

# A Study on the Effect of Collective Yogic Practices on Social Adjustment of Collage Students in Urban Area

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## Abstract

**Background:** Yoga is derived from the Sanskrit root 'yuj'. It is a powerful technique of self realization. Yoga is a systematic method of inducing complete physical, mental and emotional relaxation. Now a day we use this ancient scientific tool as a therapy for bringing a balance in at physical mental and social level.

**Objective:** The purpose of this study was to determine the Effect of collective scientific yogic practices on Social Adjustment of urban collage Students.

**Methods and procedures:** Sixty urban students, with age ranging between 18 to 26 years were randomly selected as subjects of the study. The Experimental Group – A participated in collective scientific practice of yoga and the control group Group-B did not participate in practice of yogic practices. The training was conducted for a period of four weeks, five days in a week and 63 min per day. Significant improvement was found in social adjustment as a result of the experimental treatments in experimental groups. To determine or assess the effectiveness of the yogic practices the experimental group was compared with the control group.

**Result:** There were statistically significant differences between the 2 groups in the level of social adjustment.

**Conclusion:** the research work indicates the effectiveness of the yogic practices in improving social adjustment among urban collage students.

**Key Words:** Yogic practices, social adjustment, urban collage students.

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## Yogic Practices on Social Adjustment of Collage Students in Urban Area

### Introduction:

During the last hundred years or so, the way of living has changed greatly throughout the world. The social system and other systems are no longer the same as they used to be in ancient times. Today in this fast growing world the competencies for the survival have gone up and one has to face lot of competitions.

One might be very rich in materialistic sense. But keeping a healthy state of mind is very difficult due to the large number of adjustment problem of daily life especially in social aspect. "Social adjustment is not a simple term like adaptation or accommodation. It is actually a condition or state of mind and behavior in which one feels that one's need have been or will be gratified. In everyday life frequent use is made of the word adjustment. Some use it merely as ability for adaption and some take it as happiness and freedom from personal problems. To other it may mean an unhappy conformity to group demands and actions. Besides the demands of one's basic needs, society also demands a particular mode of behavior from its members."<sup>5</sup>

When one thinks only of fulfilling one's needs by setting aside the norms, ethics and cultural traditions of one's society, someone is not going to be adjusted in other's environment. When adjustment does not only cater to one's own needs but also to the demands of the society, this is called Social Adjustment.

According to C.V. Good, Dictionary of Education, Oxford University Press, "Social Adjustment is the process whereby the individual attempts to maintain further his security, comfort status or creative inclination of his social environment through meaningful efforts. The Dictionary of Education defines adjustment as "the process of finding and adopting modes of behavior suitable to the environment."<sup>6</sup>

Webster's New Collegiate Dictionary defines adjustment as the establishment of a satisfactory

relationship as representing harmony, conformity, adaptation or the like. Thus adjustment is a condition or state in which one feels that one's need have been (or will be) fulfilled and one's behavior conforms the requirements of the society, he belongs to.<sup>7</sup>

Social adjustment is the true adaptation of an individual to a social environment in the process of performing a role with a view to maximizing gains or minimizing losses. According to Warren (1962) "the changes in habitual conduct of behavior which an individual must make in order to fit the community in which he lives." So the term Social Adjustment indicates the process by which an individual or a group reaches at state of social equilibrium.<sup>8</sup>

"Social adjustment is related to personality factors including motivation values, goals, past experiences, conflicts, frustrations, ego status, coping patterns like compromise, withdrawal and attack, defense mechanisms, attitudes which is goal directed or problem solving or self centered. Adjustment is a highly personal phenomenon. Interaction of many intrinsic and extrinsic factors influences adjustment of an individual. Social Adjustment implies relatively a broad base of operations. A young person's Social Adjustment reflects the influence upon him of his experiences in the more specific adjustment areas but goes beyond them as individual attempts to respond to all the human interrelationships by which he is constantly and consistently stimulated. Social Adjustment refers to a state of harmonious balance between internal needs of the individual and external environmental factors. It is an index of integration between needs and satisfaction.

A wide variety of research literature has determined social adjustment as a criterion of mental health, especially in pre adolescence years. Factors like peer group sociometry and children's social skills, a part of social adjustment, are subjects of many researches in

communication era. Social adjustment ensuing learning social behavior, is in harmony with social and personal needs. It would be thought through socialization process and by social interactions.<sup>1</sup> Gaining proper social skills leads to being accepted by the group. This process plays a significant role in the primary phases of social development, making social adjustment possible.<sup>2</sup>

Today yogic practices have become popular throughout the world. But there are many misconceptions about these practices which are generally looked in exercise physiology. The physiology of yogic practices differs greatly from that of exercise physiologically.

The scientific nature of the yogic practices was first revealed when Late Swami Kuvalyanandaji started his scientific research in the field of yoga in 1942. The research findings could remove several misconceptions about yoga and removed the mystical sheath over it. He showed that a logical and scientific explanation could be possible for traditionally described technique of various practices.<sup>3</sup>

Today yoga is popular not so much as a system of philosophy but as a system of practical discipline. The applications of yogic techniques are considered for the benefit of health and cure of certain diseases, like stress management or for improving adjustment of individual in different fields as well as physiological problems.<sup>4</sup>

## Methods:

*Sample:* The total sample of 60 students ranging in age from 18 to 26 years was selected from the people of district Faizabad Uttar Pradesh (India). This sample consisted of 30 Students in experimental group and 30 students in control group. A purposive sample was selected. Both the group was matched in terms of age (18 to 26), education and socio economic status. Only male participants were considered and minimum education was at least intermediate passed.

