

# A Study of the Effect of Yug Shilpi Satra on Emotional Competence

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## Abstract

The investigation was undertaken to study the effect of Yug Shilpi Satra on Emotional Competence. The study was conducted at Shantikunj Haridwar. To fulfill this purpose 75 subjects male and female were selected by accidental sampling, age range from 22 to 60 year. The result shows that Yug Shilpi Satra significantly improves the emotional competence.

**Key words:** *Yug Shilpi*, Emotional Competence

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### Introduction:

A balanced living indispensable for a healthy mental state learning what is wrong is an important as learning what is right. All the events in our daily life what we see, hear, think, our desires & expectation interplay and so a cause emotions. These emotions are feeling such as disappointment, sorrow, anxiety, anger, however are temporary and however we get out of the soon, when we are not equipped to deal with these emotions optimal way. It causes strife. At a subclinical a victim of passion, emotions, tension he may develop mental, maladies and turn into clinical.

### Tool used:

Emotional competence scale prepare by Dr Harish Sharma & Dr Rajeev Lochan Bhardwaj.

### Sample:

The population covered for the purpose of the present study belongs to those people coming in *Yug Shilpi Satra* conducted in Shantikunj, Haridwar.

**Sampling:** Accidental sampling was used in this study.

### Variables-

**Independent Variables:** Yug Shilpi Satra

**Dependent Variables:** Emotional competency

**External Variables:** Age

### Hypothesis-

There is no significant relationship between Yug Shilpi Satra & Emotional competencies.

### Result table-

Group	Mean	S.D	t value	Significant Level
Pre test score	99.97	22.28	8.9	0.1=4.60
Post test score	114.7	22.17		highly significant at .01 level

### Result:

For testing the hypothesis, a null hypothesis was formulated that 'There is no significant relationship between Yug Shilpi satra & Emotional Competencies. The null hypothesis was rejected at .01 significant level. The time period allotted was of one month. A pre test was conducted in the beginning of the project work (1.8-3) after the completion of a month post test was also conducted. Finally the scoring and statistical analysis of the test was performed. The correlation value was found to be .78 and t value of the test 8.9 both of which are highly significant at 0.1 levels. Results are shown in the table.

The result of this study indicated significant increase in emotional competencies.

### Discussion:

#### Scientific reason behind significant result:

Emotion is an auxiliary function in suggestion that a person succumb more readily to suggestion, when under the influence of some emotion of others. According to PELIR NEWMEN & MICHAEL STANDARD- The wave produced by music and other Dhyana, Sadhana & Jap session effect the glandular system of the body in positive way, such that is activated & the imbalanced mental thought. Scientist has done deep studies on the effect of music on emotional competence.

Many neurologist have state that it also help in the production of alpha waves, which result in increasing emotional competence as well as in the reduction of other psychological problems.

Researchers have shown that just 45 minutes of relaxing music before bed time can make for restful night. Studies have found the music in Nad shadhana can reduce stress, aid relaxation

and helps to store and recall information among other function. Stress is reduced through music by increasing the amount of the hormone cortisone released in the body; music also reduced muscle tension and decrease sympathetic nervous system activity as well as anxiety, heart rate and blood pressure. In a pretest – posttest designed study on adults, 15 minutes of instrumental music (daily for twenty days) was found beneficial and after 20 days, the group showed a significant increase in the level of emotional competency (Bhardwaj & Bhardwaj, 2013).

#### **Conclusion:**

Result met after data analysis concluded that the positive result of Yug Shilpi Satra on Emotional competency.

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