

Effect of Naad Yoga on Emotional Intelligence of State Level Yoga Players

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Abstract

The objective of the study was to assess the effect of Naad Yoga on Emotional Intelligence of state level yoga players from Haryana. A total number of 60 Haryana state level male yoga players were randomly selected as subjects for the purpose of the study. The age of the subjects was in range of 17 to 25 years. Following variables were selected for the study: Emotional Intelligence at different level i.e. Intra-Personal Awareness, Inter-Personal Awareness, Intra-Personal Management and Inter-Personal Management. In order to assess Emotional Intelligence, Emotional Intelligence Test (N.K. Chadha & Dalip Singh, 2003) was used. The reliability of data was established following the instrument's reliability and tester competency. The data was collected before the training programme from both the groups (i.e. experimental group and control group) were known as pre-test and at the end of the training programme again the data were collected from both the groups (i.e. experimental group and control group) was known as post-test. Naad Yoga Training was imparted to the experimental group for a period of twelve weeks. The training was of one hour duration daily for five days in a week and control group was not participated in the training programme. The training protocol roughly consist selected yogic practices (Bhastrika Pranayama, Kapalbhathi Pranayama, Anuloma-Viloma, Pranayama, Bharamari Pranayama, Flute Sound and Shankha Naad. The first method of the statistical analysis was descriptive analysis, in which the following were assessed: 1) Mean and 2) Standard Deviation. After that, the collected data on the selected parameters were compared for the pre-test and post-test between the Experimental and control groups by employing the Independent Sample t-test. Besides, dependent t-test was applied to compare the pre-test and post-test data. The level of significance was set at 0.05. The collected data was significantly normalized before further processing. The obtained result shows the significant changes in selected variables i.e. Emotional Intelligence at all level i.e. Intra-Personal Awareness, Inter-Personal Awareness, Intra-Personal Management and Inter-Personal Management due to Naad Yoga Training Protocol.

Keywords: Emotional Intelligence.

INTRODUCTION

Yoga Sutra is a universally accepted treatise on the subject of yoga. Yoga means the integration of mind, body the whole psyche. Since ancient time we understand the importance of sound mind that invariably necessitates a healthy body, the practice of yoga is a surest way to acquire a disease free and vigorous body and the positive health is sure to facilitate the process of mind control. NAAD Yog is one of the most effective ancient meditation systems in India. As the name suggests NAAD Yog philosophy says that this entire universe living and even non-living things have sound vibrations. NAAD Yog makes us more aware about us and sensitive to nature. Psychological variables may be influenced by yogic practice. Several studies are available on the positive effect of yogic training on psychological variables. In contrast, few studies are there on the impact of twelve weeks of yogic training on psychological variables, especially studies involving emotional intelligence in India. As the world keeps changing, the most significant lifestyle change is demanded from sports person as well. Therefore, this study was selected and conceptualized, keeping in view the Naad yoga benefits on the psychological parameters of the state level yoga players. The objective of the present study was to study the effect of twelve Weeks Naad yogic Training on Emotional intelligence (Intra-personal Awareness) of state level

yoga players, to study the effect of twelve Weeks Naad yogic Training on Emotional intelligence (Interpersonal awareness) of state level yoga players, to study the effect of twelve Weeks Naad yogic Training on Emotional intelligence (Intrapersonal Management) of state level yoga players, to study the effect of twelve Weeks Naad yogic Training on Emotional intelligence (Interpersonal management) of state level yoga players. The study would help in spreading awareness in society i.e. twelve weeks Naad yogic training can bring many changes in mind and body, personality and behaviour of the practitioner. The information given by this study would be helpful for the teachers, coaches and the students to learn about psychological functioning and psychological well-being. The study would help to improve the positive mental health in college students. The present study would also contribute to the existing literature. The study would be helpful for guidelines and reference for future research in large area or population.

PROCEDURE AND METHODOLOGY

Selection of Subjects

A total number of 60 Haryana state level male yoga players were randomly selected as subjects for the purpose of the study. The age of the subjects was in range of 17 to 25 years.

Selection of Variables

With the consultation of guide and other experts, scientific literature, journals, magazine and keeping feasibility criteria in mind following variables were selected for the purpose of the study: **Independent Variable:**

12 Week Naad Yogic Training Protocol

Dependent Variables:

Emotional intelligence

Criterion Measure

1. For the assessment of Emotional Intelligence, Emotional Intelligence Test (N.K. Chadha & Dalip Singh, 2003) was used.

Training protocol

Naad Yoga Training was imparted to the experimental group for a period of twelve weeks. The training was of one hour duration daily for five days in a week and control group was not participated in the training programme. Pre-test was done before the training on all the subjects. At the end of training programme post-test was done. An appropriate Naad Yoga Training programme was prepared with the help of guide and other experts of related area. However, the training protocol roughly consist selected yogic practices (Bhastrika Pranayama, Kapalbhata Pranayama, Anuloma-Viloma, Pranayama, Bharamari Pranayama, Flute Sound and Shankha Naad.

