
Effects of the Yogasanas on the Socialability of School Boys

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Abstract: The word ‘yoga’ derives from the Sanskrit language ‘yoke’ that means ‘union between body and mind’. Yogic practices help the students achieve mental, emotional and physical balance. Yoga improves fitness, promotes relaxation, develops self-concept, self-confidence, positive attitude and socialability and reduces stress as well as anxiety. Social ability refers to the ability or characteristic of a person who deals easily with social performance situation. The purpose of the present study intended to find out of effects of yogasanas on socialability of school boys. One hundred and twenty (N=120) school boys of District Howrah, West Bengal State were selected at randomly as subjects for the present study. The age limit of the subjects was 10-12 years. All the subjects were divided into two equal groups such as Gr. Y and Gr. C. Gr. Y was experimental group and Gr. C served as control group. Socialability Questionnaire designed by Berent Jonathan which was employed as an adapted form to all the subjects of Gr. Y and Gr. C and thereafter specific yogic treatment was given to Gr. Y for four day in a week and continued one year and finally the subjects were retested on criterion measures. The data were analysed by paired t-test to find out the effects of the treatment. The results of the present study showed that the social ability was improved significantly at .05 level of confidence among yogasanas group after one year yogic treatment. Social ability of yogasanas group was improved significantly after one year treatment.

Keywords: Yogasanas, Social ability, Self-concept and Social-anxiety.

Introduction:

The word ‘yoga’ derives from the Sanskrit language ‘yoke’ that means ‘union between body and mind’. Yogic practices help the students achieve mental, emotional and physical balance. Yoga improves fitness, promotes relaxation, develops self-concept, self-confidence, positive attitude and socialability and reduces stress as well as anxiety. Social ability refers to the ability or characteristic of a person who deals easily with social performance situation. The purpose of the present study intended to find out of effects of yogasanas on social ability of school boys. Singh

M. P ET. al.(2009) studied on social ability between IIT Gandhinagar engineering students and VGEC Ahmedabad engineering students and results showed that the both institutes confronts to the same level of academic stress which requires almost similar level of

attention towards the academics. Jadhav (2006) investigated the impact of yoga practices on self-concept among fifty naturopathy and yogic science college students and fifty MBBS students both male and female. Result revealed that naturopathy and yogic science college students have better self-concept than MBBS students. Shapiro et al. (2007) and Javanbhakt et al. (2009) observed significant decrement in state and trait anxiety among 34 women following Pranayama training programme of two months. Khalsa et al. (2009) showed similar results among adolescents.

Purpose:

The purpose of the present study intended to find out of effects of yogasanas on socialability of school boys.

Methodology:

- **Sample:** One hundred and twenty (N=120) school boys of District Howrah, West Bengal State were selected at randomly as subjects for the present study. The age limit of the subjects was 10- 12 years. All the subjects were divided into two equal groups such as Gr. Y (n=60) and Gr. C (n=60). Gr. Y was experimental group and Gr. C served as control group.
- **Tools:** The Socialability Questionnaire was designed by Berent Jonathan, A.C.S.W. & Associate and it has 35 questions. The questionnaire was employed as adapted form and standardized by experts of psychologist and statistician.
- **Procedures:** Socialability questionnaire used to all the subjects of Gr. Y and Gr. C and thereafter specific yogic treatment was given to Gr. Y for four day in a week and continued one year and finally the subjects were retested on criterion measures. The data were analysed by standard statistical procedure.

Statistical Analysis:

All the data of socialability was collected from Gr. Y and Gr. C and it was analysis by paired t-test and level of significant was set up at .05 level of confidence. To be significant t-values should be greater than 2.01.

Treatment consists of following Asanas:

Padmasana, Vajrasana, Salavasana, Shashankasana, Triyaka Tadasana, Bhujangasana, Supta Vajrasana, Gomukhasana, Viparitarani Mudrasana, Sarvangasana, Halasana, Dhanurasana, Chakrasana, Matsyasana, Padahasthasana, Ek-padasana, Ekpada Pranamasana, Baddha Padmasana, Paschimottanasana, Janusirasana, Uttanapadasana, Pawan Muktasana and Makarasana were considered as element of the treatment. The subjects of Gr. Y were

practiced savasana and makarasana as a means of relaxation for 30 sec before and after practice of each asana during treatment. Duration and repetition and degree of difficulty were increased gradually at four phases during the treatment season.

Results and Discussion:

Sociability scores were analyzed by paired t-test and level of significance was set up at .05 level of confidence.

Table-I: Group Means Increase in Social Ability among GR. Y and GR. C after One Year Treatment

Variable	Type of test	Gr. Y (n=60)			Gr. C (n=60)		
		Mean	SD	t	Mean	SD	t
Socialability	Pre-test	19.2	1.64	36.29	18.75	0.95	0.2
	Post-test	26.87	1.46		20.27	1.22	

Significant at .05 level of confidence

Table-I represents the mean values of pre and posttest for social ability of Gr. Y and Gr. C. The t- values of sociability of Gr. Y was 36.29 and the t values of Gr. Y in relation to improvement of sociability were significant at .05 level of confidence after one year treatment. The t-values of sociability of Gr. C were 0.2. To be significant at .05 level of confidence the t-value should be greater than 2.01. The t-value of Gr. C was not improved significantly at .05 level of confidence after one year treatment.

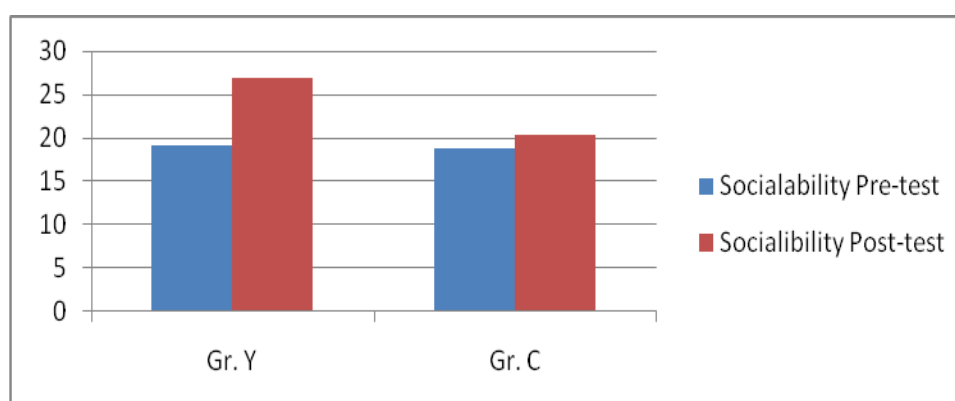


Fig. 1: A Comparison of Means of Pre and Post Test Data on Socialability among GR. Y and GR. C.

Social ability refers to the ability or characteristic of a person who deals easily with social performance situation. Socialability includes psychological and social attributes, which can influence individual's attitudes, habits, beliefs and ideas. Yogasanas contribute a great deal to the development of socialization utilized by an individual to understand himself and others, to direct his own behaviour. Table-I represents yogasanas group improved socialability significantly at .05 level of confidence. These improvements have been presented by bar graph (Fig.1). Singh, M.P. (2009), Deshpande (2009), Eilin Ekland (2004), Jadhav (2006) have reported that yogasanas have greater impact on socialability as well as self-concept and self-esteem.

Conclusion:

Under the conditions of the present study the results seem to conclude that the significant improvement of socialability was observed by administering one year treatment of yogic practice among school going boys but no significant improvement was observed among control group in comparison of socialability after one year treatment.

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