



A COMPARATIVE STUDY OF EMOTIONAL MATURITY IN YOGIC AND NON-YOGIC STUDENTS AFTER COVID 19 PANDEMIC

*Nishtha Srivastava

*Teaching Associate, Dept. of Education, Dev Sanskriti Vishwavidyala, Shantikunj, Haridwar, Uttarakhand 249411.

ABSTRACT

The present study aims to find out the effect of continuous yoga practices on emotional maturity of students. It is a comparison study between yoga and non yoga Students in their emotional maturity level. The aim of this research is to find how yogic practices have positively affected emotional health of students. Regular practice of yoga including some basic asanas, pranayama helps students to control over their emotions, better adjustment within society. Study was to assess the impact of yogic practices that include Om chanting, some asanas and pranayama on emotional health of students. In the present study the sample selected by quota sampling method 60 subjects age ranged from (12-18) years. 30 yoga students from Gayatri Vidya Peeth, Gayatrikunj, Shantikung, Haridwar and 30 non-yoga students from Bhagirathi Public School, Haripur Kalan, Haridwar, Uttarakhand. Data collected by distributing questionnaire to respective schools and classes by the help of Ex-post facto research design. Data analysed with the help of t-test. Results revealed the significant high level of emotional maturity in yoga student as compare to non-yoga students.

Key words- Emotional disorders, Adolescents, Yoga, Meditation.

INTRODUCTION -

In the face the global COVID-19 pandemic, schools have confronted unprecedented challenges as they moved to quickly shift classes to an online format, provide equitable access for all students, support teacher's and student's educational needs and make plans amidst great uncertainty. The pandemic itself has caused much worry, stress and grief. An establish method to identify students who may have difficulties facing anxiety or depression through systematic screening. During this on-going coronavirus pandemic, when we are all bound to live a restricted life under the constant fear, students were going through online study leads to develop anxiety. So, yoga is known practice that reduces stress and anxiety and may enhance immunity. Yoga therapy emphasises on modulation of host factors such as regulation and moderation of the lifestyle factors. The students who perform some basic yogic activities help them to maintain their emotions, fear and anxiety as compared to those students who do not include any kind of yoga practices in their daily routine. This study helps us to know how yoga helps students in maintaining their emotional health during pandemic. If it leads to positive effect then it's important to realise its importance in daily routine.

Yoga is believed to be 4000 to 8000 years old with its origins in the Indus Valley civilization in the northwestern part of India **Sparrowe** (2004). The word yoga, meaning "unity or oneness," was derived from the Sanskrit word yuj which means "to join." Yoga was first mentioned in Rig Veda, the oldest sacred text of Brahmanism, which formed the basis of modern day Hinduism in approximately 1500 B.C.E. **Sparrowe** (2004). Before this time, it is believed that yoga techniques were kept secret by the sages and never written down **Saraswati** (4th ed.). In the Upanishads (800-500 B.C.E.), yoga was thought of as a way of life that would allow an individual to achieve liberation from suffering **Sparrowe** (2004). Through subsequent time periods, texts, and teachers, the definition of yoga has expanded to incorporate a wide range of disciplines, philosophies, and practices. The most prominent and recognizable form of yoga, especially in the Western world, is hatha yoga (**Saraswati** (4th ed.). It is a branch of yoga that concentrates on physical health and mental well-being.

Through practicing various body postures (asana), breathing techniques (pranayama), and meditation, it is believed that one can obtain a sound physical body as well as a calm and peaceful mind **Sparrowe** (2004).

Regular practice of a variety of yoga techniques have been shown to lower heart rate and blood pressure in various populations **Mc Caffrey et al.** (2005), **Telles et al.** (2004), **Smith and John** (2001).

However, keeping the body flexible may help decrease tightness and tensions that can lead to chronic and often debilitating physical problems. Once sidelined from regular activities due to orthopedic or other problems **Saraswati b** (4th ed.), it becomes increasingly difficult to be motivated to start exercising again. Regardless of the potential physical risks of inflexibility, even the most dedicated runner or recreational athlete often does not make time for adequate flexibility training **Nelman** (6th ed.).

