

Yogasanas and emotional intelligence – A correlational analysis

Shalini Kumari Bhawsinka^{1*}

ABSTRACT

The aim of this study was to examine the effect of yogasanas on emotional intelligence of students. A sample of 40 U.G. and P.G. student of Saran district was randomly selected. Sample was randomly divided into two groups – control group and experimental group. Experimental group underwent yoga practice for 20 days (30 minutes daily). Test was performed on both groups after yoga practice. Emotional intelligence of the students was measured by “Emotional Intelligence Inventory” constructed and standardized by Mangal, S.K. and Mangal, S. (2018). The obtained data was statistically analyzed by using t-test. Result shows that (i) there is significant difference between emotional intelligence scores of experimental group and control group. Yoga practicing group shows better emotional intelligence than non-practicing group. (ii) There is insignificant difference between male and female students on their emotional intelligence. (iii) There is insignificant difference between U.G. and P.G. students on their emotional intelligence.

Keywords: *Inclusive Education, Effective, Efficient, Disabilities, Classroom Activity, Punishment Institution*

Yoga, the wealth of India, is one of the greatest gifts of India to the world. Earlier, it was only used by Rishis and spiritual beings. But, today yoga is popular not so much as a system of philosophy but as a system of practical discipline. It is used on large level and has become part of a daily routine of a common man. The application of yogic techniques is considered beneficial for health and is the cure of certain disease and for improving general efficiency of individuals. Yoga is used by all over the world as a tool for mental, physical and spiritual upliftment.

The term yoga is a Sanskrit word, which means yoke, joining or union. It is the union of mind, body and the control of mentations of mind. It is a method joining the individual self with the divine, universal spirit or cosmic consciousness. There are several types of yogic practices like – asana, pranayama and meditation. Yogasanas or yoga postures are designed to tone, strengthen and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organ, glands and tissues keeping all the bodily system healthy.

¹Research Scholar in Psychology, J. P. University, Chhapra, Bihar, India

[*Responding Author](#)

Received: September 25, 2020; Revision Received: October 20, 2020; Accepted: November 01, 2020

© 2020 I Author; licensee IJSI. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/2.0>), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

Yogasanas and emotional intelligence – A correlational analysis

Yoga is a fantastic system to maintain physical, mental, emotional and spiritual health. It helps the practitioner to be aware of his inner and outer state and the relation between his body and mind. The benefits of yoga include an increase in somatic and kinesthetic awareness, positive mood, well-being, self-acceptance, self-actualization, social-adjustment, decrease in anxiety, depression and hostility and complete mental and physical fitness. A yoga practitioner can exert voluntary control all over the body system and reduce his metabolic rate. It is an effective tool to improve and increase concentration, attention, emotional balance and entire personality.

Emotion is an essential and most influential psychological condition of human personality. It is an instrument to show one's internal feeling in effective manner. It has an impact on everything that people do. It is involved in every activity, action and reaction of human being. Emotional intelligence is a group of mental capability which helps to recognize and understand one's own feeling and that of others, which will direct to the rising of ideas and more creative and healthier action. Emotional intelligence involves expressing, recognizing, understanding and managing emotions.

Emotional intelligence consists of abilities such as being able to motivate one and persist in the face of frustration, to control impulses and delay gratification, to regulate one's mood and keep distress from swamping the ability to think, to empathize and to hope. Martinez (1977) defines the emotional intelligence as a non-cognitive skill arrangement, capability and competence which influences someone's capability to overcome their environment and its pressure.

Emotional intelligence play a vital role in social settings by providing help in developing and enhancing interpersonal and intrapersonal communication and relationship. Emotionally intelligent people are able to recognize their potentialities and they exercise this in their personal and professional life.

Adhia et. al. (2010) conducted a study on the sample of 60 business managers. They reported that yoga practice improves the emotional intelligence. Another study by Patil and Malipatil (2016) also found the subjects improved in emotional intelligence after one month yoga practice. Dwivedi and Rajput (2016) investigated efficacy of meditation and counseling on emotional Intelligence. Results show positive improvement in emotional intelligence after 45 days meditation practice in the participants.

