



Role of Yoga in the Personality Development of Youth : A Study

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Introduction

Yoga is that systematic conscious process. Due to which the development of man can be completed in a very short time.

Sri Aurobindo stresses on the development of an all-round personality at the physical, mental, intellectual, emotional and spiritual levels. Yoga is a systematic process of a person's evolution to perfection, through this evolution one learns to live at a higher level of consciousness. Thus Yoga is the key to all round development and growth and mental enrichment.

Yoga according to Patanjali is the process of controlling the mind. Control has two aspects - the power to concentrate attention on a desired object or object and to maintain calm for a long time. capacity of .

Yoga is an efficient way to calm the mind. It is not a rigid, mechanical or gross process of stopping thoughts and feelings arising in the mind, but an efficient and subtle process. Yoga is a skillful science of controlling the mind. It is known as a process or a technique to reach the final state of perfection. Yoga is also described as the power of all creative work. It is also a creation in itself.

Yogic activities, if adopted in the right way, are very useful in the development of an integrated personality. Compound attitude and astanga yoga are considered important in yoga activities.

Emotions are essential for a person's personality, and emotions affect our knowledge and prepare us to behave in a particular way. Emotions and feelings are also associated with them.

Attitude is of both positive and negative types. Positive attitude prepares a person for positive behavior. Whereas in the behavior of a person with a negative attitude, a person with a negative attitude will see shortcomings in other persons, things and situations, whereas a person with a positive attitude will see strength in those same persons, objects and situations.

Yoga emphasizes on adopting a positive attitude which we call yogic attitude. In general terms, Yogic attitude is a feeling that tells us how to deal with people, things and events in life. Yogic attitude creates a positive attitude in a person towards various situations and events happening around him.

• Justification of the problem: -

Trying to know what is the science behind yoga, how does the human body and women react to yoga ?

Dr. Suryakant of Lucknow says that the World Health Organization had defined health in this way in 1947, " To be completely healthy physically, mentally, socially and spiritually " is health."

Today the whole world observes June 21 as Yoga Day. Out of 199 member countries of the United Nations General Assembly, 177 countries have agreed to celebrate Yoga Day. Prime Minister Narendra Modi himself also does yoga on this Yoga Day. Does yoga really affect the personality development of a person ? Is June 21 declared as Yoga Day correct? That's what I've chosen this problem to look at.

India has been the home of sages, sages and sages since ancient times. That's why Indian culture has been famous for its validity and perception in the courtyard of the world. That's why many measures have been prescribed for a healthy and happy life here . There is one solution in those measures - Yoga Yoga is a unique gift of Indian culture to mankind.

In the present times, people are going to suffer from selflessness, tension, frustration, despair, obesity, excess forest. Many yoga centers have been set up to remove these problems/diseases. in sum By doing yoga in the centres, one gets relief from these problems or diseases.

Some questions related to these problems arose in the mind of the researcher like:-

- 1- Does yoga affect the personality of a person.
- 2- Can selflessness, stress, frustration, despair etc. be removed by yoga .
- 3- Can control over emotions be achieved through yoga ?
- 4- What is the effect on Yang's decision making capacity ?

To get answers to all these questions, the researcher has selected this topic.

• **Problem statement-**

A Study of the Role of Yoga in the Personality Development of Youth.

• **Objectives of the study:-**

Keeping in view the achievement of the goals set by the research, the following objectives were set Is.

- 1- To study the impact of yoga on the sociability of youth.
- 2- To study the effect of yoga on the emotional performance of youth.
- 3- To study the impact of yoga on the decision making capacity of youth.
- 4- To study the effect of yoga on the harmony of youth.
- 5- To study the effect of yoga on the overall personality of the youth.

Hypotheses :-

1. Yoga does not have a significant impact on the sociability of the youth.
2. Yoga does not have a significant effect on the emotional performance of youth.
3. Yoga does not have a significant effect on the decision-making ability of the youth.
4. Yoga does not have a significant effect on the harmony of youth.
5. Yoga does not have a significant impact on the overall personality of the youth.

• **Research method used in the study:-**

Survey method was selected for the research.

• **Samples used in the study:-**

Yoga centers of Jaipur were selected by the researcher by random sampling method. Yoga students were selected as a sample by random sampling method.

• **Equipment used in the study :-**

For the present study, for the compilation of the data provided by the researcher, yoga students were selected in Jaipur and a self-made questionnaire has been used as a research tool. Determination of questions in the questionnaire by making 47 questions according to the dimensions 47 marks test questionnaire Make.

• **Sources of data:-**

There are two types of sources of data-

- 1- Primary source
- 2- Secondary sources

Primary Source:-

Primary source of youth doing yoga in yoga center and youth not doing yoga in rural areas as selected.

secondary source

Internet, newspapers, magazines, books were taken as secondary sources.

• **Nature of deliverables:-**

The nature of the data provided in the research is qualitative and quantitative.

population:-

In this dissertation by the researcher, 60 youths of the Yoga Center of Jaipur city and rural people Total 120 youths were selected as the population of 60 youths.

• **Statistics used in research:-**

Percentage bar graph has been used in the present research study.

, **Delimitation:-**

Area- Three yoga centers of Jaipur were taken in the present research work. In which 60 youths were selected. 60 youths were selected from a college in a rural area .