In recent years, it has become more apparent that people need techniques to help them cope with the everyday stressors of modern life. Yoga is a systematic discipline, originated in India, for self-realization, scientific researchers find its utility for all round development of personality along with innumerable spiritual as well as therapeutic applications. As per Indian tradition yoga, specially Hatha Yoga comprises different yogic exercises viz. Asana (body posture), Pranayama (controlled regulation of breath), Bandha (physiological locks or hold of semi-voluntary muscles), Kriyas (cleansing process), and Mudras (attitude which spontaneously arouses meditation). These hatha yoga techniques may provide a platform for health and well-being. This form of yoga may provide much needed physical and mental therapy, **Saraswati b** (4th ed.). Proper ratio between the duration of Purak, Kumbhak and Rechak is maintained in order to condition the nervous system# and other body function associated with the respiratory system **Kuvalyananda** (1972), **Shaktiganavel** (1998) found that significant changes in lungs vital capacity, heart rate and muscular endurance during practice of Pranayama. According to **Meulemann** (2003) adolescence is the time to explore the inner conflict of oneself in order to define who that “self” actually is. She further said that adolescence is marked by establishing who one is, while adulthood is marked by maintaining the self that has been established in adolescence. They are avoiding new things and not taking up opportunities, feel unloved and unwanted, fear of failure and embarrassment. Such constructs pose difficulty in terms of putting an age limit on adolescence. Yoga has been found to increase self-esteem in all participants who practice, regardless of age. Yoga has also been seen to improve indirect benefits to self-esteem such as body image and emotional intelligence. The study concluded that yoga would be a beneficial addition to the lives of mental health professionals as well as the clients they serve in order to maintain balance and promote growth in a positive way. Three are so many researchers conducted for the effectiveness of yoga practices. **Yasmin Janjhua, RashmiChaudhary, Nishant Sharma, Krishan Kumar** (2020), conducted

the study on “A study on effect of yoga on emotional regulation, self-esteem, and feelings of adolescents”. The objective of this study was to investigate the effect of yoga on the emotional regulation, self-esteem, and feelings of the adolescents. **J Herms (2020), Southern Connecticut State University, “The effect of yoga on self-esteem of the developing adolescent”**. The purpose of her study is to describe the effects that yoga may have on adolescent self-esteem. Results conclude that yoga has been seen to have many benefits to individuals who practice. **RY Nagammanavar, DS Natekar (2020)**, Associate Professor, Department of Community Health Nursing, conducted a study “Impact of Yoga during Adolescence Period”. The objective of this study was to examine how yoga helpful in solving the problems of adolescence period. **Ravishankar Tejvani, Kashinath G Metri, JyotsnaAgrawal, H R Nagendra (2016)**, conducted a study on “Effect of Yoga on anxiety, depression and self-esteem in orphanage residents: A pilot study”. Yoga practice potentially reduced anxiety and depression and improved self-esteem of orphanage adolescents and young adults. **Sharayu Agre, RonikaAgrawal, SayedIshrat Fatima Asgar (2021)**, conducted their study “Effect of Suryanamaskar on Stress Levels in SSC Students”. The objective of their study was suryanamaskar intervention is effective in reducing the stress of SSC students. The study “Effect of Suryanamaskar on stress level” concluded that it plays a positive and significant role to decrease the stress level of the subjects. **Virginia Lemay, John Hoolahan and Ashley Buchanan (2019)**, University of Rhode, Island College of Pharmacy, Kingston, Rhode Island conducted their study, “Impact of a Yoga and Meditation Intervention on Students' Stress and Anxiety Levels”. Results suggest that adopting a mindfulness practice for as little as once per week may reduce stress and anxiety in college students. **Shrikrishna N Bamne (2017)**, Department of Physiology, Index Medical College Hospital and Research Centre, Indore, Madhya Pradesh, India conducted his study on “Immediate effect of AnulomVilom (pranayama) on reaction time of 18-20 years' age group”. **Kankan Gulati, Sachin Kumar Sharma, Shirley Telles and Acharya Balkrishna (2019)**, conducted their study on topic “Self-Esteem and Performance in Attentional Tasks in School Children after 4½ Months of Yoga”. They found that Yoga practice is beneficial for school children as it improves attention, concentration, memory, motor speed, and self-esteem (social, academic and total). In addition, improved yoga performance improves behaviour with teachers, thus improving discipline in school. **N K Patel, L. Nivethitha and A Mooventhan (2018)**, conducted their study on “Effect of a Yoga Based Meditation Technique on Emotional Regulation, Self-compassion and Mindfulness in College Students”. The results of this study suggest that practice of MEMT

