



# **A COMPARATIVE STUDY ON ANXIETY AND AGGRESSION AMONG YOGIC AND NON-YOGIC STUDENTS**

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**Abstract:** For the purpose of the study, total number of 60 subjects age ranged from 17-27 years old were selected from Punjab state. The subjects were obtained from Punjabi University, Patiala and other colleges. 30 Yogic students who were doing professional degree course of Yoga, were chosen from Punjabi University, Patiala. Similarly, 30 non-yogic students were selected who were pursuing other professional degree courses like B.A. M.A. in Arts were chosen from other colleges. The subjects were made thoroughly aware regarding the objectives of the study. The obtained data was analyzed through individual t test at the level of significance 0.05 and the results indicates that an insignificant difference was observed between yogic and non-yogic students in Anxiety. Whereas, the highly significant differences were found in yogic and non-yogic students in the Aggression.

**Keywords:** Yoga, Yogic students, Non-yogic students, Psychology, Anxiety, Aggression, Variables.

## **Introduction:**

In the present world scenario education has a very essential role in the primary and secondary spheres of life. It is the basic necessity to get success in human life and for the development of nation. In spite of education being an asset of an individual, academic achievement becomes a race to reach the top for the students. Yoga is the only field where student's body's function and behavior are molded, modified and studied. If an individual participates in yoga and games activities for a long span of time, then every aspect of student's physiological and psychological change becomes a subject or variable for study. Dissatisfaction or unhappiness in mind would cause imbalance in these factors. Happiness comes from within and does not depend on material gain or physical enjoyment. According to yoga health is integrated state of body, mind and spirit. There is a harmony in all the psychological and physiological function. It is well coordinated and balanced condition of body and mind wherein the homeostasis is adequately maintained. Therefore, a feeling of happiness and contentment are essential factor of the sound health.

The education system of our country ranks the student's intelligence and capability by the marks they obtain in the exams. Even the admission for the higher education is based on the marks obtained in the lower class which discourages the student and causes the mental tension, worries and stress. Greater expectation from student exhibits the symptom of anxiety. Whenever someone faces the physical and psychological situations, the person experiences the effect of stress and it is termed as anxiety.

Aggression is a word that we use every day to characterize the behavior of others. In fact, on the contrary aggression is a behavior characterized by strong self-assertion with hostile or harmful tones. Under some circumstances, aggression may be abnormal, unprovoked or reactive behavior. Aggression is any behavior that is intended to harm. Another person who wants to avoid the harm. This term includes three important features. First, aggression is not an emotion that occurs inside a person or someone's brain; aggression is behavior you can see it. Second, aggression is not accidental, it is intentional. In addition, not all intentional behaviors that hurt others are aggressive behavior. Third, the victim wants to avoid the harm.

Spielborger (1960) defined anxiety as a 'state of arousal' caused by threat of well-being Here 'state' refers to the condition involving the entire organism and 'arousal' refers to a condition of tension, unrest or uneasiness of a readiness to act in response whereby threat refers to anticipation of pain or danger or serious interference with goal seeking activities.

Matthews et al. (1989) in many cases stress may damage health-physical and mental as an important casual factor of illness. Actually, stress can be helpful or harmful depending upon its amount. When there is no stress, challenges are absent and performances are likely to be low.

### **Selection of Subjects:**

For the purpose of the study, total number of 60 undergraduate and postgraduate students from different colleges of Punjab were selected. Among them, 30 Yogic students who were doing professional degree course of Yoga, were chosen from Punjabi University, Patiala. Similarly, 30 non-yogic students were selected who were pursuing other professional degree course like B.A. M.A. in Arts were chosen from other colleges. The age of the subjects ranged from 17 to 27 years.

### **Selection of Variables:**

The research scholar made sincere efforts to review the related literature in the area of study and held series of consultations and discussions with research experts and research scholar's own understanding the following variables were selected for this present study.

1. Anxiety, 2. Aggression

### **Data Collection and Administration of tests:**

The details of the procedures for the above said measurements are based on standard methodology adopted from A.K.P. Sinha and L.N.K. Sinha, K.M. Roma Pal and Dr. (Smt.) Tasneem Naqvi. These measurements are as under follows:

### **ANXIETY:**

The anxiety scale questionnaire designed by A. K. P. Sinha and L. N. K. Sinha was used, to measure the anxiety level. English version of questionnaire was used. Before the administration the subjects were given adequate information about the test. No time limit was fixed for completing the test. However, individual took

about 30 minutes in completing questionnaire. It was emphasized that there is no right or wrong response to the statements. It was pointed out that each item has to be responded either positive or negative terms i.e., YES or NO. Each subject was asked to give answer to all statement.

**Scoring** For any response indicated as 'Yes', the test should be awarded by one score and any response indicated 'No' was awarded with zero score. The sum of all positive or yes responses was the total Anxiety Score of individuals.

Item	Score
Yes	1
No	0

### AGGRESSION:

The Aggression scale questionnaire designed by K.M. Roma Pal and Dr. Tasneem Naqvi was used, to measure the Aggression level. English version of questionnaire was used. Before the administration the subjects were given adequate information about the tests. No time limit was fixed for completing the test. However, individual took about 30 minutes in completing questionnaire. It was emphasized that there is no right or wrong response to the statements. It was pointed out that each item has to be responded within 6 variables i.e. Very much, Much, Ordinary, Less, very less, not at all etc. Each subject was asked to give answer to all statement.

