

# The Impact of Yoga Practice on Personality Development in Students

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**Abstract:** This study investigates the impact of yoga on the personality development of students. A comprehensive short study was conducted on 50 students, incorporating both theory and practical sessions of yoga. The results indicate a significant positive effect of yoga practice on students personality development, suggesting its potential as a beneficial tool in educational settings. The habitual yoga practice is a solution for the psychosomatic and disorders of lifestyle in the present situation with the stimulation of the traditional custom along the shape of the upholding method. **Aim and objectives:** The purpose of this study is to investigate the impact of yoga practice on the overall personality development of students, with a focus on the inculcation of moral and ethical values based on yogic principles. **Methodology:** Short Study conducted 7 days, 4 hours a day from 9 am to 1 pm, 25 male and 25 female total 50 students participated in comprehensive short study which includes theory and practical sessions which are well designed by experienced experts of the respective streams. This was randomized comparative pre - post standardized personality test questioners. **Data collection and interpretation:** collected data before commencing the study and after the study complete. In the form of questioner. **Result:** Pre - data reveals that, out of 50 respondents, 7.4% are in agree with the statement, 40.0% are not in agree with the statement and 52.6% did not offer any comments. After completing the study post - data reveals that out of 50 respondents, 82.10% are in agree with the statement, 12.70% are not in agree with the statement and 5.20% did not offer any comments.

**Keywords:** Moral Ethical Values, Yoga Practice, Spiritual Discourses, Personality Development Short Study, Student Development, Educational Psychology

## 1. Introduction

This study covers various dimensions and importance of effective personality. It helps understand personality traits and formation and vital contribution in the world of business. Also the course makes the students aware about the various dynamics of personality development.

The findings of this study have significant implications for educational practices, suggesting that the integration of yoga into the curriculum could contribute to the overall personality development of students and foster a more holistic educational experience. Hard or technical skills help securing a basic position in one's life and career. But only soft skills can ensure a person retain it, climb further, reach a pinnacle, achieve excellence, and derive fulfillment and supreme joy. Soft skills comprise pleasant and appealing personality traits as self - confidence, positive attitude, emotional intelligence, social grace, flexibility, friendliness and effective communication skills.

Now a days persons personality is badly breakdown because mind and body become money making mind and machine due to this rising psychosomatic disorders, this is a real call of time is to adaptation of an ancient yogic science which was The ancient seers, sages, and spiritual dimensional people who were practiced and implemented in their life, and same explained their journey of yoga for the purpose of build a qualitative healthy personality, happy, harmonious society in this universe, Yoga. Yoga is an ancient solution to modern problems, It gives mental peace, reduces sufferings, forms characters, increases the strength of the mind, expands intellect and makes one self dependent.

Asthanga yoga is most comprehensive method of holistic approach. Yoga research shows improvement in qualities of personality, promotion of health and disease prevention. Effective in mental and physical ailments, classical work based preparation on Sankhya philosophy. It emphasis on – Ethical preparation, control of mind and body, reduction of impurities, and attainment of wisdom.

Path of Asthanga yoga is the Royal Road of Personality Development.

- Yama: Universal morality
- Niyama: Personal observances
- Asanas: Body postures
- Pranayama: Breathing exercises & control of prana
- Pratyahara: Control of the senses
- Dharana: Concentration
- Dhyana: Devotion, Meditation
- Samadhi: Union with the Divine

Role of Hatha Yoga in Personality Development: Imbalance of physical and mental energies is state of disease. Imbalance is due to blockages in the 'nadis' or energy passages. Aim of Hatha Yoga - Purification of this 'nadis' or energy passages.

Curriculum of Hatha Yoga: Shatkarmas – 6 Cleansing Techniques which are cleans and prepare for further actions. Asanas – Body Postures - Aim of Asanas is to achieve Steadiness and comfortability in postures, healthy body and stable mind. Pranayama – Control of Prana / Breath - control & extension of prana (vital force) - Emotions, desires create blockages in nadis, aim of pranayama is to clear this blockages. Mudras & Bandhas – Psychic Gestures (Inducing Mental Attitudes) and Energy Locks

Need of yoga in social behaviour: Social code of conduct. Improving will power and intellect imparts emotional stability. Social harmony and self acceptance improves qualities of personality.

Physical health promotion: asana & pranayama, improves strength and flexibility. Enhances joint ROM. Increases blood circulation. Purifies GIT. Enhances functional capacity.