Findings of Joseph et. al. (2019) shows that yoga practitioners and non-yoga practitioners significantly different on their Emotional Intelligence. Yoga practitioners are found to have a much better emotional intelligence level than the non-practitioners. Kumari and Sahu (2018) conducted a study Yoga for enhancing emotional intelligence. In this study Yoga has been reported to improve emotional regulation and mental health.

Ganpat and Nagendra, (2011) investigated yoga therapy for developing emotional intelligence. The results suggest that participation in a yoga-based Self Management of Excessive Tension program was associated with improvement in emotional intelligent quotient. Anand and Das (2016) examined the effect of prayer along with meditation v/s meditation on emotional intelligence and psychological well-being. The study was conducted on 130 female university

Yogasanas and emotional intelligence – A correlational analysis

students in the age range 18 to 24 years. It was found that there is significant positive effect of meditation on emotional intelligence.

Objective

1. To examine the impact of yogasanas on emotional intelligence of students.
2. To examine the impact of gender on emotional intelligence of students.
3. To examine the impact of educational status on emotional intelligence of students.

Hypotheses

1. There will be significant positive effect of yogasanas on emotional intelligence of students.
2. There will be significant difference between male and female students on emotional intelligence.
3. There will be significant difference between U.G. and P.G. students on emotional intelligence.

METHODOLOGY

To fulfill the aim of study experimental research method was followed. 40 U.G. and P.G. level students of government colleges of Saran district of Bihar state have been chosen for the purpose of the study. The sample consists of students from both sexes – 20 male and 20 female. Sample was divided into two groups – control and experimental - comprising male and female students equally. To test the effect of yogasanas on emotional intelligence of students, experimental group were provided the practice of a set of yogasana postures for a continuous period of 20 days (30 min daily). Control group was not provided such yogic practice. After the elapse of practice period emotional intelligence of control and experimental (male and female) groups were measured and compared.

Intervention

To test the effect of yogasanas on emotional intelligence of students following yoga-poses are used.

1. Mandukasana
2. Vakrasana
3. Trikonasana
4. Sasakasana
5. Gomukasana
6. Kandharasana
7. Pawanmuktasana
8. Vrikshasana
9. Tadaasana
10. Trikonasana

Tools/Instruments

1. A Hindi version of “Emotional Intelligence Inventory” developed and standardized by Mangal, S.K. and Mangal, S. (2018) was used to measure emotional Intelligence of students. It has 100 items with 3 alternative responses – always, sometimes and never.

Yogasanas and emotional intelligence – A correlational analysis

2. A self made personal datasheet was used to collect the general information like – name, age, class, gender, caste, residential area etc. of students.

RESULTS AND DISCUSSION

The first hypothesis in the research stated that there will be significant positive effect of yogasanas on emotional intelligence of students. The comparison of different groups and sub-groups on emotional intelligence indicates that yogasanas improve emotional intelligence of subjects. The obtained mean emotional intelligence score of control group is 137.2 and that of the experimental group is 150.4. The obtained t-ratio is 2.32, which is significant at .05 level (Table-1). Higher mean shows high level of emotional intelligence and lower mean shows low level of emotional intelligence. This denotes that yogasanas have laid positive impact on emotional intelligence. Our findings support the findings of Adhia et. al. (2010) who reported that yoga practice improves in emotional intelligence.

Table-1 Showing Means, S.Ds. and t-ratio of Emotional Intelligence Scores – Control and Experimental Groups

Groups	N	Means	S.Ds.	df	t-ratio	Level of significance
Control	20	137.2	17.62	38	2.32	.05
Experimental	20	150.4	18.41			

Table-2 Showing Means, S.Ds. and t-ratios of Emotional Intelligence Scores – Male and Female Group

The mean emotional intelligence scores of male and female sub-groups of control group are 132.5 and 141.9 respectively while those of the same sub-groups of the experimental group are 144.6 and 156.2 respectively. The obtained t-ratios for male and female compared sub-groups in control and experimental groups are 1.22 and 1.47 respectively (Table-2). Both the t-ratios are insignificant at .05 level. It indicates that there is insignificant difference between male and female subjects on their emotional intelligence. But Female obtained higher mean score than male participants in both control and experimental group.

