

Management of aggression by group yoga practices

Dr. Sanjay Singh* and Dr. Narendra Singh**

* Assistant Professor, Dept. of Yoga, University of Patanjali, Haridwar, India

** Assistant Professor, Dept. of Yoga, University of Patanjali, Haridwar, India

Abstract

In the current era there is individual and social demoralization present in our selves because of our ego and ignorance towards ancient lore. According to Patanjali yog sutra and Sri Mad Bhagwadgita, there is a way to destruct our ego and to regain true wisdom, as well as in the literature of Pt. Sri Ram Sharma Acharya he has mentioned the techniques to cope up the aggression and also the psychological problems and that is sadhana and yogabhyas. "Collective consciousness and yoga practices" can be used as a tool to control our aggression, whether it is easy to use with less effort and expenses. Then why shouldn't we use? So, the purpose of this pilot study is "To assess the effect of group yoga practices along with atambodh and tatwabodh self realization techniques on aggression". For this study we had selected randomly 20 graduate students with age ranging between 18 to 30 years of age. Practicing 51 minute/day yogic intervention particularly and only those students were considered who were willing to participate in such type of practices. The students are both male and female and almost equal in the term of education, socio economic status and types of work. Then at the initiation of practice 0th day pre data was collected by team on aggression scale by Roma Pal and Tasneem Naqvi and at the end of session on 20th day of intervention post data was taken. According to obtained data we are surprised that there was statistically significant difference at 0.01 level found between pre and post conditions in the level of aggression. This indicates the effectiveness of yogic practices in decreasing the level of aggression among grad students.

Key words: Group yoga practices, Collective consciousness, Atambodh and Tatwabodh

Article Received: 27-12-2016, **Published:** 31-12-2016

Conflict of interest: None declared

***Corresponding Author:**

Dr. Sanjay Singh; Assistant Professor, Dept. of Yoga, University of Patanjali, Haridwar, India

**International Journal of Science and Consciousness (IJSC): a Bio-Psycho-Spiritual approach
Published by the Research Foundation for Science & Consciousness, Uttarakhand, India**

Management of aggression by group yoga practices

Introduction:

Human being practices many types of techniques to cope up the aggression As well as many psychologists are also trying to develop such kind of techniques to overcome the aggression. It was essential to develop a tool to cope the anger as they have proven that most of the diseases are caused by anger. But many researchers become fails to invent such kind of tools, which exactly can use to overcome the anger.

“According to Dr. Aroli and Dr. kenon, “The excessive amount of harmful glucose which is been produce during the anger are major factor for indigestion. As well as Dr. Hemun berg had mentioned in his report that after a failure in the exam students became more aggressive and stressed. In a report, mental asylum’s reported that most of patients who are mentally ill in present condition basically in the beginning of illness the symptoms are, stress, anxiety, insomnia, and excessive anger. So definitely we can say anger is most dangerous disease on earth.” [1]

According to lord Krishna in Sri Mad bhagwadgeeta :

**“Krodhadbhawati sammoha sammohat smriti vibhramah
Smritibhranshad bhudhinasho budhinashadpranashyati” 2/63**

Means foolish expression are being generated by the aggression and after then illusionary mind set has been created which is cut off from the wisdom of the memory, to be confuse and when cut off the wisdom a person losses his personality. [2]

And after a brief description of symptoms, lord Krishna described its solution and say’s:-

**“Ragdwehviyuktaistu vishyanindriyaishcharan
Aatmavashyairvidheyatma prasadamadhigachhti” 2/64**

Means when a person trying to make introvert, all of his senses and got freedom from all the concerts and malice’s, after then he can actually achieve the inner joy and peacefulness of mind. [3] And that situation is known as translucent soul.

In above mentioned sutras (shlokas) lord Krishna says that real peace and inner joy is driven when a person doing sadhana (yogic practices) and controls his chitta (status of mind).

As well as we have to consider the mentioned lines in prayer of goddess Durga in *Argala-Strotam* of *Durga Sapt Shati* that, oh goddess please give me inner beauty and enhance my power, victory, inner joy and destroy my concupiscence and anger. [4]

Means our saints and maharishi also well known about concupiscence and anger are the major enemies for the mankind and we have to pray to the god to get rid of it. A saint of modern era Pt. Sri Ram Sharma Acharya stats that anger is an extrovert habit which is basically present in the lack of inner intubation. [5] The common man thinking about “I” “me” and “myself ” the ego can cause dissatisfaction and aggression. The solution according to him is try to be introvert, try to be quit and also a self realization method has been described in literature written by *acharya shri* calling atamabodh and tatvabodh sadhana . They both are self realization techniques. Atamabodh is done by a person in the morning just after the awakening, atamabodh self realization is to realize that “I got a new life to do something better in my today life and also for the planning for today’s new life” and “tatvabodh self realization is done by a person in the evening just before the sleep to assess his work that he had to be done but for some reasons he doesn’t done that” as well, after a few days of practicing the practitioner will definitely get rid of from anger.[6]

As well as SVYASA, a well recognized institute of yoga researches invent and describe some basic techniques to overcome the anger in which there are three steps are mentioned in technique and the technique is as follows :- 1. Identify the situation that "I am in anger". 2. If you are aware you will be cautious about aggression. 3. If you are cautious the spirit of opposition is present in the innersole and you will be free. [12] As well as in Patanjali yoga sutra 33/2 Maharishi Patanjali mentioned a technique to overcome the aggression i.e. the spirit to forceful opposition to the aggression.