*Criteria for selection of sample :* In order to study the effect of collective scientific yogic practices on Social Adjustment of urban collage Students, only those students were considered, who are willing to participate in yoga practices and also being physically fit and not taking any kind of medication.

*Intervention Schedules:* The intervention program of yogic practices was given to the experimental group while control group was not given any such treatment. Participants assigned to the experimental group underwent the selected yogic intervention and each day they performed yoga practices early in the morning for sixty three (63) minutes for 30 days except Sundays and holidays. The intervention schedules are as shown in given table.

S. No.	Yogic interventions	Round/day	Duration
	Gayatri mantra chanting	24 round / day	15 min
	Pragya yog vyayam	5 round/ day	15 min
	Pranakarshan pranayam	5 round/ day	08 min
	Savita meditation	1 round / day	20 min
	Relaxation/yognidra	1 round / day	5 min
<b>Total</b>			<b>63 min/ day</b>

**Design:** Static group research design was used in the present study in this design; two groups are used, but only of them are given the experimental treatment. At the end of the

treatment, both groups are observed or measured to see if there is a difference between them as a result of the treatment or intervention.

**Tools:** Social adjustment level was measured by Social adjustment inventory developed by Dr. R.C. Deva (pub. by National psychological Agra).

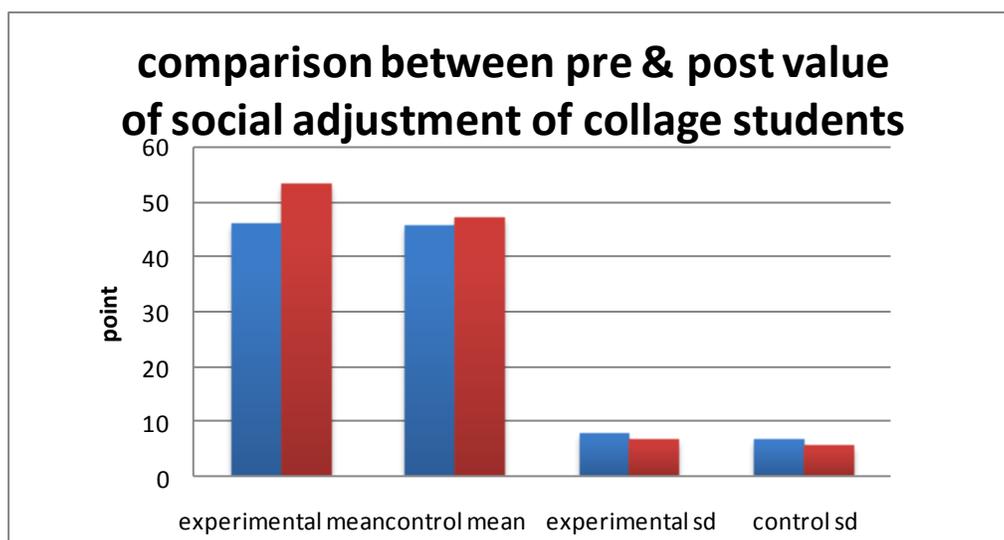
**Procedures:** This study was conducted at Kamta Lal Sunder Prasad Saket Mahavidyalaya, Ayodhya Faizabad, U.P. 60 students were selected through purposive sampling and the sample was divided into experimental group (n=30) and control group (n=30) and their age range was 18 to 26 years of age. All members of experimental group followed their prescribed yogic practices during the course of study and

also instructed not to exert his body. The Yogic intervention was given to the experimental group while the control Group was not given any such intervention. The outcome measures were assessed in both groups before and after the study.

#### Statistical analysis:

Obtained data were tabulated and analyzed. The initial values on 0th day of each parameter were compared with the final values obtained on 30<sup>th</sup> day's measurement. Paired t- test was used for the statistical analysis.

Group	test	N	M	SD	r	S <sub>ED</sub>	df	t-value	Level of significance
Experimental	pre	30	46.03	7.68	.40	1.43	29	5.11	<0.01 significant
	Post	30	53.33	6.5					
Control	Pre	30	45.60	6.75	-.06	1.55	29	.95	>0.01 Not significant
	post	30	47.07	5.48					



#### Results:

The mean & standard error of mean (M±SD) of pre test and post test on level of social adjustment of the control group were consecutively found to be 45.60±6.75 and 47.07±5.78. The correlation (r) -.06 and SE<sub>d</sub> is 1.55 and obtained t-value is .95 which is statistically not significant at 0.05 significance level of confidence.

The mean & standard error of mean (M±SD) of pre test and post test on level of social adjustment of the experimental group were consecutively found to be 46.03±7.68 and 53.33±6.54. The correlation (r) .40 and SE<sub>d</sub> is 1.43 and obtained t-value is 5.11 which is statistically significant at 0.01 significance level of confidence.

On the basis of obtained result it can be concluded that scientific yogic intervention is significantly improves the level of social adjustment of experimental group.

### Conclusion:

The results of the present study reveal that the regular practice of 'collective scientific yogic practices improves the Social Adjustment of urban collage Students. This result is same as the earlier study where 3 months of yoga intervention was provided to the group and significant differences were found in self-adjustment scores in boys and girls.<sup>11</sup> All these aspects affect the interpersonal and social behavior of an individual. Healthy citizen makes mentally healthy and healthy society then this will lead to the society to the development. The Practice of yoga is calming down the mind and body as well as enhancing social adjustment. In today's haphazard life, stress has become an evitable part of life. Yogic practices not only reduce the stress among individuals but also strengthen the positive aspects of human personality<sup>12</sup>, enhance the hidden quality of human being and also help in developing the country.

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