Conditions	Groups	N	Means	S.Ds.	df	t-ratios	Level of significance
Control	Male	10	132.5	17.35	18	1.22	N.S.
	Female	10	141.9	17.12			
Experimental	Male	10	144.6	18.04	18	1.47	N.S.
	Female	10	156.2	17.23			

Table-3 Showing Means, S.Ds. and t-ratios of Emotional Intelligence Scores – U.G. and P.G. Groups

Conditions	Groups	N	Means	S.Ds.	df	t-ratios	Level of significance
Control	U.G.	10	136.5	17.84	18	0.18	N.S.
	P.G.	10	137.9	17.25			
Experimental	U.G.	10	149.5	18.38	18	0.22	N.S.
	P.G.	10	151.3	17.45			

Yogasanas and emotional intelligence – A correlational analysis

The mean emotional intelligence scores of U.G. and P.G. sub-groups of control group are 136.5 and 137.9 respectively while those of the same sub-groups of the experimental group are 149.5 and 151.3 respectively. The obtained t-ratios for U.G and P.G. compared sub-groups in control and experimental groups are 0.18 and 0.22 respectively (Table-3). Both the t-ratios are insignificant at .05 level. It indicates that there is insignificant difference between U.G. and P.G. subjects on their emotional intelligence. Our findings support the findings of Kant, R. (2019) who reported that UG and PG student are not significantly different on their emotional intelligence.

CONCLUSION

Yogasanas lay positive impact on emotional intelligence. Male and female are not significantly different on their emotional intelligence. Also U.G. and P.G. students don't significantly different on their emotional intelligence.

REFERENCES

- Adhia, H., Nagendra, H.R. and Mahadevan, B. (2010): "Impact of Adoption of Yoga Way of Life on the Emotional Intelligence of Managers", IIMB Management Review, Vol: 22, Issues: 1–2, Pg: 32-41, March–June.
- Anand, H. and Das, I. (2016): "Effect of Prayer Along with Meditation V/S Meditation on Emotional Intelligence and Psychological Well-being. A Comparative Study." The International Journal of Indian Psychology, vol :3, Iss :4, No.68, Pg : 187-202.
- Dwivedi, S.K. and Rajput, J.S. (2016): "Efficacy of Meditation and Counseling on Emotional Intelligence", International Journal of Yoga and Allied Sciences, Vol: 5, Issue: 2; July-Dec 145-151.
- Ganpat, T.S. and Nagendra, H.R. (2011): "Yoga therapy for Developing Emotional Intelligence in Mid-life Managers", Journal of Midlife Health, Jan-Jun; 2(1): 28–30.
- Kant, R. (2019): "Emotional intelligence: A study on university students", Journal of Education and learning, vol: 13, No: 4, Pg: 141-146.
- Kumari, A. and Sahu, K.P. (2018): "Yoga for Enhancing Emotional Intelligence", Yoga Mimamsa, Vol : 50, Iss: 2, Pg: 34-36.
- Mamman Joseph C, Sreenivas P Kamath and Fincy M. P. (2019): "Yoga and Emotional Intelligence", IAHRW International Journal of Social Sciences, 7(6), 1185-1189.
- Martinez, M.N. (1977): "The Smart that Count", HR Magazine, 42(11).
- Patil, S.S., and Malipatil, R.P. (2016): "The Impact Yogic and Physical Exercises Training on Emotional Intelligence among Secondary School Students", Review Journal of Philosophy and Social Science, Vol. 41, No. 1

Acknowledgements

The authors profoundly appreciate all the people who have successfully contributed to ensuring this paper in place. Their contributions are acknowledged however their names cannot be mentioned.

Conflict of Interest

The author declared no conflict of interest.

Yogasanas and emotional intelligence – A correlational analysis

How to cite this article: Bhawsinka S. K. (2020). Yogasanas and emotional intelligence – A correlational analysis. *International Journal of Social Impact*, 5(4), 1-6. DIP: 18.02.001/20200504, DOI: 10.25215/2455/0504001