

## **Approach of Yoga based lifestyle towards Social adjustment among Students**

**Dr Kamakhya Kumar<sup>1</sup> & Dr Amit Kumar Tyagi<sup>2</sup>**

1. Assoc. Prof. Dept. of Yoga and Health, Dev Sanskriti Vishwavidyalaya, Haridwar
2. Director, Divine School of Yoga, Chhatarpur, New Delhi

Email: [kamakhya.kumar@gmail.com](mailto:kamakhya.kumar@gmail.com)

### **Abstract**

The Overall goal of this study is to understand the role of Yoga into Inter-personal Relationship and to find the mechanism to develop it through Yogic practices. First part of the study is based on the science of Yoga and its background. Yoga-psychology and its principles have been observed in this part of study. The study in the next part goes through the systematic review in the field of inter-personal relationship and personality developments. Number of studies has been done in this area, while going through the review, a tremendous surge of interest in the problem of inter-personal relationship has been seen.

To observe the effect of Yogic practices and Yoga based lifestyle, a study has been conducted at Centre of Complementary and Alternative Medicine, Dev Sanskriti Vishwavidyalaya for one semester (approximately six months). A group of 100 Post graduation students were selected through random sampling for a pre-post research study. Among them 90 student completed the study successfully. They were practicing Asana, Pranayama, Meditation, regularly and Shatkarma once in a week according to the prescribed syllabus of the University. At the same time they also followed the prescribed schedule of the University as their lifestyle and a vegetarian Diet (without onion-garlic). A standard questionnaire of social adjustment was applied to measure their social adjustment level among them.

The finding of the study shows a significant change in their social adjustment level. It is always being subject to modification in the light of further observation. This is the nature of the method. But it can be concluded that yogic practices and yoga based lifestyle can change the behavior as well as the interpersonal relationship.

**Key Words:** Adjustment, Asana, Pranayama, Meditation, and Shatkarma

---

### **Introduction:**

The principles and methods of Yoga described in the ancient Indian scriptures remained neglected for a long time because they were written in different Sanskrit slokas, and also because they were considered to be religious, philosophical and mystic. However, from the beginning of the 20th century, good translations and commentaries of the yogic literature were

made available by Indian seers and scholars in different modern languages. The medical scientists and therapists of other fields, including psychology, began verifying yogic principles and using its techniques for promoting health and human adjustment. The practices of Yoga, particularly Raja Yoga and Hatha Yoga, have withstood scientific tests and they have been found useful in curing many of the so-called incurable diseases.

However, the world of science has to acknowledge and appreciate that yoga is basically a science of mind. Even certain steps of raja yoga such as asana and pranayama are not just physical and physiological exercises. The eight steps of raja yoga present a balanced combination of the physiological yoga of vitality with the psychic yoga of meditation, and the real experience starts from the practice of pratyahara. Yoga has been rightly defined by Swami Satyananda Saraswati (1980) as “a complete science of consciousness. It provides mastery over all stages of consciousness”. So, most of the yogic sadhanas aim to tune and control the mind. Other yoga practices and steps are a preparation for the same.

Thus Yoga has a close link with psychology. We know that earlier modern psychology was also defined as the study of the soul or mind which was later on spelled out in operational terms like conscious experience, behavior and human adjustment. Yoga psychology presents a synthesis of the two disciplines of yoga and psychology. Precisely speaking, it deals with yogic concepts, principles and techniques of psychological relevance. They need re-examination in the light of available findings and models. It is amazing to note that many of the concepts which were brought to light in psychology in the 20th century were well-conceived and explained in the ancient literature of yoga psychology. In certain cases modern psychology has yet to match the progress made in the field of yoga psychology.