is effective in improving emotion regulation, positive affect, self-compassion, and mindfulness while in reducing negative affects among college students.

Various study have done on relationship with emotional Maturity and COVID-19 . Loneliness perceived by adolescent during COVID-19, anxiety and depression related to COVID-19, But no study have conducted to do comparative study between the emotional maturity of yogic and non-yogic senior secondary students after COVID-19 pandemic. Therefore, the Researcher wants to do comparative study on emotional maturity of daily yoga and non- yoga practitioner after COVID-19.

STATEMENT OF THE PROBLEM -

“Statement of the problem in present study” is as - “Is there any difference between Emotional maturity of yogic and non-yogic students after covid 19 pandemic”.

AIMS AND OBJECTIVES -

The objectives of this study are as following:

1. To finds out the emotional maturity level of yoga and non-yoga students of senior secondary school level.

RESEARCH METHODOLOGY -

Research Design -

Researcher used the ex- post facto research design for the study. It is a systematic empirical inquiry.

Research Tool - E.M.S. TEST- In the present study the E.M.S. test, prepared by Dr.Yashvir Singh & Dr.Mahesh Bhargava., was used as the research tool. Briefinformation about this test is given below. **Name of the test:** E.M.S. **Author:** Dr.Yashvir Singh & Dr. Mahesh Bhargava, **Nature:** Group/ Individual, **Availability:** National Psychological Corporation (U.P.) INDIA.

Variables -

Independent Variable - Yoga is one of the six schools of Hindu philosophy, focusing on meditation as a path to self-knowledge and liberation. Hindu texts establishing the basis for yoga include the Upanishads, the Bhagavad Gita, the Yoga Sutras of Patanjali, the Hatha Yoga Pradipika and many others. In India,

Yoga is seen as a means to both physiological and spiritual mastery. Outside India, Yoga has become primarily associated with the practice of asanas (postures) of Hatha Yoga. A committed practitioner of yoga is referred to as a yogi, yogin (masculine), or yogini (feminine). Yoga as a combination of exercises and meditation has been practiced for over 5,000 years. Regular practice of yoga some basic asana, pranayama included in this study.

Dependent Variable - Emotions are mental states, sometimes described as 'disturbances of mind' that may be associated with certain subjective feelings and characteristic behavioural responses. In experimental psychology, emotions are generally described in terms of three dimensions: the visceral or physiological (including, for instance, autonomic nervous system activity), behavioural (facial expressions, angry postures) and the subjective (such as emotional feelings).

Hypothesis -

Hypothesis is a tentative statement about the relationship between two or more variables. It is a specific, testable prediction about what you expect to happen in a study. A hypothesis is a conjectural statement of the relation between two or more variables.

1. There is no significant difference between the emotional maturity of yoga and non-yoga students at senior secondary level.
2. There is no significant difference between the emotional maturity of yoga female and non-yoga female students at senior secondary level.
3. There is no significant different between the emotional maturity of yoga male and non-yoga male students at senior secondary level.

