

EFFECT OF YOGIC EXERCISES ON RESILIENCE AND ASSERTIVENESS AMONG COLLEGE STUDENTS

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Abstract:

The purpose of the study was to investigate the effect of yogic exercises on resilience and assertiveness among college students. To achieve the purpose the study, Thirtymen College students were selected from Newman College, Thodupuzha, Idukki, Kerala were randomly selected as subjects. As per the records, their age ranged from 18 to 21 years. For this study the true randomized experimental group design has been employed with two groups namely yogic exercises and control group with 15 subjects each. Resilience was assessed by Gail Resilience Scale and assertiveness was assessed by Rathus Assertiveness scale. Group I participated their respective treatments for a period of eight weeks and no training were given to the control group. The two groups were statistically analysed by using paired 't' test. The result indicating that yogic exercises have better resilient and assertive behaviour than the other group.

Key Words: Yogic Exercises, Resilience, Assertiveness, College Students.

Introduction:

For many years, when reconstructing the life histories of people with severe emotional problems or persistent behaviour disorders, mental health professionals tended to concentrate almost entirely on the detrimental effects of biological and psychosocial risk factors. Our viewpoint has started to shift during the final two decades of the 20th century. Just a small percentage of children exposed to numerous stressors go on to experience severe emotional disorders or long-lasting behavioural issues, according to longitudinal studies that have tracked people from birth to adulthood. Their results force us to think about resilience, a dynamic process that results in constructive adaptation even in the face of hardship (Khalsa et al. 2012).

Being assertive means having the self-assurance to be who you are, staying loyal to your principles, and having the guts to speak up when necessary. It also means being able to express yourself honestly and openly while also demonstrating a sincere concern for other people. Being assertive can help you feel better about yourself, improve your chances of having honest relationships, and give you a sense of control in everyday situations. In social and communication skills training, assertiveness is a skill that is frequently mentioned. Assertive people strive to be neither passive nor aggressive in their interactions with others, despite the fact that they are frequently mistakenly confused with aggression. Although everyone occasionally responds in passive and aggressive ways, these behaviours are frequently the result of low self-esteem and are therefore inappropriate ways for those people to express what they truly need to say. While assertiveness is regarded as a balanced response that is neither passive nor aggressive, non-assertiveness may be perceived as the application of ineffective communication techniques (Asokan and Muthumanickam, 2013).

Methodology:

The purpose of the study was to investigate the effect of yogic exercises on resilience and assertiveness among college students. To achieve the purpose the study, Thirtymen College students were selected from Newman College, Thodupuzha, Idukki, Kerala were randomly selected as subjects. As per the records, their age ranged from 18 to 21 years. For this study the true randomized experimental group design has been employed with two groups namely yogic exercises and control group with 15 subjects each. Resilience was assessed by Gail Resilience Scale and assertiveness was assessed by Rathus Assertiveness scale. Group I participated their respective treatments for a period of eight weeks and no training were given to the control group. The two groups were statistically analysed by using paired 't' test.

Results:

Table 1: Significance of Mean Gains & Losses between Pre and Post Test Scores of Experimental Group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean Difference	Std. Dev (±)	σ DM	't' Ratio
1	Resilience	68.93	78.80	9.86	5.05	1.30	7.56*
2	Assertiveness	16.00	31.33	15.33	7.23	1.86	8.20*

* Significant at 0.05 level

An examination of table-II indicates that the obtained 't' ratios were 7.56 and 8.20 for resilience and assertiveness respectively. The obtained 't' ratios on the selected variables were found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that statistically significant and explained its effects positively.