Yoga for Mental Health: pranayama & meditation, Gives mental harmony. Develop serenity hence preventing mental disease. Changes seen in the  $\alpha$  waves during meditation & calmness.

Yoga regulates Emotions: Corrects attitude and afflictions. Promotes emotional health. Inculcates perceptions - dispassionate - feeling - emotional stability.

Spirituality base is yoga: Spiritual discipline, Practical realization of spiritual truth, Ancient sages fulfilled this aim filled with good qualities of personality (harmony and happiness).

**Intervention:**

This study involved the topics are; Define Personality, Determinants of Personality Development, Perception Definition, Perceptual Process. Factors of Association – Relationship, Personality Traits, Developing Effective Habits, Emotional Intelligence. Motivation, Introspection, Self - Assessment, Self - Appraisal & Self - development, Self Esteem and Mind Mapping. Types of Personalities Introvert, Extrovert & Ambivert person, Effective Communication & Its key aspects. Assertiveness, Decision making skills, Conflict: Process & Resolution, Leadership & Qualities of Successful Leader. Interpersonal Relationship, Personality – Spiritual journey beyond management of change, Good manners & Etiquettes, Effective Speech, Understanding Body language, projective positive body language. Attitude - Concept Significance, Factors Positive, Negative, Ways to develop positive attitude, Stress and Time management importance and techniques. Practical yoga sessions, Yogic games, and interaction.

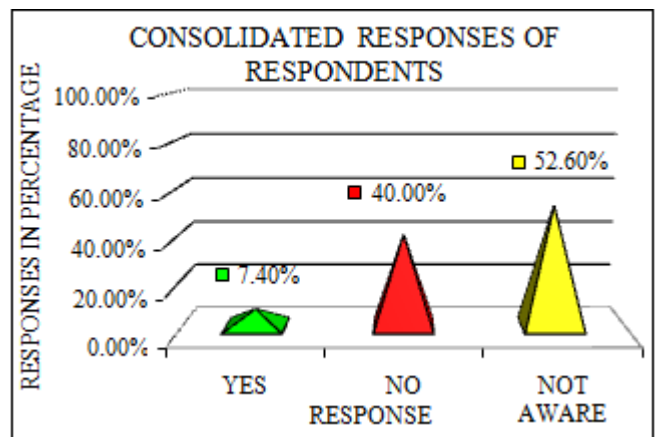
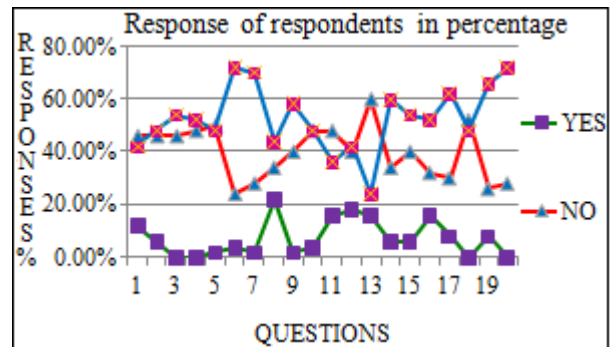
**2. Findings of the Study**

**Pre - data:**

**Data Compilation**

Question	Yes	No	Not Aware	Total
1	6	23	21	50
2	3	23	24	50
3	0	23	27	50
4	0	24	26	50
5	1	25	24	50
6	2	12	36	50
7	1	14	35	50
8	11	17	22	50
9	1	20	29	50
10	2	24	24	50
11	8	24	18	50
12	9	20	21	50
13	8	30	12	50
14	3	17	30	50
15	3	20	27	50