Sampling Method Used In Present Study -

In the present study the sample consist of 60 subjects. 30 yoga students from Gayatri Vidya Peeth, Gayatri kunj, Shantikung, (Haridwar) and 30 non-yoga students from Bhagirathi Public School, Haripur Kalan, Haridwar, Uttarakhand. Data collected from Bhagirathi Public School, Haridwar on the date (02/08/2022) and on the (06/08/2022), from Gayatri Vidya Peeth, (Hardwar). They ranged in age from (12-18) years. Researcher used quota sampling in present study. Samples of 60 participants were selected for the present research. The sample was selected to match the study and help in achieving. Present study was

conducted on 60 students between them 30 were non-yoga students and 30 were yoga students. The data is collected between the 16 to 20 age year by the help of distributing questionnaire to the students of both the schools.

Inclusion criteria -

In this research, researcher has included subjects of age group 16 to 20 years of both gender male as well as female. Subjects in this test are 30 students who daily does 30 minutes yoga practice and 30 students who do not do yoga practice in their daily routine.

Exclusion criteria-

In this research, Maximum people of 16 to 21 years are taken in this research, physically handicapped students are excluded in this research who may be suffering from any kind of long term disease.

Method for the collection of Data - In study, sample has selected to match the study and help in achieving the purpose of the study. The researcher used quota sampling for the data collection. Data were collected by distributing questionnaire to respective schools and classes by the help of Ex-post facto research design using quota sampling method. A sample of 60, 30 students who perform yoga on daily basis and 30 students who do not perform any yogic practices age group 15 to 20 years was selected for present research.

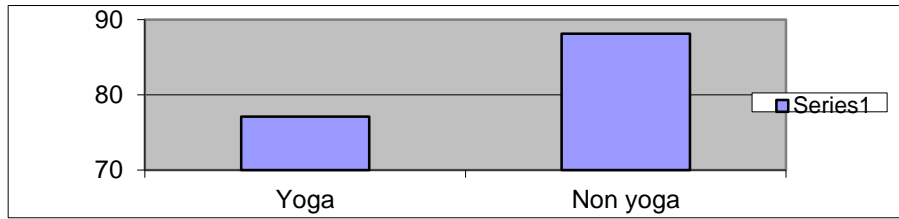
Statistical Technique: Data were analysed with the help of t-test. The statistical analysis of the research study was carried out by comparing out the effect of yogic practices on emotional maturity of students.

RESULT AND CONCLUSION -

Hypothesis – 1- There is no significant difference between the emotional maturity of yoga and non-yoga students at secondary level.

Observation	N	Mean	SD	SE _D	df	t-value	Significance level
Yoga Students	30	77.13	21.79	4.35	58	2.53	At 0.05
Non – Yoga Students	30	88.16	25.80				

Result table show that the Null hypothesis is rejected at the 0.05 level of significance. This indicates greater emotional maturity in the students of Yoga as compared to the non- yoga students.

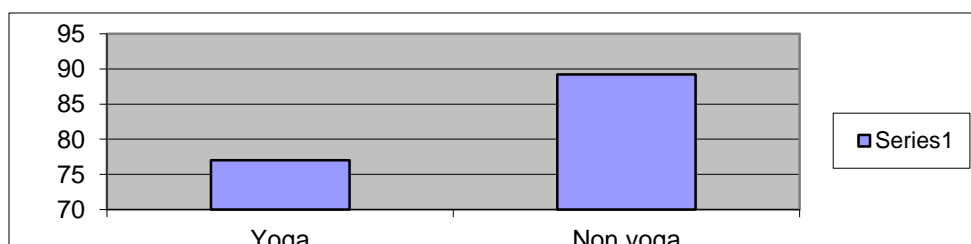


Graph -1

Hypothesis- 2- There is no significant difference between the emotional maturity of yogic female and non-yogic female students.