Figure 1: Pre and Post Test Differences on Resilience of Experimental Group

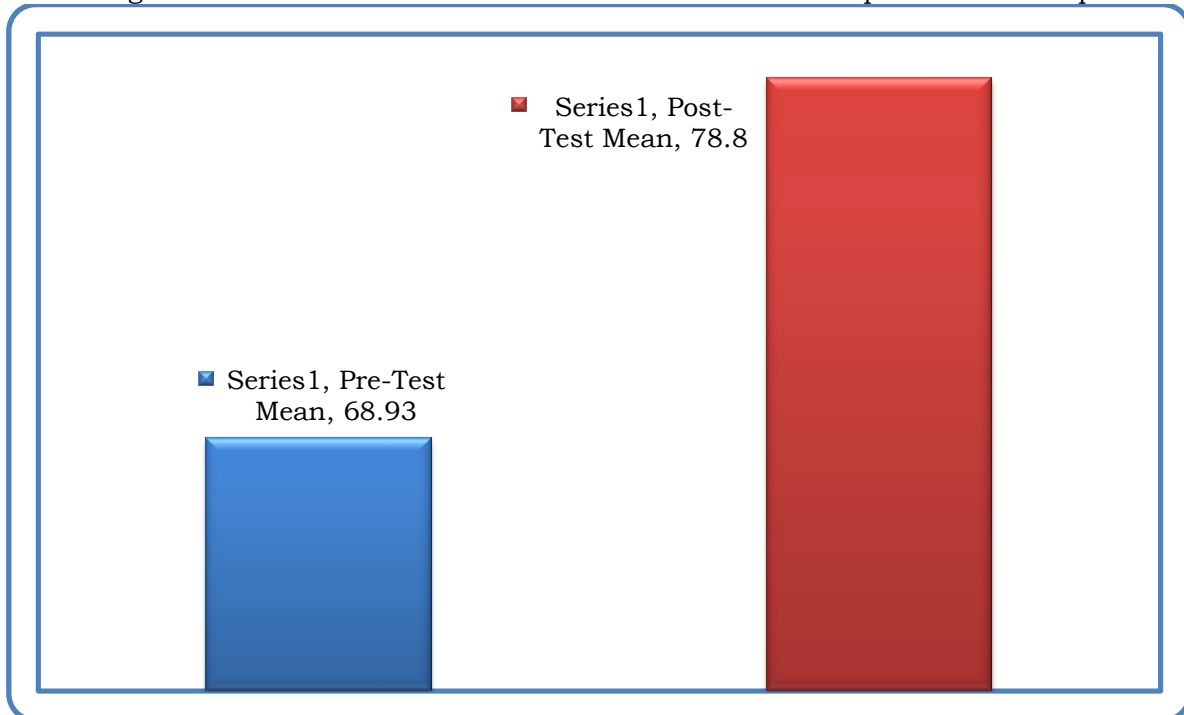


Figure 2: Pre and Post Test Differences on Assertiveness of Experimental Group

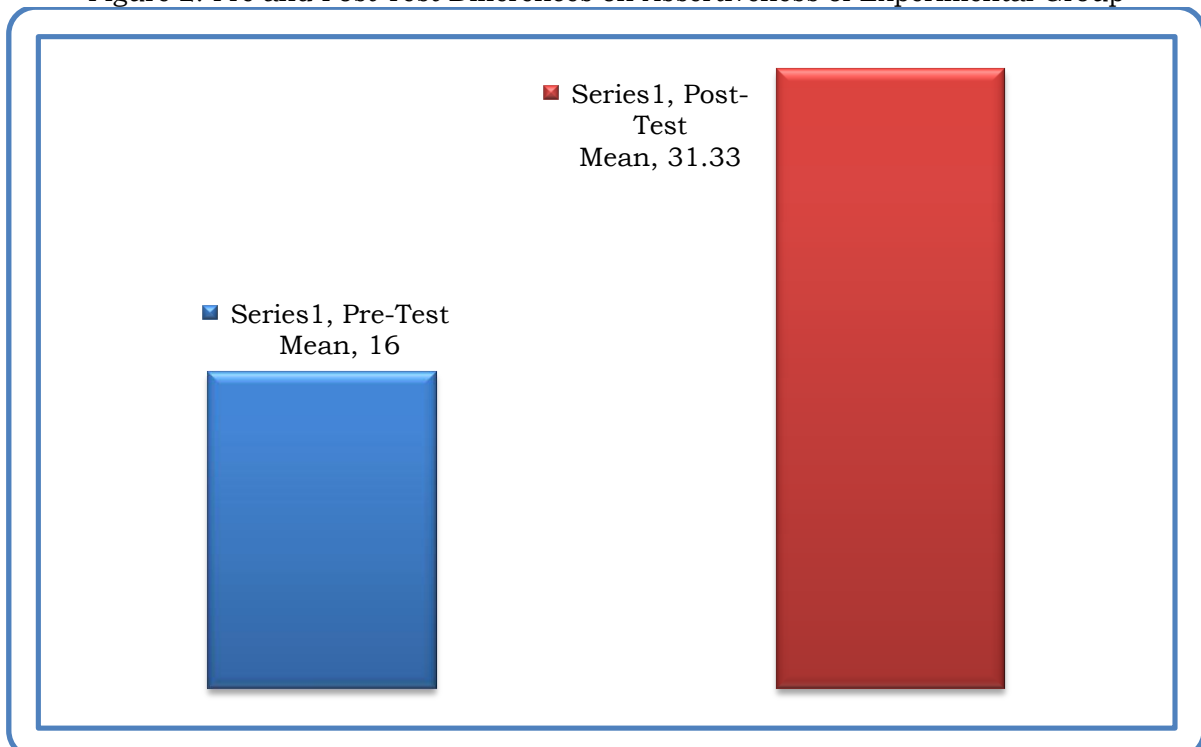


Table 2: Significance of Mean Gains & Losses between Pre and Post Test Scores of Control Group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean Difference	Std. Dev (±)	σ DM	't' Ratio
1	Resilience	68.66	69.66	1.00	3.60	0.93	1.07
2	Assertiveness	15.53	16.20	0.66	9.78	2.52	0.26

* Significant at 0.05 level

An examination of table-II indicates that the obtained 't' ratios were 1.07 and 0.26 for resilience and assertiveness respectively. The obtained 't' ratios on the selected variables were found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be insignificant.

