

## COMPARATIVE EFFECT OF YOGA AND AEROBIC EXERCISES ON SELECTED PERSONALITY VARIABLES OF SCHOOL GIRLS

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### Abstract:

The aim of research was to investigate the comparative effect of yoga and Aerobic exercises on selected personality variables of school girls. To achieve the purpose of ninety (90) girls were selected from N. K. High school, Nanded as a subject & they were divided in to three groups i.e. control group & experimental group A assigned Yoga exercises and Experimental group B assigned Aerobic Exercises for 8 weeks criterion variable was personality measure by IPAT's H. S. P. Q. Test (personality test measuring of 14 factors). Analysis of covariance was assists to find out the post test mean different among the treatment groups. Yoga group showed significant superiority the Aerobic exercises group in improving personality scores ( $CD=0.48, p<0.05$ ) including improvement in emotional stability ( $CD=0.42, p<0.06$ ), calmness ( $CD=0.33, p<0.05$ ), enthusiasm ( $CD=0.48, p<0.05$ ), self-discipline ( $CD=0.42, p<0.05$ ), relaxation ( $CD=0.58, p<0.01$ ), tranquility ( $CD=0.55, p<0.05$ ), confidence ( $CD=0.40, p<0.05$ ) and reduction in aggressiveness ( $CD=0.50, p<0.05$ ), frustration ( $CD=0.40, p<0.05$ ), depression ( $CD=0.60, p<0.05$ ). Whereas; other factors remained unchanged ( $CD=0.10$  to  $15, p>0.05$ ). Controlled subjects did not show any change in personality scores ( $CD=0.13, p>0.05$ ) and associated factors.

### KEYWORDS:

Yoga & Aerobic Exercise, Personality.

### INTRODUCTION

Traditional text and mythological references reveal that Indian system of yoga and rhythmic exercises (activities) have tremendous influence for development of human potentialities. However, introduction of newly western fashion as well as techno-sports in the country diverted Indian young generation to participate in modern sports with the result so that our Indian traditional practices, sports, exercises and rhythmic activities (e.g., Yoga and Aerobic exercises) are neglected.

Although in beginning of the 20th century A.D., Swami Kuvalayananda has drawn attention of the people of the worldwide nations towards the benefit of yoga for the humanity and revived Yoga. The importance about Personality Aerobic exercises is still in dark.

Without doubt, some of the Indian researchers have although tried to do certain experiments towards proving the favorable benefit of Aerobic exercises, the controlled experiment in this direction is meager. As, Yoga has been accepted by human society for its innate values towards the improvement in human health, a simultaneous experiment to compare both Yoga and Aerobic exercises for personality benefit was strategically planned in this study, entitled, "Comparative Effect of Yoga and Aerobic Exercises on selected personality Variables of School Girls".

Although the investigation on yoga conducted so far are sufficient to record it efficacy in improving personality aspects. Limited information about Aerobic exercises is available. However, the information about the role of yoga and aerobic exercise in personality, especially for the Indian schoolgirls of age 13 to 15 years, is absent in the literature. Moreover, till-to-date, comparative effect of Yoga and Aerobic Exercise

Please cite this Article as :USHA DNYANOBA KODGIRE .COMPARATIVE EFFECT OF YOGA AND AEROBIC EXERCISES ON SELECTED PERSONALITY VARIABLES OF SCHOOL GIRLS : Academic Sports Scholar (Sept ; 2013)

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on personality level is not known.

Further, Yoga initially works through one's muscles and joints that ultimately refresh the mind and helps to restore energy for better work output. Simultaneously, an Aerobic exercise is a type of dance that also works at physical level and gives enjoyment as well as mental satisfaction. This reveals that although the aim of Yoga and Aerobics Exercises is different, both are famous activities and their goals set towards mental relaxation are mostly similar. It was, therefore, thought plausible to compare Yoga with Aerobic exercise for evaluating their impact on certain personality variables.

### MATERIALS AND METHOD

The investigator has used a parallel group method of true experimental design that consists of one control group and two experimental groups.

Subject- The investigation was carried out in the Narhar Kurundkar High School, Kautha, Nanded. Ninety girls (n=90), aged 13 to 15 years, they were randomly assigned in to three groups viz., Exp. Gr. A (Yoga), Exp. Gr. B (Aerobics) and Control. Each group consists of 30 students. As per school health record, all the students were found clinically normal.