Rudolph, Susan Gove Dimick, Kenneth M (1981) stated in their study that the intent of this research was to determine if participation in regularly offered Hatha Yoga or Effective Interpersonal Relationship

Development classes for the duration of a university quarter (ten weeks) could produce a change in self-concept. Self-concept was defined as the total collection of attitudes, judgments and values which an individual holds with respect to behavior, ability, body, and worth as a person; i.e. self-perception and self-evaluation. Specifically, self-concept was defined as that entity which is measured by the self-report of the discrepancy between perceived self and ideal self using the Index of Adjustment and Values. Data for the study were collected from 215 female students enrolled in a mid-western university who volunteered to participate and who completed the self-concept measure (Bills Index of Adjustment and Values) at the beginning and end of the quarter. There were 54 female students in 3 Yoga classes, 53 in 3 Effective Interpersonal Relationship Development classes and 53 in 4 comparison classes (randomly selected algebra classes). Experimental treatment consisted of material which was normally taught in the classes. Information such as age, quarter in school and other subjects taken was collected with a demographic survey. A second group of 55 female students in 3 Hatha Yoga classes taught the following year completed the pretest and posttest self-concept measures, and also answered a Student Opinion Questionnaire. Analysis of variance of the pretest data across all classes and groups indicated no significant differences, providing an assumption of equivalence of the groups. The majority of students who answered the Student Opinion Questionnaire felt that participation in the Hatha Yoga class had helped them become more self-aware, to feel better about themselves and to solve personal and/or physical problems.

Effective handling of various problems in life, Beeds appropriate attitude towards

looking at those problems. Morbid fantasy, defeatism, hostility, feelings of inferiority, apathy, mortification, discontent etc. represent negative ways of adjustment with various situations and crises in life. On the other Baird, confidence, positive self-concept, proper attitude in using power, achievement motivation, perseverance, optimism, handling of crisis in a positive way represent appropriate ways of adjustment (Mrs. Rujuta S., Vinod, Samprasad D., Vinod, Mrs., Meghmala Rajguru 1998).

Chen Li-xian (2001) The loss of interpersonal relationship between students plays an essential role in affecting their mental health. Firstly, this paper mainly discusses the loss of college students' primary interpersonal relationship, such as the family tragedies, the disappointment in love affairs, the conflicts between classmates, which will do possible harm to the psychology of the students. And then it points out the approaches of self-adjustment about how to avoid or lessen such harm.

Zhang Lin-ying & Jlang Xue-li (2005-06) Interpersonal harmony is the basis of social harmony, and, first of all, a harmonious society should be the one of harmony between persons. However, the ethics of interpersonal relationships is indispensable to the formation and maintenance of interpersonal harmony. This ethics plays the role of guidance, regulation, restraint and control in harmony between persons. Therefore, we should establish the new-type ethics of interpersonal relationships conforming to a harmonious socialist society at present.

Bhushan, S. (2007) Studies the effect of yoga nidra on qualitative transformation in

personality of youngsters. The study was conducted on two separate samples of 86 boys and 102 girls reading in intermediate classes in the two constituent colleges of T.M Bhagalpur University at Munger. The subjects belonged to the age range of 15-18 years. One hour of yoga nidra classes were given to the Ex-perimental Groups continuously for a period of one month while no such practice was given to the control groups. The Tridimensional Inventory was administered in pre-post condition to measure the level of sattva, rajas and tamas gunas. Comparison of pre-post yoga nidra period on the selected test indicated that the practice of yoga Nidra substantially increased the level of sattva guna and significantly decreased the level of rajas and tamas gunas in the practicing female subjects in comparison to their control group. Among the male subjects substantial increase in sattva guna has been found but the decrease in the level of rajas and tamas gunas has not been found significant.

Kumar Kamakhya (2007) with regular practice of a balanced series of techniques, the energy of the body and mind can be liberated and the quality of consciousness can be expanded. This is not a subjective claim but is now being investigated by the scientists and being shown by an empirical fact. Experience of the calming effect of Mantra meditation only for 10 minutes each day, would create a period of physical relief that enhances immune function. Over time, the benefits of Mantra Yoga have a cumulative effect, improving the well-being of the practitioner.