Collection of Data

The data for the purpose of the study was collected from the Haryana state level yoga players. The data was collected before the training programme from both the groups (i.e. experimental group and control group) were known as pre-test and at the end of the training programme again the data were collected from both the groups (i.e. experimental group and control group) was known as post-test.

Statistical Technique

The first method of the statistical analysis was descriptive analysis, in which the following were assessed: 1) Mean and 2) Standard Deviation. After that, the collected data on the selected parameters were compared for the pre-test and post-test between the Experimental and control

groups by employing the Independent Sample t-test. Besides, dependent t-test was applied to compare the pre-test and post-test data. The level of significance was set at 0.05.

RESULTS AND DISCUSSIONS

The objectives of the research were as follows: to develop the twelve-week Naad yoga training programme, to study the effect of twelve Weeks Naad yogic Training on Emotional intelligence (Intra-personal Awareness) of state level yoga players, to study the effect of twelve Weeks Naad yogic Training on Emotional intelligence (Interpersonal awareness) of state level yoga players, to study the effect of twelve Weeks Naad yogic Training on Emotional intelligence (Intrapersonal Management) of state level yoga players, to study the effect of twelve Weeks Naad yogic Training on Emotional intelligence (Interpersonal management) of state level yoga players.

Descriptive Statistics

	Group	Pre-test		Post-test	
		Mean	SD	Mean	SD
Emotional Intelligence – Intra-Personal Awareness	Experimental Group	34.48	5.887	39.75	5.050
	Control Group	33.40	5.303	34.50	5.799
Emotional Intelligence – Inter-Personal Awareness	Experimental Group	32.73	5.632	38.03	4.738
	Control Group	32.50	5.619	33.00	5.558
Emotional Intelligence – Intra-Personal Management	Experimental Group	32.20	6.392	37.33	4.943
	Control Group	31.73	6.136	32.77	5.738
Emotional Intelligence – Inter-Personal Management	Experimental Group	29.63	4.238	35.40	4.576
	Control Group	29.57	4.289	29.73	4.441

Table representing the descriptive values of experimental and control group for all the selected variables at pre-test and post-test level. Apart from mean and standard deviation tests, data's normality were also assessed by applying skewness, kurtosis and Shapiro-Wilks test of normality. As and when required, non-normality in data was corrected by applying appropriate technique and deviation in data was fixed for further processing.

T-test for all Selected Psychological Variables – Experimental Vs Control Group

	Pre-test		Post-test	
	t	Sig. (2-tailed)	t	Sig. (2-tailed)
Emotional Intelligence – Intra-Personal Awareness	.741	.462	3.745	.000
Emotional Intelligence – Inter-Personal Awareness	.161	.873	3.775	.000
Emotional Intelligence – Intra-Personal Management	.288	.774	3.303	.002
Emotional Intelligence – Inter-Personal Management	.061	.952	4.868	.000

From table given above, it is evident that all selected psychological variables were having no significant difference between experimental and control group before the commencement of 12 weeks Naad Yoga training program. But after completing the designed training, all components of Emotional Intelligence were significantly improved. On the basis of obtained result, we can

conclude that the specific Naad yogic training protocol have significant effect on selected psychological variables. In order to further confirm the reliability of obtained result, comparison between pre-test and post-test of each group were executed separately and found the similar result. The improvement in experimental group was found significantly better than control group's result.

CONCLUSIONS AND RECOMMENDATIONS

On the basis of objectives of the study and result obtained after statistical application, the following conclusions were drawn: It was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Emotional intelligence (Intra-personal Awareness) state level yoga players may be accepted. It was also concluded that there is significant effect of twelve weeks Naad Yogic Practice on Emotional intelligence (Interpersonal awareness) state level yoga players may be accepted. Furthermore, it was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Emotional intelligence (Intrapersonal Management) state level yoga players is accepted. In last, it was concluded that there is significant effect of twelve weeks Naad Yogic Practice on Emotional intelligence (Interpersonal management) state level yoga players is accepted. The information given by this study would be helpful for the teachers, coaches and the students to learn about psychological functioning and psychological well-being. Above mentioned conclusions and finding has revealed many facts and filled the gap in information available regarding role of Naad yogic exercises for betterment of psychological health of State level Yoga Players. Now, following recommendations are made with future research perspective: Similar study can be taken on other professions as well. It was recommended that similar study can be carried out in other organizations as well. Similar study can also be conducted on a bigger population. A study can be conducted with including more health and body composition variables. Further, prediction research can be conducted to identify the health variables that should be stressed for better health condition. Similarly, research on factor analysis can be conducted to identify the psychological variables contributing the most to our health condition.

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