) is associated with many positive outcomes, including contentment in life, healthy relationships, academic achievement, and professional success in fields where heavy emotional reasoning is required. Three crucial psychological elements of emotional intelligence (EI) encourage students to be truthful in their recognition, interpretation, and handling of the dynamics of their behavioral pattern: emotional sensitivity, emotional maturity, and emotional competency. This concise analysis will examine the importance of emotional intelligence (EI) for students and explore the feasibility of including yoga as an intervention to enhance EI. According to our research findings, the integration of yogic concepts and practices has the potential to provide significant transformations in various aspects of human development, including self-awareness, self-regulation, empathy, and interpersonal abilities. Yogic practices, such as meditation, breathing exercises, and Physical postures, have long been recognized for their significant role in promoting and sustaining a healthy and balanced existence throughout history. A search conducted in Google Scholar, Scopus, Web of Science, and Psyche Articles.

Keywords: Yoga practice, emotional intelligence, adolescents

## INTRODUCTION

The ability to understand and express one's definitions of love, success, and pleasure is a key component of emotional intelligence. One of yoga's main goals is to heighten practitioners' awareness of themselves. Emotional intelligence has received a lot of attention in research, particularly in the field of psychology. (Aránega, et al; 2020) .In the current educational system in India and throughout the world, the futures of students are thrown into a race where everyone searches for a shortcut to success. This is in contrast to the situation in other countries. Then, we would have to put up a battle to spread sweetness and light and assist him in developing into a person who possesses the appropriate balance of emotional intelligence and ability. The learner is not responsible for the amount of knowledge that they acquire. All of his educational experiences have been apathetic and mechanical. The things that are piling up in his thoughts are beyond his ability to process. To ensure that they never become his own, he simply crams them in, which makes it difficult for him to perform well in school. Emotional intelligence is the capacity to observe and understand one's own

and others' emotions, distinguish between various emotions and assign them suitable labels, and utilize emotional knowledge to direct one's thoughts and actions (Peter Salovey and John Mayer (1990)). When it comes to yoga, emotional balance refers to the state in which your thoughts and feelings are in harmony with one another on a consistent basis. It is possible to achieve a state of mental and emotional equilibrium by allowing energy to flow through the Energy Channel in the optimal manner. Our emotional part of being is related with the left nostril, which relates to our Chandra Nadi and is associated with our emotional side. The Surya Nadi, which is tied to rational thinking and the external environment, is associated with the right nostril according to conventional wisdom. One of the channels that is related with the development of awareness is the Shushumana Nadi, which is located in the centre. Salovey and Mayer make an effort to describe EI within the parameters of the conventional requirements for a new intelligence. According to their ability model there are four branches of emotional intelligence.



## BRIEF INTRODUCTION ABOUT YOGA

Yoga is a fundamental component of Indian philosophy, including one of its six pillars. Throughout centuries, individuals have utilized it as a means to acquire knowledge, comprehend, and experience the intricacies of existence (Feuerstein, (1998)) The psychology of yoga has provided a comprehensive analysis of the ways in which our feelings, biological states, mental activity, and the predominant nature of sattva, rajas, and tamas can, in a variety of ways, leave us disconnected from spiritual knowledge. Purna Yoga, which was developed by Sri Aurobindo and Sage Patanjali, has provided a scientific understanding of emotions, including what they're doing in the body, brain, and mind, as well as how they relate to various levels of awareness through the integration of sattva, rajas, and tamas with one another. In Ayurveda, the power and intelligence of the human emotional system are acknowledged and respected. Yoga recognized the significance of the heart well in advance of any other psychological investigation. In the context of Yoga, the term "heart" carries a certain connotation. The heart is not just responsible for pumping blood and is also involved in the process of respiration. The heart is referred to as the Anahat Chakra or Heart Centre in Yoga. In Sutra 3.34, Patanjali asserts: "Hridaye Chitta Sanvit." The heart is the centre of consciousness. According to Ayurveda, as mentioned in Charak Samhita Sutrasthanam 17.74 and 30.3-7, the heart is considered the location of Ojas, which is the vital life force in humans (Shukla Vidhyadhar,(2000)). Yoga is a practice that involves spiritual discipline. It is a discipline that encompasses scientific, artistic, and philosophical aspects, originating from ancient India. It is a lifestyle that seeks to achieve higher objectives, specifically the merging of human awareness with cosmic awareness. The basic foundation of yoga science lies in the spiritual practices and processes defined by Maharshi Patanjali in his Yoga Sutras, as well as in the Hatha Yoga tradition followed by numerous Yogis.

## EMOTIONAL INTELLIGENCE IN THE INDIAN CULTURAL CONTEXT

The notion of emotional intelligence is familiar to Indian readers. Although there is a lack of significant research on Emotional Intelligence (EI) from the Indian standpoint (Sharma, 2012), those familiar with ancient Indian literature would recognize that EI is tightly integrated within every book. The Rig Veda, Yajur Veda, and Ayurvedic writings provide information on the description and functions of the human mind. Patanjali, revered as the 'Father of Indian Psychology', conducted diligent and comprehensive investigations into the challenges of the human mind, long before Western studies emerged, as documented by Tattwamayana (1994). Indian philosophy incorporates a religious aspect that directs individuals to focus their minds on the Supreme Being. Hinduism encompasses not just religious beliefs but also serves as a comprehensive guide for social, political, and economic aspects of life.