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. [17] After these we all are familiar with group's power, for instance the collective efforts require doing the big things according to Pt. Sri Ram Sharma Acharya group consciousness enhances the feeling of responsibility in the particular ones. So the resultant of group practices results the great and plentiful outcome.

The scientific nature of the yogic practices was first revealed when Late Swami Kuvalayananda ji 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 on various practices. [11]

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 aggression management or for enhancing stamina of individual in different fields as well as physiological problems.[9]

Objective:

To assess the effect of yogic practices along with atamabodh and tatvabodh *self realization techniques* on aggression among graduate level Students.

Sample:

The total sample of 20 students ranging in age from 18 to 30 years was selected from the graduate students of district Uttarkashi, Uttarakhand, (India). This sample consists of 20 Students in experimental group. A purposive sample was done to select the sample. Pre test and post test was administered to assess the effectiveness of yogic practices. Both male and female participants are considered and minimum education was at least graduation.

Criteria for selection of sample:

In order to study the effect of yogic practices on aggression of urban collage Students, only those students were considered who were willing to participate in yoga practices, also physically fit and not taking any kind of medication.

Intervention schedules:

The intervention program of yogic practices was given to the experimental group. Participants assigned to the group and they performed the selected yogic intervention in group early in the morning at 6:30 A.M. for forty five (45) minutes for just 20 days including Sundays and holidays. Atamabodh and tatvabodh sadhna (6 min) is done by the participants by themselves. Procedures

for these techniques have been described prior to the intervention thoroughly. And rest of the intervention schedules are as shown in given table.

S. No.	Yogic interventions	Round/day	Duration
1.	Gayatri Mantra Chanting	24 round / day	15 min
2.	Sun Salutation	5 round/ day	15 min
3.	Kapalbhati Pranayama	60stroke/ min	05 min
4.	Savita Meditation	1 round / day	05 min
5.	Relaxation/ Yognidra	1 round / day	5 min
Total duration			45 min/ day

Design:

Pre test and post test research design was used in the present study; group are practicing the yogic practices and along with the atamabodh and tatvabodh self realization techniques experimental treatment. At the end of the treatment, group is measured to see if there is a difference between them as a result of the treatment or intervention.

Tools:

Aggression level was measured by aggression scale developed by Roma pal and Tasneem naqvi Agra. [13]

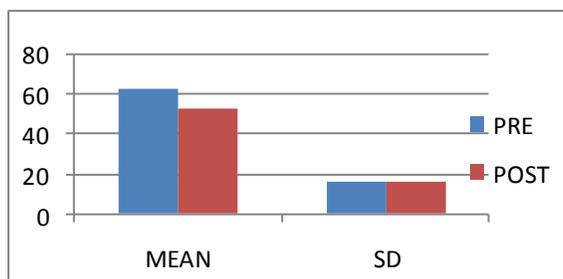
Procedure:

This study was conducted at Uttarkashi Uttarakhand. Twenty students were selected through purposive sampling and the sample is for experimental group (n= 20) and there age range was 18 to 30 years of age. All members of experimental group followed there prescribed yogic practices during the course of study and also instructed to do atamabodh and tatvabodh practices by themselves and during physical practices not to exert their body. The outcome measures were assessed in group before and after the study.

Statistical analysis:

Obtained data were tabulated and analyzed. The initial values on 0th day of parameter were compared with the final values obtained on 20th day's measurement. Paired t- test was used for the statistical analysis.

Group	test	N	M	SD	r	S _{ED}	df	t-value	Level of significance
Experimental group	Pre	20	62.64	15.70	.77	2.4	19	4.13	<0.001 significant
	Post	20	52.71	16.04					



Result:

The mean & standard error of mean ($M \pm S_{Ed}$) of pre test and post test on level of aggression of the experimental group were consecutively found to be 62.64 ± 2.4 and 52.71 ± 2.4 . The correlation (r) .77 and pre SD 15.70 and post SD= 16.04 as well. Obtained t-value is 4.13 which are statistically significant at 0.01 level of confidence.