After the pre-test with the IPAT's H. S. P. Q. Test (personality test measuring 14 factors) the Exp. Gr. A underwent a training programme of selected Yoga practices; Exp. Gr. B received a training programme of selected Aerobics exercises, where as the Control group did not participate in any of the above training programme.

Yoga training programme to the subjects of the Exp. Gr. A has been imparted daily for 60 minutes in the morning and Aerobic training to Exp. Gr. B for 60 minutes in the evening on the same day. All these training programmes were imparted six days in a week except Sunday and holidays for a total period of 8 weeks. The subjects of the control group neither participated in yoga nor Aerobic activities.

After the experimental period is over, the subjects of all the groups were post-tested with the IPAT's H.S.P.Q. Test (personality test measuring 14 factors)

### Variables

#### 1) Dependent variable

##### Personality Variable:

Personality development is very important for each students studying in schools. The aim of yoga education is confined to the development of personality. Similarly Aerobic exercises have a strong base culture and assumed to develop one's personality. Hence, this variable was included as one of the major dependent variables and was measured by administering H. S. P. Q. Test (Personality test measuring 14 Factors).

#### 2) Independent Variables

A set of selected Yoga exercises for Experimental Group A and set of selected Aerobic exercises for Experimental Group B were considered as the independent variables for this study.

### DATA ANALYSIS

The data collected were analyzed primarily by the descriptive statistics. Further, looking towards the nature of design of the present study, ANCOVA followed by Scheffe's post hoc test were applied for data analysis.

### RESULTS

#### Results on Personality Variable

· Yoga group showed significant increase in personality scores (CD=0.78, p<0.01) including improvement in emotional stability (CD=0.68, p<0.01), calmness (CD=0.72, p<0.01), enthusiasm (CD=0.70, p<0.01), self-discipline (CD=0.74, p<0.01), relaxation (CD=0.65, p<0.01), tranquility (CD=0.72 p<0.01), confidence (CD=0.68, p<0.01) and reduction in aggressiveness (CD=0.60 p<0.05), frustration (CD=0.50, p<0.05), depression (CD=0.65, p<0.01), whereas other factors remained unchanged (CD=0.10 to 15, p>0.05).

· Aerobics exercise group also showed improvement in personality scores (CD=0.65, p<0.01) including improvement in enthusiasm (CD=0.47, p<0.05), self-discipline (CD=0.39, p<0.05), confidence (CD=0.40, p<0.05) and reduction in aggressiveness (CD=0.46, p<0.05), frustration (CD=0.49, p<0.05), depression (CD=0.48, p<0.05), whereas other factors remained unchanged (CD=0.10 to 0.19, p>0.05).

· Controlled subjects did not show any change in personality scores (CD=0.12, p>0.05) and associated factors.

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Yoga group showed significant superiority over the Aerobic exercise group in improving personality scores (CD=0.48, p<0.05) including improvement in emotional stability (CD=0.42, p<0.06), calmness (CD=0.33, p<0.05), enthusiasm (CD=0.48, p<0.05), self-discipline (CD=0.42 p<0.05), relaxation (CD=0.58, p<0.01), tranquility (CD=0.55, p<0.05), confidence (CD=0.40, p<0.05) and reduction in aggressiveness (CD=0.50, p<0.05), frustration (CD=0.40, p<0.05), depression (CD=0.60, p<0.05,) whereas other factors remained unchanged (CD=0.10 to 15, p>0.05).

#### FINDINGS

Analysis of personality variables revealed that –Yoga group showed significant superiority over the Aerobic exercise group in improving personality scores (CD=0.48, p<0.05) including improvement in emotional stability, calmness, enthusiasm, self-discipline, relaxation, tranquility, confidence and reduction in aggressiveness, frustration, depression, whereas other factors remained unchanged.

#### CONCLUSION

Yoga contributes to improve personality of school girls better than Aerobic exercises.

#### CONTRIBUTION TO THE KNOWLEDGE

Both Yoga and Aerobics activities are they contribute to add quantum of knowledge towards enriching personality get a place in the Indian school curriculum of physical education, are found complimentary to each other especially for personality development of school going girls.

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