

Comparative Effect Of Yoga And Lezium Exercises On Selected Personality Variables Of School Girls

Dr. Sangita A. Deshmukh

Associate Professor,
Bhartiya Mahavidyalaya, Amravati

Abstract

The aim of the research was to investigate the comparative effect of yoga and Lezium exercises on selected personality variables of school girls. To achieve the purpose, ninety (90) girls were selected from N. K. High school, Nanded as subjects and they were divided into three groups; i.e. the controlled group; the experimental group A was assigned Yoga exercises; the experimental group B was assigned Lezium practices for 12 weeks. The criterion variable was personality measure by IPAT's H.S.P.Q. Test (a personality test measuring 14 factors). The analysis of covariance was assessed to find out the post-test mean difference among the treatment groups. The yoga group showed significant superiority over the Lezium exercise group in improving personality scores ($CD = 0.45, p < 0.05$) (Fig. 4.1) including improvement in emotional stability ($CD = 0.39, p < 0.06$), calmness ($CD = 0.31, p < 0.05$), enthusiasm ($CD = 0.46, p < 0.05$), self-discipline ($CD = 0.39, p < 0.05$), relaxation ($CD = 0.56, p < 0.01$), tranquility ($CD = 0.53, p < 0.05$), confidence ($CD = 0.35, p < 0.05$) and reduction in aggressiveness ($CD = 0.48, p < 0.05$), frustration ($CD = 0.35, p < 0.05$), depression ($CD = 0.51, p < 0.05$). Whereas, other factors remained unchanged ($CD = 0.07$ to $15, p > 0.05$).

Introduction

Traditional tests and mythological references reveal that the Indian system of yoga and rhythmic exercises (activities) has tremendous influence on 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 Lezium) are neglected.

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

Without doubt, although some of the Indian researchers have tried to do certain experiments towards proving the favourable benefits of Lezium 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 Lezium for personality

benefit was strategically planned in this study, entitled "Comparative Effect of Yoga and Lezium Exercises on Selected Personality Variables of School Girls".

Although the investigation on yoga conducted so far is sufficient to record its efficacy in improving personality aspects, limited information about Lezium is available. However, the information about the role of yoga and Lezium in personality, especially for the Indian school girls of age 13 to 15 years, is absent in the literature. Moreover, till-to-date, comparative effect of Yoga and Lezium on personality level is not known.

Further, Yoga initially works through one's muscles and joints, that ultimately refreshes the mind and helps to restore energy for better work output. Simultaneously, Lezium is a type of dance that also works at the physical level and gives enjoyment as well as mental satisfaction. This reveals that, although the aims of Yoga and Lezium are different, both are Indian indigenous activities and their goals set towards mental relaxation are mostly similar. It was, therefore, thought plausible to compare Yoga with Lezium 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.

Subjects - The investigation was carried out in the Narhar Kurundkar High School, Kautha, Nanded. Ninety girls ($n = 90$) aged 13 to 15 years, as selected from the population of two hundred students of the said school, were randomly assigned to three groups; viz. Exp. Gr. A (Yoga), Exp. Gr. B (Lezium) and Control. Each group consisted of 30 students. As per the school health record, all the students were found clinically normal.

After the pre-test with the IPAT's H.S.P.Q. Test (a 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 Lezium exercises, whereas the Control group did not participate in any of the above training programmes.

Since the subjects had no previous exposure either in yoga or in Lezium activities, the initial 15 days were allotted to learn selected Yoga and Lezium exercises. This initial period is known as the preparatory phase (learning) of the experimental intervention.

The Yoga training programme to the subjects of the Exp. Gr. A has been imparted daily for 60 minutes in the morning and Lezium training to Exp. Gr. B for 60 minutes in the evening on the same day. All these training programmes were imparted six days a week, except Sundays and holidays for a total period of 12 weeks (three months). The subjects of the control group participated neither in yoga nor in Lezium activities; however, they were called everyday and, like the experimental groups, and they were kept busy for 60 minutes with some recreational activities, book reading etc.

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

Variables

(1) Dependent Variable

Personality Variable

Personality development is very important for each student studying in school. The aim of yoga education is confined to the development of

personality. Similarly, Lezium has a strong base in Maharashtrian culture and is 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 (a personality test measuring 14 factors).

(2) Independent Variables

A set of selected Yoga exercises for Experimental Group A and a set of selected Lezium 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 the design of the present study, ANCOVA followed by Scheffe's post hoc test were applied for data analysis.

Results

Results on Personality Variable

The Yoga group showed a significant increase in personality scores ($CD = 0.75, p < 0.01$) including improvement in emotional stability ($CD = 0.66, p < 0.01$), calmness ($CD = 0.70, p < 0.01$), enthusiasm ($CD = 0.69, p < 0.01$), self-discipline ($CD = 0.72, p < 0.01$), relaxation ($CD = 0.62, p < 0.01$), tranquility ($CD = 0.70, p < 0.01$), confidence ($CD = 0.65, p < 0.01$) and reduction in aggressiveness ($CD = 0.55, p < 0.05$), frustration ($CD = 0.47, p < 0.05$), depression ($CD = 0.62, p < 0.01$), whereas other factors remained unchanged ($CD = 0.07$ to $15, p > 0.05$).

The Lezium exercise group also showed improvement in personality scores ($CD = 0.63, p < 0.01$) including improvement in enthusiasm ($CD = 0.45, p < 0.05$), self-discipline ($CD = 0.37, p < 0.05$), confidence ($CD = 0.35, p < 0.05$) and reduction in aggressiveness ($CD = 0.44, p < 0.05$), frustration ($CD = 0.47, p < 0.05$), depression ($CD = 0.48, p < 0.01$), whereas other factors remained unchanged ($CD = 0.09$ to $0.19, p > 0.05$).

The controlled subjects did not show any change in personality scores ($CD = 0.13, p > 0.05$) and associated factors.

The Yoga group showed significant superiority over the Lezium exercise group in improving personality scores ($CD = 0.45, p < 0.05$) (Fig. 4.1) including improvement in emotional stability ($CD = 0.46, p < 0.06$), calmness ($CD = 0.31,$

$p < 0.05$), enthusiasm ($CD = 0.46, p < 0.05$), self-discipline ($CD = 0.39, p < 0.05$), relaxation ($CD = 0.56, p < 0.01$), tranquility ($CD = 0.53, p < 0.05$), confidence ($CD = 0.35, p < 0.05$) and reduction in aggressiveness ($CD = 0.48, p < 0.05$), frustration ($CD = 0.34, p < 0.05$), depression ($CD = 0.51, p < 0.05$). Whereas; other factors remained unchanged ($CD = 0.07$ to $15, p > 0.05$).

Findings:

The analysis of the personality variables revealed that –

Yoga group showed significant superiority over the Lezium exercise group in improving personality scores 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 the personality of school girls better than Lezium exercises.

Contribution to Knowledge:

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

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