Rakhshani A, Maharana S, Raghuram N, Nagendra HR, Venkatram P. (2010) conducted a research with this objective to investigate the effects of

integrated yoga on the quality of life and interpersonal relationships in normal pregnant women. For this study, one hundred and two pregnant women between 18 and 20 weeks of gestation who met the inclusion criteria were recruited from the obstetric units in Bangalore and were randomly assigned to two groups of yoga and control. The yoga group received integrated yoga while control group received standard antenatal exercises, both for 1-h three times a week from 20th to 36th week of gestation. Pre and post assessments were done using WHOQOL-100 and FIRO-B questionnaires. At the end of the study it has been concluded that the integrated yoga is an efficacious means of improving the quality of life of pregnant women and enhancing certain aspects of their interpersonal relationships.

Researchers at various levels conducted all over; show that with the regular practice of some selected Yoga practices improves the personality. In order to explore the possibilities of building the character and improving their moral values in students the

Dev Sanskriti Vishwavidyalaya has taken initiatives to conduct few experiments. One such experiment with the help of small group of students was undertaken, the details of which is radiated below:

#### **Methods:**

To observe the effect of Yogic practices and Yoga based lifestyle, a study has been conducted at School of Yoga and Health, Dev Sanskriti Vishwavidyalaya for one semester (approximately six month). A group of 100 Post graduation students were recruited through random sampling for a pre-post research study. Among them 90 student completed the study successfully. They were practicing Asana, Pranayama, Meditation, regularly and Shatkarma once in a week according to the prescribed syllabus of the University. At the same time they also followed the prescribed schedule of the University as their lifestyle and a vegetarian Diet (without onion-garlic). A standard questionnaire: Bell's Adjustment Inventory by (R K Ojha 1994) was applied to measure their social adjustment level among them.

**Table 1. – Yogic Intervention applied over the subjects as daily practice**

<b>Sr. No</b>	<b>Practice</b>	<b>Physical Awareness</b>	<b>Rounds</b>	<b>Duration</b>
1	Gayatri Mantra Chanting	Eyebrow centre	1	60 sec.
2	Tadasana	Spine	5	120 sec.
3	Tiryak Tadasana	Wastes	5	120 sec
4	Kati chakrasana	Scapulas	5	120 sec
5	Surya Namaskar	All internal organs	2	180 sec
6	Shavasana	Whole muscles	-	300 sec
7	Kapalbhati	Abdomen	100-150	120 sec
8	Nadisodhan	Eyebrow centre	5	240 sec
9	Ujjai	Throat region	10	240 sec
10	Bhramari	Brain region	10	240 sec
11	Om chanting	Whole Head region	-	120 sec

**Table 2. – Yogic Intervention applied over the subjects as weekly practice**

Sr. No	Practice	Physical Awareness	Rounds	Duration
1	Kapalbhati	Abdominal region	100	120 sec.
2	Neti	Eye brow centre	5	120 sec.
3	Kunjaj	Abdominal region	5	120 sec

**Results:**

**Table-3: shows the statistical values of social adjustment level of the subjects.**

	<i>Pre Value</i>	<i>Post Value</i>
Mean	6.748888889	5.477777778
Variance	0.07533583	0.05815231
Observations	90	90
Pearson Correlation	0.804267291	
Hypothesized Mean Difference	1	
df	89	
t Stat	15.64645902	
P(T<=t) one-tail	1.38883E-27	
t Critical one-tail	1.662155326	
P(T<=t) two-tail	2.77766E-27	
t Critical two-tail	1.986978657	

**Discussion& Conclusion:**

The result shows a significant reduction into the pre and post mean values i.e. Pre=6.74 Post=5.47. The reduction into mean values doesn't mean that it reduces the adjustment level, as mentioned in the manual of the questionnaire explains that reduction into the score shows a better adjustment among them. The study suggests that yogic intervention with yoga based lifestyle makes a significant change into the social adjustment of the students.