Observation	N	Mean	SD	SE _D	df	t-value	Significance level
Yoga Female Students	15	77.0	20.67	5.65	28	2.15	At 0.05
Non-Yoga Female Students	15	89.2	23.10				

The null hypothesis formulated has been rejected at the 0.05 level of significance. This indicates the students of yoga (female) have high emotional maturity than the students of non-yoga (female).



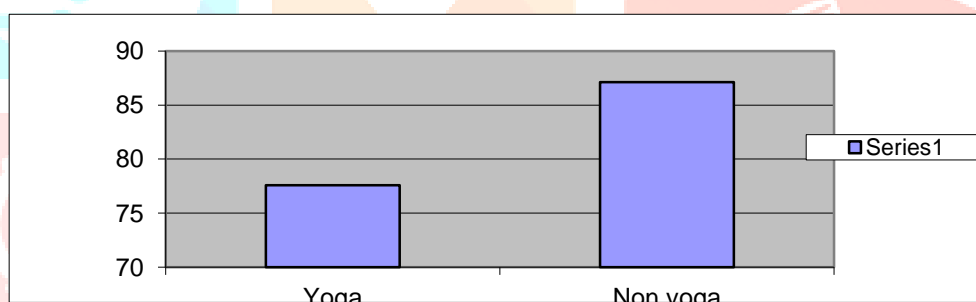
Graph -2

Hypothesis 3- There is no significant difference between the emotional maturity of yoga and non-yoga

male students.

Observation	N	Mean	SD	SE_D	df	t-value	Significance level
Yoga Male Students	15	77.6	20.40	6.63	29	1.48	at 0.05
Non – Yoga Male Students	15	87.13	30.07				

The result has been shown that the null hypothesis rejected at the 0.05 level. So it shows that there is significant difference on the level Emotional maturity between yoga & non yoga Male students. This indicates the students of yoga (male) have high emotional maturity than the students of non-yoga (male).



Graph -3

INTERPRITATION OF RESULT -

The result of the present study indicates that emotional maturity is greater of yoga students then non-yoga students. Emotional maturity is a measure of one`s capacity to create in a positive mental attitude. When we act with joy, optimism, trust and good mood when others. Yoga practices helps to calm the mind & soul of any individuals. Yogic Asanas, Pranayama and Meditation works on various koshas of our body and clear up the subconscious in our brain from the billions of years of evolution from animal to the human state. An understanding of our sub-consciousness helps us to prevent our emotions. The regular practice of yoga as a ``way of life`` helps to reduce the level of physical, mental, and emotional state. This yogic way of life lays emphasis on right thought, right action, right reaction and attitude. So, the yoga students have the ability to experiences these various emotions and then let them go quickly leaving no long term negative residual effects. **The present study finds the the female students of yoga are highly emotionally mature than the students of non-yoga.** In this study male gender has no influence on either

of the selected spheres of the emotional maturity. The cause for this is that adult emotions are mostly determined by the culture & the peer group interaction. Since boys of yoga & non-yoga belong to the same district (Uttarakhand) and have good personal and social interaction, therefore no significant influence of male students on the various spheres of their emotional maturity has been found. **Asim kulshrestha (2015)** concluded that practice of Surya Namaskar plays a positive and significant role for reducing Aggression and increasing the Self Confidence level of the subjects. Keywords: Yogic Intervention, Aggression, Self Confidence, Adolescents, Psychophysiological. In another Study **Asim kulshrestha (2012)** Result has demonstrated that Yogic intervention was significantly ($p>0.01$) responsible to enhance the emotional intelligence of participants. It may be concluded that Yoga can be incorporated to inculcate and enhance various emotional competences and efficiencies among students along with the present educational setup. Various studies related to emotional intelligence and yogic exercise on different psychological variable were given below. **Allen Haccon (1976)** found sex difference in emotionality he found that girls wireless confident than boy. **Dewam (2003)** in her study student found that student with average academic stress were more emotionally stable as compare to the student having academic stress. So it can be concluded that, the effectiveness of yoga has been found in favour of significantly high level of emotional maturity of student as a compare to non-yoga students.

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