Figure 3: Pre and Post Test Differences on Resilience of the Control Group

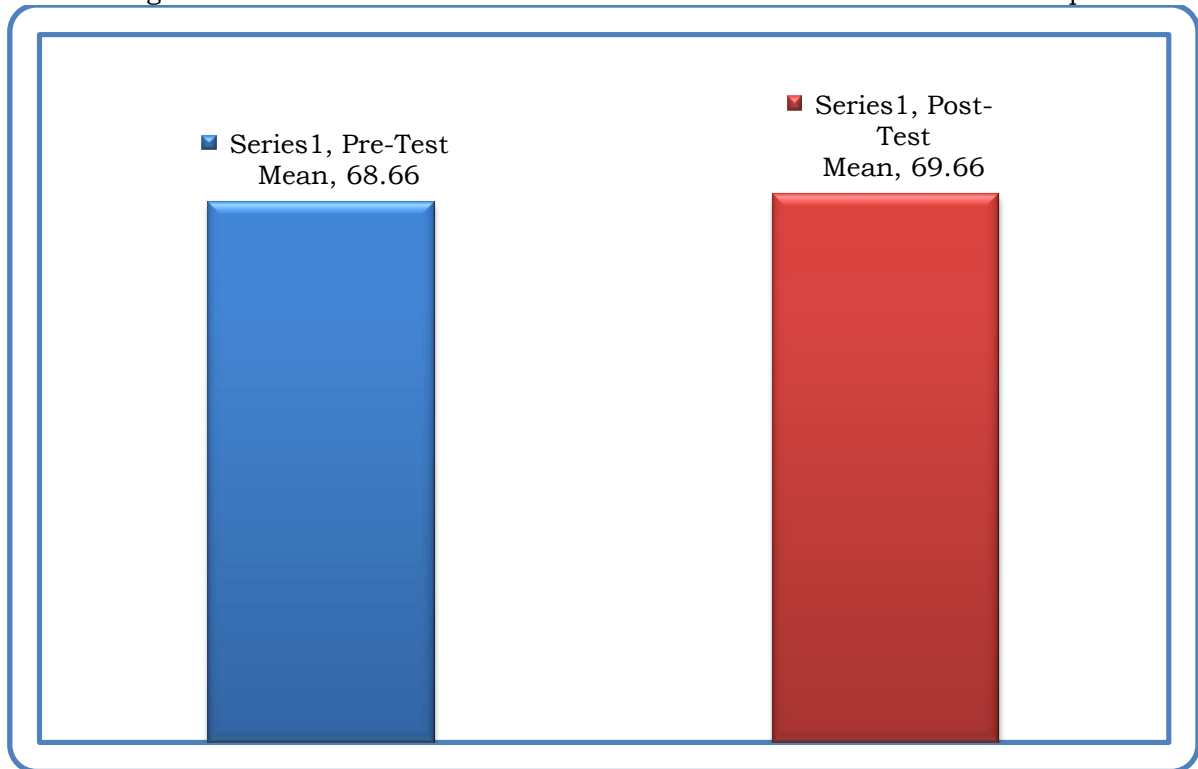
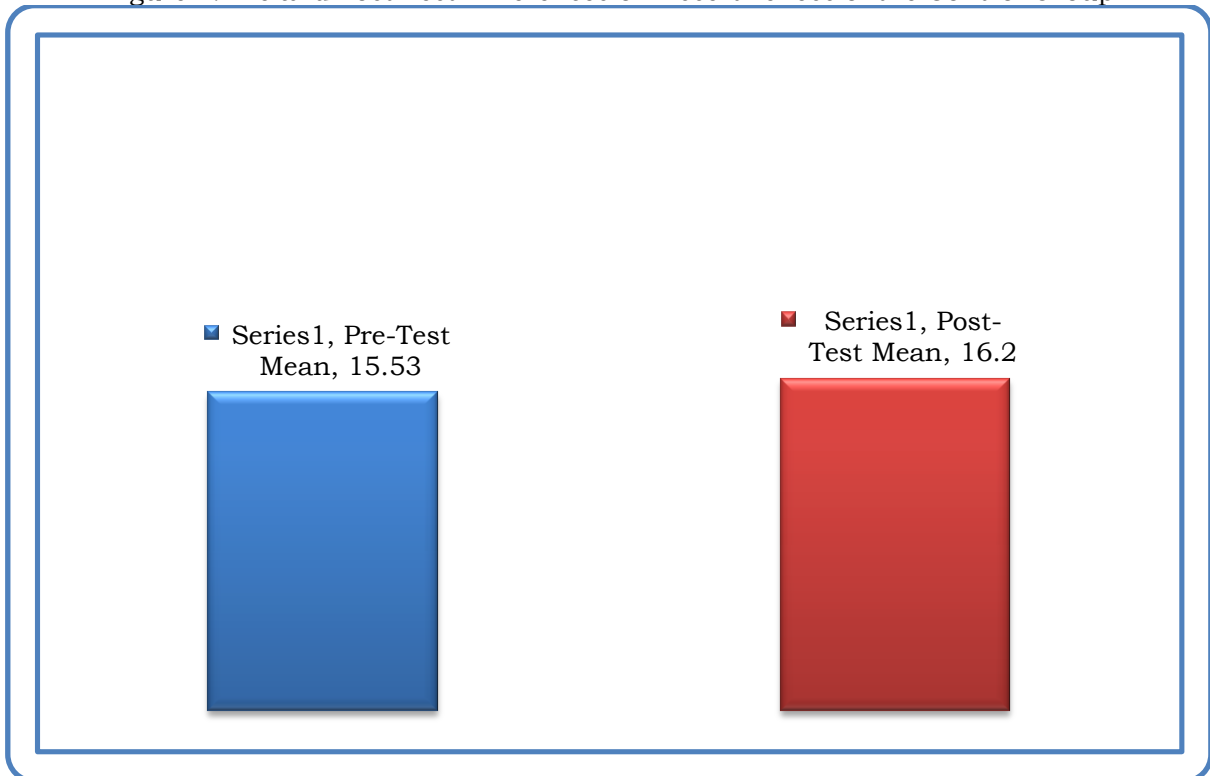


Figure 4: Pre and Post Test Differences on Assertiveness of the Control Group



Conclusion:

- The result indicating that yogic exercises have better resilient behaviour than the other group.
- The result indicating that yogic exercises have better assertive behaviour than the other group.

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