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## **Impact of Specific Yoga Practices on Emotional Maturity**

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### **ABSTRACT**

*Today's every changing technologically in advanced and highly competitive environment causes persistent negative emotions. Yoga is a balanced life style which helps to control the negative emotions. The present study is on emotional maturity and yoga practice. Single group pretest-posttest design is used in this study. For the purpose of this study 25 subjects selected from Gurukul Kangri Vishwavidyalaya. Emotional maturity scale was used in this study. Subjects obtained high mean score 96.44 in pre-test and low mean score 77 in post-test of emotional maturity. On the basis of results we can say that yoga practitioners are self-confident and they are also peaceful more than non-yoga practitioners.*

**KEYWORDS:** *Yoga package, Surya namaskar, Pranayam, Emotional maturity.*

### **INTRODUCTION**

Emotions are mental states, sometimes described as 'disturbances of mind' that may be associated with certain subjective feelings and characteristic behavioral responses. In experimental psychology, emotions are generally described in terms of three dimensions: the visceral or physiological (including, for instance, autonomic nervous system activity), behavioral (facial expressions, angry postures for example) and the subjective (such things as emotional feelings).

According to Pultchik (1970) an emotion is a patterned bodily reaction of protection, destruction, reproduction, incorporation, rejection, exploration or orientation or some combination of these, which is brought about by a stimulus. (Carruthers, M. 1996-2008)

Characteristics of emotionally mature people

- Knowing as to what one wants how to make it happen.
- Thinking sooner than acting and having control over one's behavior.
- Having the sense of self- reliance and the capability to take accountability for one's life and actions.
- Having patience
- Bonding with others in a supportive and constructive manner.
- Actually caring about others and representing their concern.
- Keeping self- control and balance in all things.
- Having the capacity to tackle and demanding situations.

Emotional maturity can develop oneself by keeping a track of following certain points:

- Work hard to achieve your goals. Life is not a fairy tale where magic wands do wonders.
- Start accepting your tensions and worries. Don't avoid it just to get momentary relief. Work over your stress and anxiety, and handle them.
- Start recognizing and expressing your anger. Otherwise, you will become afraid of yourself after a certain point of time.
- Learn to bear pain and hurt because life is full of uncertainties. You never know what lies in store for you.
- Face the consequences of the things you have done. Understand your responsibility and learn from your mistakes.
- Learn to accept you failures and engage yourself in better actions. Keep a positive approach and be helpful to others.
- Make your own viewpoint from your feelings. Comprehend that the world is really big and one can actually not identify with the things.

Yoga is an ancient science which has been practiced in India from over thousands of years. Yoga is a discipline to improve or develop once inherent power in the balance manner. It offers the means to attain complete self-realization. The literal meaning of the Sanskrit word Yoga is 'Yoke'... according to Maharishi Patanjali Yoga is the suppression of modifications of the mind. In this study we are taking mainly two yoga style, i.e., suryanamaskar and nardishodan

Surya Namaskar is a Golden Treasury of the ancient Indian culture. It has sprung from the man's deep faith in sum the god of energy Surya Namaskarare originally the depiction of the faith towards sun. Twelve postures in Surya Namaskarare following-

1. Pranamasana (Prayer Pose): Placed the palms together in front of the chest in Namaskar mudra.
2. HasthaUtthanasana (Raised Arms Pose): Raise and stretch both arms above the head.
3. Padhhastasana (Hand to feet pose): Bend forward until the fingers or palms of the hands touch the either side of the feet.
4. AshwaSanchalanasana (Equestrian pose): Stretch the right leg back as far as possible
5. Parvatasana (Mountain pose): The hands and feet do not bend only trunk bends
6. AshtangaNamaskar (Salutation with eight limbs): Lower the knees, chest and chin to floor. The buttocks, hips and abdomen should be raised.
7. Bhujangasana (Serpent or cobra pose): Lower the buttocks and hips to the floor. Strengthening the elbows arch the back and push the chest forward into the cobra pose.
8. Parvatasana (Mountain Pose): The hands and feet do not bend only trunk bends.
9. AshwaSanchalana (Equestrian Pose): Keep the palms flat on the floor Bend the left leg and bring the left foot forward between the hands simultaneously lower the right knee.
10. Padhastasana (hand to foot pose): Bring the right foot forward next to the left foot. Straighten both knees.

