



NAAD YOGA'S EFFECTS ON YOGA PLAYER'S EMOTIONAL INTELLIGENCE

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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 40 Haryana state level male yoga players were randomly selected as subjects for the study. The age of the subjects was in the range of 17 to 25 years. The following variables were selected for the study: Emotional Intelligence at different levels i.e. Intra-Personal Awareness, Inter-Personal Awareness, Intra-Personal Management, and Inter-Personal Management. To assess Emotional Intelligence, the Emotional Intelligence Test (N.K. Chadha & Dalip Singh, 2003) was used. The training was of one-hour duration daily for five days a week and the control group has not participated in the training program. The training protocol roughly consists of selected yogic practices (Bhastrika Pranayama, Kapalbhati 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, a 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 levels 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 times we have understood the importance of a sound mind that invariably necessitates a healthy body, the practice of yoga is the surest way to acquire a disease-free and vigorous body and 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 of ourselves 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. The objective of the present study was to study the effect of six weeks of Naad yogic Training on Emotional intelligence (Intra-personal Awareness) of state-level yoga players, the effect of six Weeks of Naad yogic Training on Emotional intelligence (Interpersonal awareness) of state-level yoga players, to study the effect of six Weeks Naad yogic Training on Emotional intelligence (Intrapersonal Management) of state-level yoga players, to study the effect of six 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. six weeks of Naad yogic training can bring many changes in mind and body, personality and behavior of the practitioner. The information given by this study would be helpful for teachers, coaches, and students to learn about psychological functioning and psychological well-being. The study would help to improve the positive mental health of 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 areas or populations.

PROCEDURE AND METHODOLOGY

A total number of 40 Haryana state level male yoga players were randomly selected as subjects for the study. The age of the subjects was in the range of 17 to 25 years. 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 six weeks. The training was of one hour duration daily for five days in a week and control group was not participated in the training program. 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 program 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.

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, a dependent t-test was applied to compare the pre-test and post-test data. The level of significance was set at 0.05.

Table - I

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	.631	.351	2.634	.000
Emotional Intelligence – Inter-Personal Awareness	.161	.762	2.664	.000
Emotional Intelligence – Intra-Personal Management	.177	.663	2.203	.002
Emotional Intelligence – Inter-Personal Management	.059	.841	3.757	.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.

RESULT AND CONCLUSIONS :

The result of this study show that there is significant effect of six weeks Naad Yogic Practice on Emotional intelligence (Intra-personal Awareness) state level yoga players. It was also concluded that there is significant effect of six 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 six 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 six 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.

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