On the basis of obtained result it can be concluded that yogic intervention and the practice of Atamabodh and Tatvabodh self realization techniques is significantly (at .001 levels) decreases the level of aggression of the people in experimental group.

Conclusion:

The results of the present study reveal that the regular practice of 'yogic practices along with the atamabodh and tatvabodh sadhna can decrease the level of aggression of graduate college Students. 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 the inner joy. [14] Mind-body interventions to manage stress-related health problems are of widespread interest. One of the best known methods is mindfulness-based stress reduction (MBSR).

In today's haphazard life, stress and anger has become an evitable part of life. Verma s. (2016) Pranayama helps the people to keep the mind relaxed as many medical practitioner beliefs that alternative medicines has more stable efficacy on the stress, Yogic practices not only reduce the stress among individuals but also strengthen the positive aspects of human personality, enhance the hidden quality of human being and also help in developing the society.[16] Stirtzinger et al. (2001) examined the effects of a school based multi model intervention project to assist aggressive students at-risk for school dropout and delinquency. It is maintained that school climate, peer pairing, teacher education and whole less interventions are main clinical strategies which seek to attain a multiple reinforcement model for increased social inclusion, healthy behavior and social interaction in the at-risk student group. In one more study on reducing children's aggressive and oppositional behaviors in the schools.

As a result, this study shows a positive decrease in aggression level of subjects after practicing for 20 days. It can be concluded that inclusion of yogic intervention for the management of aggression level of the graduate student and ultimately benefit in all aspects of their academic careers. If these suggestions are implemented, the overall aggression of the students can be reduced, which helps them to be more successful as students and harmonious as a human being to the nature.

References:

1. Sharma Pt. Sri ram (1998) gayatri sadhna ki vaigyanik pristhbhumi, akhand jyoti samsthan, Mathura, p. 8.1-8.17
2. Goyandka Sri Dayal ji (2009), Sri Mad Bhagwadgeeta, Geeta press Gorakhpur, p. 35
3. Goyandka Sri Dayal ji (2009), Sri Mad Bhagwadgeeta, Geeta press Gorakhpur, p. 87
4. Poddar Sri Hanuman Prasad ji (2011) Sri Durga Sapt Shati, Geeta press, Gorakhpur, U.P. p. 45
5. Sharma pt. Sri ram (1998) Sadhna se siddhi, akhand jyoti samsthan, Mathura, p. 3.21-3.22
6. Pandya Dr. Pranav (2011) Yog ke vaigyanik Prayog, Shodh evam Prakashan Vibhag, Dev sanskriti Vishvavidyalaya, Haridwar, U.K. page. 61
7. Goyandka Sri Dayal ji (2009), Sri Mad Bhagwadgeeta, Geeta press Gorakhpur, p. 27
8. Poddar Sri Hanuman Prasad ji (2011) Sri Durga Sapt Shati, Geeta press, Gorakhpur, U.P. p. 75

9. Swami ramdev ji (2005), Yog Darshan, Divya prakashan, page 147
10. Md Suleman and Kumar Dinesh, (2011) Research methodology, General Book Agency, p.211
11. Kumar Dr. Kamakhya 2014 Academic Anxiety among Student and the Management through Yoga International Journal of Yoga and Allied Sciences, Volume: 3, Issue: 1; Jan-June 2014.
12. Svyasa, yoga in education for total personality development, swami vivekanand yog prakashan bengluru,
13. Aggression scale, (Roma pal and tasneem naqvi) ,published by agra pshycological research cell , Agra.
14. De vibe, Michael, mindfulness based stress reduction for improving health, quality of life and social functioning in adults, Campbell systematic review. 2010
15. Stirtzinger, R., Campbell, L., Green, A., Desouza, C. et al. (2001).Multimodal School Based Intervention for at Risk,Aggressive, LatencyAge Youth. Canadian Journal of School Psychology, 17(1) 27-46
16. Verma, S., Kashyap, G. K., Kumar, K. (2016). Can Pranakarshan Pranayam helps to cope up the stress? International Journal of Science and Consciousness; 2(2): 38- 45
17. Verma, S. and Gurvendra, A. (2016). A Study on the Effect of Collective Yogic Practices on Social Adjustment of Collage Students in Urban Area. International Journal of Science and Consciousness; 2(1): 36-40.
18. Verma, S., Kashyap, G K., Kumar, K., Can Pranakarshan Pranayam helps to cope up with stress? International Journal of Science and Consciousness, Vol: 2, Issue 2 June 2016 pp: 38-45.
19. Kakkar D & Kumar K; Effect of Bhoot Suddhi Kriya on EEG Alpha; Yoga Mimansa, Kaivalyadham Lonavala, Maharastra Vol. 43, No 4. pp 310-15.

Cite this paper as: Singh, S., & Singh, N. (2016). Management of aggression by group yoga practices. *International Journal of Science and Consciousness*; 2(4): 34-39.