11. HasthaUttanasana (Raised arm pose): Raise the torso and stretch the arm above the head. Keep the arms separated with a part bend the head arms and upper trunks backward.
12. Pranamasana (Prayer Pose): This is final position. Bring the palms together in front of the chest.

Surya Namaskar is called the King of all Yogas because it is the essence of all Yogic exercises. There are twelve positions or a posture involves in Surya Namaskara. With all of these twelve positions, each and every part of the body gets ample exercise. Surya Namaskara also enhances the vision. Among these twelve positions, ten are Asanas only. The first one and the last one are two positions. All these Asanas and position are very easy to perform and can easily be practiced by the people of all ages. Together these twelve positions constitute the process of Surya Namaskara and twenty-five Namaskaras form one Avriti (frequency).

NadiSodhan is a singularly important pranayama. The word 'nadi' means 'psychic passage' and 'sodhan' means 'to purify'; therefore NadiSodhan is a practice where by the pranic channels are purified and decongested. It is practiced by alternating the inhalation and exhalation between left and right nostrils, thus influencing the ida/pingalanadis, the controlling oscillations, of the body/mind network and bringing balance and harmony throughout the system. It is truly a balancing pranayama, because whether the imbalance lies in the physical or mental bodies, nadisodhana can be used to restore equilibrium. It is considered to be an excellent preparation for meditation techniques. Hath Yoga advocates that one should perform the nadisodhanpranayam before starting the main eight types of pranayama, as it will cleanse the nadis. The technique of nadisodhan is also described in hatha yoga.

Technique of nadisodhan pranayama used in Study:

- Sit in a comfortable asana.
- Make both body and breath as still and steady as possible.
- Place your left hand on your left knee, relaxed and raise the right hand to your face. Make the jyan mudra.
- Begin purak through left nostril keeping the right nostril closed.
- Than kumbhak (antrang) is maintained by keeping the both nostril closed.
- Thereafter the rechak is performed through the right nostril keeping the left nostril closed.
- In the next breath the whole process is reversed.
- The purak is done through the right and after kumbhak with both nostril closed, the rechak is done through the left nostril.
- These two breaths together constitute the one round of nadishodhanpranayam.

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Always right hand is used to close the nostril. The thumb is used for the closure of the right nostril while the ring and the little finger are used for the closure of the left nostril. The fore finger and the middle finger are never used and are kept curled downward towards the palm.”

Effects of Nadishodhan pranayama: In nadisodhan pranayama due to the penetration of prana, the blood receives a large supply of oxygen than in other type of pranayama. The nerves are calmed and purified and the mind becomes still and lucid. Its practice keeps the body warm, destroys disease, gives strength and brings serenity. The vital energy drawn in from the cosmic energy through inhalation passes close to vital charkas and feeds the glands. The respiratory control centre of the brain is stimulated and become fresh, clear and tranquil. The light of intelligence is lit simultaneously in the brain as well as in the mind. This leads to right living, right thinking, quick action and sound judgment. It maintains equilibrium in the body, purifies the blood and the brain cells and has a soothing effect on the Nervous System.

According to Bush (2003), More and more teens are find out that the calming centering practice of yoga can help them to find self-acceptance and confidence many teens report that yoga endows them with patience and tolerance which helps them to get along with their families. It can also help them hear their inherent inner wisdom. In Biharia (2006) investigated the comparison of self-concept of people living in spiritual and normal environment. A sample of 40 males and 40 females was selected form Haridwar for spiritual environment and from Rishikesh for normal environment. Results indicate that the people living in spiritual environment show higher self-concept as compared with the people living in normal environment. Crisan(1980) studied the effect of 4 weeks of pranayama practice in 19 cases of carefully diagnosed cases of general anxiety and showed statistically significant reduction in their anxiety scores, pulse rate and B.P.