**Scoring** For any response indicated as 'Very much' the tests should be awarded by six score, 'Much' awarded by five score, 'Ordinary' awarded by four score, 'Less' awarded by three score, 'Very less' awarded by two score and 'Not at all' awarded by one score. the sum of all 6 Variables responses was the total Aggression score of individuals.

Variables	Score
Very much	6
Much	5
Ordinary	4
Less	3
Very less	2
Not at all	1

### Statistical test, Analysis and Results of the study:

The obtained data were analyzed by employing independent t test at the level of significance 0.05. The independent t test, also called the two-sample t test or student's t test, is an inferential statistical test that determines whether is a statistically significant difference between the means in two unrelated groups.

Table No. 1

**Descriptive Statistics of selected Psychological Variable i.e.,Anxiety of Yogic and Non-Yogic Students.**

Variable	Yogic Students		Non-Yogic Students		't' Value
	Mean	SD	Mean	SD	
Anxiety	26.2	17.05	31.33	11.66	0.17

't' (0.05) = 1.67

Table No. 1 depicts the Descriptive Statistics of Anxiety in Yogic Students was (Mean=26.2 and SD=17.05) whereas in case of Non-Yogic Students (Mean=31.33 and SD=11.66). The 't' value is 0.17, which is less than the tabulated value. Hence, it can be stated that there is no significant difference in Yogic and Non-Yogic students of Anxiety at 0.05 level.

Table No. 2

**Descriptive Statistics of selected Psychological Variable i.e.,Aggression of Yogic and Non-Yogic Students.**

Variable	Yogic Students		Non-Yogic Students		't' Value
	Mean	SD	Mean	SD	
Aggression	107.66	14.92	129.93	8.70	2.01*

't' (0.05) = 1.67

Table No. 2 depicts the Descriptive Statistics of Aggression in Yogic students (M=107.66, SD=14.92) & non-yogic students have (M=129.93, SD=8.70). The calculated value of 't' is 2.01 which is greater than the tabulated value. So, both the group are differ at 0.05 level; hence we can say that the non-yogic students have higher aggression level as compare to yogic students.

### Discussion of findings:

For the purpose of the study, total number of 60 undergraduate and postgraduate students from different colleges of Punjab were selected. Among them, 30 Yogic students who were doing professional degree course of Yoga, were chosen from Punjabi University, Patiala. Similarly, 30 non-yogic students were selected who were pursuing other professional degree course like B.A. M.A. in Arts were chosen from other colleges. The age of the subjects ranged from 17 to 27 years. By observing the salient factors associated with selected psychological variables related to yogic students from Vyas yoga center, Rishikesh and Non-Yogic students

from Lakshya Coaching Institute, Kota. Following were the criterion measures used to measure the efficacious difference of yogic exercises on psychological variables of students:

To examine Anxiety level was measured by questionnaire which were developed by A.K.P. Sinha and L.N.K. Sinha. To examine Aggression level was measured by questionnaire which were developed by Km. Roma Pal and Dr. Tasneem Naqvi. It was statistically found that in case of hypothesis number 1 is rejected in case of anxiety level and in case of hypothesis number 2 is accepted in case of aggression level.

A similar study was conducted by Sunil Kumar Yadav (2014) find out the effect of Pranayama on Sports competition anxiety of taekwondo players. 20 male taekwondo players from Banaras Hindu University, Varanasi, India, were selected purposely for this study. The age was ranged between 18 to 22 years. 10 subjects were selected for each group i.e., experimental group and control group. Pranayama was considered as independent variable. Sports competition anxiety was selected as dependent variable. F' value of adjusted post-test means in relation to Sports competition anxiety was found to be insignificant at 0.05 level, since this value (844) was found greater than the tabulated value 4.49 at 1, 17 degree of freedom. Therefore, Pranayama proves to be inappropriate in bringing the change in selected dependent variable Sports competition anxiety of taekwondo players.

A similar study was conducted by Charak Singh Ajay, Choudhary Payal & Daljeet Singh (2018) determine the effect of 6- week yogic activities program on the aggression of state level air pistol shooters. 60 male air pistol shooters age between 14 to 18 years were selected as the subject and their pre-test was conducted through the questionnaire. Then among the 60 samples 30 subjects with high level of aggression were kept in experimental group on which 6 weeks yoga training was manipulated whereas remaining 30 subjects was kept as controlled group. After completion of 6-week yoga program post-test conducted through the same questionnaire. Results shows that calculated t value of Physical aggression was 14.057, Verbal aggression was 7.751, Anger scale was 10.562, Hostility was 8.750 and for Indirect aggression scale 6.804. All the calculated values for respective aggression components were found statistically significant at 0.05 level ( $p=0.001$ ). From the above results it can be concluded that 6 weeks yoga program was effective to reduce the aggression of the state level air pistol shooters.

A similar study was conducted by Mirza Fahima Beg (2017) conduct the study to see the effects of yoga asana on selected psychological variables (Stress & Aggression) in college going females. 150 students on the basis of random sampling technique of age 18-23 years old. Questionnaire by Dr. Tajindra Kaur, Dr. Perna Kumar and Prof. Manju Mehta & Scale made by Dr. (Mrs.) G.P. Mathur and Dr. (Mrs.) Raj Kumari Bhatnagar meter were used to measure the variable. For 12 weeks subjects were got different basic asana training and pre test post data was collected. To see the effects of yoga asana on selected psychological variables paired t-test was employed and found the significant effects on Stress & Aggression at 0.05 level of significance. In control group no significant effects were seen at 0.05 level of significance. As they all were going under basic recreation activities.

**References:**

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