In Indian philosophy, the term 'Atma' or 'Soul' refers to the true essence of an individual, distinct from their bodily existence. Krishna, in the (Bhagavad-Gita, Ch. II, Sloka 20) characterises the 'Self' as undergoing several rebirths in order to nullify the accumulated 'Karma' before uniting with the Supreme Being in a state of everlasting tranquility and joy. Therefore, when a person recognizes the suffering and unhappiness caused by the materialistic nature of the world, they direct their thoughts within, aiming to comprehend their own 'Self'. This pursuit ultimately results in their liberation from pain and anguish.

## YOGA AND EMOTIONAL HEALTH

Scientific studies reported that how yoga can improve emotional intelligence of midlife managers. A recent study published in the esteemed Industrial Psychiatry Journal examines the use of yoga as a means of self-managing excessive tension in managers. The study suggests that practicing yoga is linked to enhanced emotional intelligence (EI) in combination with improved emotional stability (ES), emotional management (EM), and emotional control (EC). These findings indicate that yoga can be a powerful tool for managers to effectively manage stress and promote their mental well-being (Ganpat & Nagendra, 2011)).

Another study showed effect of Integrated Yoga on Emotional Dimensions of the Participants in SVYASA," is a study that was done by Sindhu R and colleagues in 2015. The study was published in the Journal of Evidence-Based Medicine and Healthcare, Volume 2, Number 45, Pages 8136-81. The overall E.Q. of the participants was moderate before the implementation of the Integrated Yoga Module (IYM), but after one week of intervention, the total E.Q. of the participants was high, and their E.Q. was very high. The sensitivity decreased from a high E.Q. to a moderate E.Q. as a result of the intervention.

A research project titled "The Impact of Yogic and Physical Exercises Training on Emotional Intelligence" Influence of selected yogic exercises on intelligence quotient and EI of children's (Pradeep Kumar U, (2016)). According to Kumar (2016), a significant difference in emotional intelligence was observed as a consequence of the alleviation of mental strain and stress, as well as the harmony between the heart and the mind. A randomized study on the self-perception of emotional intelligence and social maturity among adolescents (Bhattacharya, P. (2000)) with a sample of 210 young people (105 females and 105 boys) between the ages of 13 and 15. The results indicate that there is a significant correlation between emotional intelligence and social maturity scores and how teenagers perceive their home environment. A substantial amount of research found that the impact of Tai Chi on the levels of self-esteem among adolescent girls in selected schools (Dhanalakshmi, N and Muthumari, P. (2019)) yielded positive results in enhancing teenage self-esteem. Other study found that individuals who practice yoga earn higher levels of academic success compared to those who do not engage in yoga (Sharma, S., & Dua, B. (2019))

The impact of emotional intelligence on the academic results of college students was the subject of a review that was conducted by Ramesh, S., and colleagues (2016). Through a review of studies carried out in India and other parts of the world, the objective of this research is to investigate the connection between emotional intelligence and the academic accomplishments of students. Students who score low on emotional intelligence abilities tend to be less able to deal with the social and emotional pressures that they face than children who have greater levels of emotional intelligence, as indicated by the findings. Another study conducted by Rai (2017), the focus was on evaluating the emotional intelligence and emotional maturity of undergraduate students. Result found that emotional maturity is not a necessary condition for emotional intelligence, but it is crucial to possess emotional maturity in order to be emotionally intelligent. Shabazi, S., et al. (2018) conducted a study on the impact of problem-solving skill training on the emotional intelligence of nursing students. According to the study's findings, problem-solving skills training have a significant effect on enhancing students' emotional intelligence. This program will have a positive influence on the abilities and

service quality of other nurses. Another research on effects of yoga nidra practice on emotional intelligence in college students (Ganpat, T. S. (2020)). Total 60 students were participated. out of which 30 students participated in yoga Nidra (YN) for a period of three weeks. Result found a notable increase in all psychological measures both before and after the Yoga Nidra. A study on the impact of a twelve-week yogic training program on the emotional intelligence of college students (Sharma, M. R., and Singh, A. K. (2021)). The researchers determined that the scheduled yoga training program enhances emotional intelligence by augmenting all aspects of emotional intelligence.

Tiwari, A., and Mishra, A. (2016) carried out a study that examined the impact that yoga practices have on emotional intelligence and the habits that contribute to a healthy lifestyle. They found that people who practiced yoga on a daily basis had greater levels of emotional intelligence and healthier lifestyle behaviors than people who did not practice yoga on a regular basis. It was found that gender, age, and work level were not significant factors in determining emotional intelligence among regular and non-regular yoga practitioners among the participants.

## CONCLUSION

Research on the impact of yoga or meditation on emotional intelligence (EI) is limited. Yoga promotes self-awareness, self-regulation, empathy, and successful interpersonal connections, offering a comprehensive path to emotional well-being. Policymakers should prioritize incorporating yoga into the educational system, implementing a standardized curriculum and providing teacher training to encourage children to learn and participate in yoga from a young age.

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