Gender - Women / men were selected in the research presented.

Age- In the presented research work, women/men between the age group of 21 to 25 years were selected.

• **Data Collection and Analysis:-**

1. Jaipur district was first selected by the researcher. In which 60 yogis of the yoga center were selected by the researcher for the sample. 60 youth from a college in a rural area taken.
2. Creation of a self-made questionnaire by the researcher for the tool in the research work on the basis of the following dimensions was carried out and 47 questions were included in the questionnaire.
3. Necessary guidelines were given to all the youth before filling the questionnaire.
4. All the youth were instructed to answer according to the questionnaire.
5. After that the scores were compiled on the basis of marks obtained from the questionnaire of the students.
6. The obtained marks/data were compiled and its percentage was determined.
7. Each hypothesis was analyzed on the basis of percentage.
- 8 . The data were analyzed on the basis of graph.
9. On the basis of discussion, conclusions and results were obtained.

• **Conclusions derived from hypotheses-**

In the present study, the researcher interpreted and analyzed the results through percentage statistics. Is. After the statistics, the researcher got the following conclusions-

Hypothesis- 1

Yoga does not have a significant effect on the sociability of the youth. To study the significant effect of yoga on the sociability of youth. The study found that yoga has an impact on the sociability of youth. Because the youth who do yoga stay in contact with many people. The percentage of sociability of the youth who do yoga

is 89.58 percent while that of the youth who do not do yoga The percentage of socialism is 78.12 . Hence the said hypothesis is rejected. Doing yoga affects the sociability of the youth.

Hypothesis - 2

Yoga does not have a significant effect on the performance of youth across all age groups. Studied the meaningful effect of yoga on the emotions of youth. It has been found in the study that by doing yoga, the mind of the youth remains calm. Emotions can be controlled by keeping the mind calm. The percentage of performance of the emotions of the youth who do yoga is 90.00 percent, while the percentage of performance of the emotions of the youth who do not do yoga is 90.00 percent. The percentage of performance is 80.60 . Hence the said hypothesis is rejected. performance of emotions of yoga has an effect on.

Hypothesis - 03

Yoga does not have a significant effect on the decision-making ability of the youth. Studied the effect of yoga on the decision making capacity of youth. It has been found in the study that doing yoga increases the ability to think . The mind remains active so that it can take the right decision. The percentage of impact on the decision making capacity of the youth doing yoga is 87.77 . Hence the said hypothesis is rejected. Yoga has an effect on the decision making capacity of the youth.

Hypothesis - 4

Yoga does not have a significant effect on the adjustment of youth. To study the effect of yoga on the adjustment of youth. It was found in the study that by doing yoga, the nature of the youth becomes simple. Due to simple nature / friendly nature, he adjusts himself everywhere. The percentage of impact of yoga on harmony of youth is 91.66 . Hence the said hypothesis is rejected. Yoga has an effect on the harmony of youth.

Concept - 5

Yoga does not have a meaningful effect on the overall personality of the youth. Studied the impact of yoga on the overall personality of the youth. The study found that yoga has an impact on the entire personality. The percentage of impact of yoga on the overall personality of the youth is 92.38 percent. Hence the said hypothesis is rejected. Yoga has an effect on the entire personality.

• Educational Implications-

The real significance of any research is only then. When it is useful for the society or the nation. If the research is not useful in the deficient area, then spending money, time and labor on such research will be futile.

The present research work is a small attempt to study the role of yoga in the personality development of youth. There is research. The results of this research work further indicate this fact.

In present time all people need to be positive towards yoga. Nowadays, indifference is seen in the students towards studies. their root cause their It is only healthy, it is possible for healthy education to reside in a healthy body, this is possible through yoga.

Those who lead a dull and lifeless life in social life should also take support of yoga. Needed

Yoga is helpful in getting rid of drug abuse.

The youth have to awaken their latent powers.

• **Suggestions for youth: -**

- Presented short research will prove yoga helpful in personality development of youth.
- Life can be lived happily by solving all the problems prevailing in the youth.
- Youth should complete their yoga process by contacting yoga experts.
- Know and apply the benefits of young people.

Suggestions for parents: -

1. Parents should also guide their children towards yoga.
2. Parents should explain the need and importance of yoga to their children.
3. Actor in Yoga Center for his children to do Yoga.

• **Suggestions for future research: -**

Presented Chapter M.Ed. Done in a short span of time, a modest effort. Looking at the results of the present study, it becomes necessary that other studies should be done on the related study. The researcher has studied limited elements. Apart from this, there are other elements on which research work can be done. Therefore, after considering the above points, the researcher gave suggestions for future research, which are as follows -

1. Yoga should be added as a compulsory subject in every teacher training institute . In which some marks of practical examination are also fixed.
2. Yoga practice program should be organized daily at the place of prayer.
3. Yoga practice program should also be added to the prayer program of primary and secondary schools.

• **Conclusion : -**

In the presented research study, the researcher studied the role of yoga in personality development of youth. As a conclusion in this research study, it can be said that yoga has an effect on the overall personality development of the youth. The researcher found in his research that doing yoga to the youth has an effect on their physical, mental and spiritual and intellectual abilities. Yoga also has an effect on the youth's decision-making ability, performance of emotions, harmony etc. So it can be said that more and more youth should do yoga. Due to which his personality continues to develop.

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