Practice of Yoga doesn't mean the physical activities what the subjects practiced in this study. It is the practice of go beyond the

physical experiences and understand the changes going inside the mind as well.

These practices improve the awareness at inner level and hence the practitioners become the witness of every changes going inside and become the victim of how he reacts in different conditions.

Though it has always lurked in the vicinity, for years there was little or no mention of inter-personal relationship as such in either the philosophical or scientific literature.

Now books and articles are flowing in an ever widening stream. According to some of the authors the mind-body problem *is* the

problem of inter-personal relationship. According to the findings of the study, it is our behavior that sits square across the advancing path of the scientific world view. Scientists are agree to accept the key role of Yoga in relation to body–mind coordination.

In short, Yoga has important applications in managing psychological and social problems as well as in promoting and transcending the self. It provides theoretical models and practical tools and techniques for their verification. Researches done by Bhushan, S. (2007), Rakhshani A, et al (2010) and

Kumar K, et al (2014) support our study as well.

However, many of the observational and theoretical assertions need experimental verification and re-interpretation in a changed context. Selection of yogic techniques for different purposes and individuals is a difficult task. It demands a long-term, detailed plan by devoted individuals and institutions. At the end it can be concluded that yogic practices and yoga based lifestyle can change the behavior as well as the interpersonal relationship.

### References:

1. Bhushan, S. (2007) Qualitative transformation in personality a function of yoga nidra.; *Journal of Indian psychology*,2007 VOL 25; PART 1/2, page(s) 6-15.
2. Chen Li-xian (2001)An Opinion of the Loss of College Students' Interpersonal Relationship and the Strategies of Self-adjustment; *Journal of Liuzhou Teachers College*(Department of Socialist Science, Liuzhou Teachers College, Liuzhou, Guangxi 545003,China)
3. Mrs. Rujuta S., Vinod, Samprasad D., Vinod, Mrs., Meghmala Rajguru (1998) Effect of Yoga on Positive Approach Towards Life; *Yoga Mimamsa* Vol 30 No 2 & 3
4. Ojha R K (1994) Bell's Adjustment Inventory; *Ankur Psychological Agency, Lucknow.*
5. Kumar K. (2007)Improving Mental Health through Mantra Yoga; *Yoga Magazine (Body Mind Spirit)*; Published from York Street, London; Issue 55 Aug. 2007 pp: 60-62.
6. Kumar K, Tiwari S., 2014Academic Anxiety among Student and the Management through YogaInternational Journal of Yoga and Allied Sciences Volume: 3, Issue: 1; Jan- June pp 50-53
7. Rakhshani A, Maharana S, Raghuram N, Nagendra HR, Venkatram P.(2010) Effects of integrated yoga on quality of life and interpersonal relationship of pregnant women. *Qual Life Res.* 2010 Dec;19(10):1447-55.
8. Rudolph, Susan Gove Dimick, Kenneth M (1981) The effect on the self concept of female college students of participation in Hatha Yoga and effective interpersonal relationships development classes; *Doctoral Dissertation, Cardinal Scholar, University Library, Ball State University.*
9. Saraswati, Swami Satyananda (1980). *Yoga From Shore to Shore* (3rd edition), Bihar School of Yoga, Munger.
10. Sushma Suri and Shabina Tauqir; (2007) Mental Health and Adjustment of Undergraduates; *Journal of The Indian Academy of Applied Psychology*; Volume 33, Number 2
11. Zhang Lin-ying & Jlang Xue-li (2005-06) Interpersonal Harmony and the Ethics of Interpersonal Relationships *Journal of Guangxi Youth Leaders College*; School of Political Science and Law, Jiangxi Normal University, Nanchang 330022, China)