### **Statement of Problem**

Does yogic package effects on the level of emotional maturity

### **Objectives**

To investigate the effect of specific yogic package (Surya Namaskar&NadiShodhan) on the level of emotional maturity.

### **Hypothesis**

There is a no significant difference in the level of emotional maturity due to practice of yogic package.

**Research Design-**Single group pretest-posttest design is used in this study.

**Sample Size-** For this study sample of 25 subjects selected from Gurukul Kangri Vishwavidyalaya.

**Sampling Plan-** This study has done on the students. So for fulfillment of the study Simple Random Sampling (Lottery Method) is used.

**Tools:**EMS (Emotional maturity scale):- Yashvir Singh and Mahesh Bhargava (1990)

**Table-I:**

Group	Mean	N	SD	SE <sub>D</sub>	df	t-value	Level of significance
Pre-test	96.44	25	21.51	6.02	48	3.23	0.01
Post-test	77	25					

**Mean,SD and t-value of pre-test and post-test of Emotional Maturity of Students**

**Figure-I**

**Bar diagram of mean score of pre and post-test of emotional maturity of Students.**

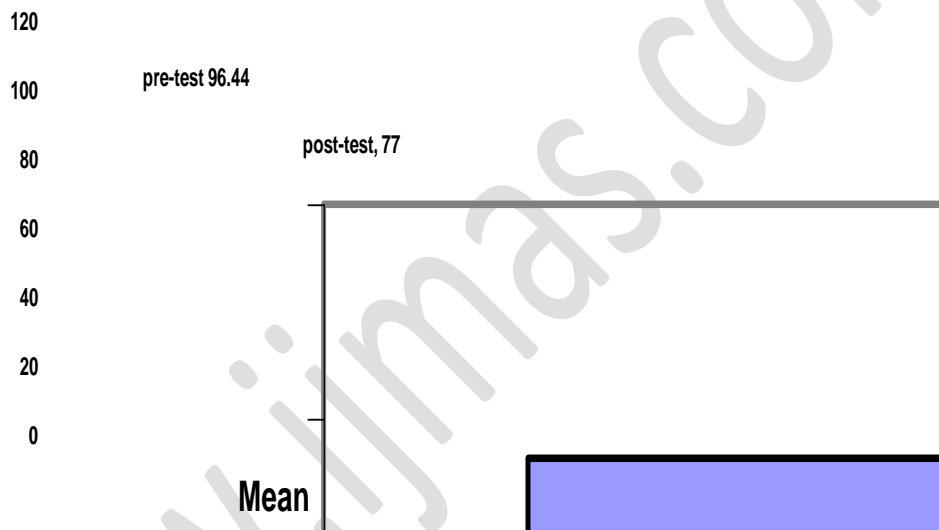


Table (I), shows the calculated mean value are 96.44 for control group and 77 for experimental group and the t-value is 3.23 on df=48 at 0.01 level. The tabulated *t*-value is 2.68 on df= 48 at 0.01 level. This proves that result is significant and hypothesis 1 has been proved.

The result explore that Yoga increases the level of emotional maturity female and male subjects. The experiment group subjects were found more increment in emotional maturity and control group was quite less because there were free to do and experimental group were under control observation.

Yoga can be helpful in reducing the effect of obsessive compulsive disorder (Kirkwood et. al, 2005). Yoga practice improves sleep, depression and health levels of older adults(Chen *et. al*, 2009). Yoga not only benefits at the physical level, but it also benefits at all aspects of health such as physical, mental, social and spiritual levels.Yoga can be an effective, less toxic treatment option for severe mental illness(Cabrele.*t al.*, 2011).

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## CONCLUSION

The philosophy of Yoga teaches a way of living in the society in harmony and a lifestyle which promotes and protects higher human values in the society, which is indeed the basis of an ideal human culture. The effects of Yoga included treatment of various diseases and the removal of ailments. Yoga calms the mind and keeps the mind focused. Yoga is beneficial for children, Youth, adults and the elderly. Yoga calms the mind and removes its disorders. In today's era, there are lots of mental disorders, so yoga can be a cheap and permanent treatment for its treatment and this will improve the lifestyle of the public.

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