16	8	16	26	50
17	4	15	31	50
18	0	26	24	50
19	4	13	33	50
20	0	14	36	50
TOTAL	74	400	526	1000

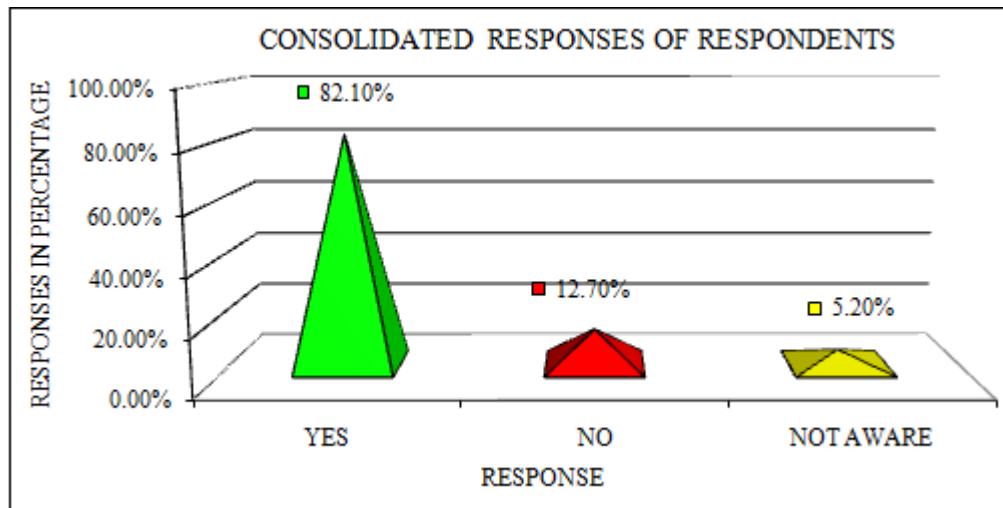
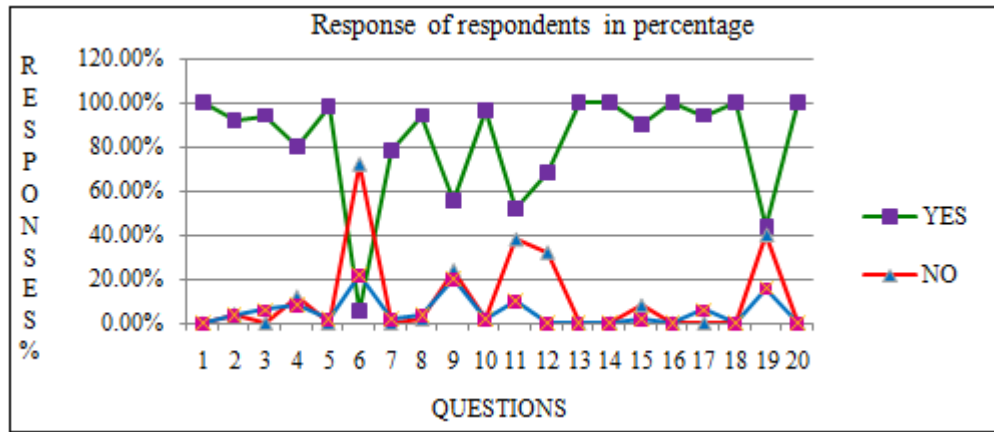


On Data Analysis of the above table it reveals that, out of 50 respondents, 7.40% are in agree with the statement and 40.00% are not in agree with the statement, and 52.60% did not offer any comments.

**Post - Data:**

**Data Compilation**

Question	Yes	No	Not Aware	Total
1	50	0	0	50
2	46	2	2	50
3	47	0	3	50
4	40	6	4	50
5	49	0	1	50
6	3	36	11	50
7	39	10	1	50
8	47	1	2	50
9	28	12	10	50
10	48	1	1	50
11	26	19	5	50
12	34	16	0	50
13	50	0	0	50
14	50	0	0	50
15	45	4	1	50
16	50	0	0	50
17	47	0	3	50
18	50	0	0	50
19	22	20	8	50
20	50	0	0	50
TOTAL	821	127	52	1000



On Data Analysis of the above table it reveals that, out of 50 respondents, 82.10% are in agree with the statement, 12.70% are not in agree with the statement, and 5.20% did not offer any comments.

### 3. Review of Literature

Yoga is generally accepted as an ancient tradition that incorporates postures, breathing techniques, meditation, and moral and ethical principles [1]. Despite its growing popularity among people of all ages to promote overall health and fitness [2], little is known about the use of yoga among youth [3], especially urban youth. Preliminary quantitative studies have found support for yoga programs improving mood [4], decreasing anger, depression, and fatigue [5], improving stress resilience [6], and reducing problematic physiological and cognitive patterns of response to stress such as rumination, intrusive thoughts, and emotional arousal in fourth and fifth graders in urban public schools [7].

In a systematic review of quantitative yoga studies in schools, Serwacki and Cook - Cotton [8] concluded that although school - based yoga programs appeared to be beneficial, methodological limitations, including lack of randomization, small samples, limited detail regarding the intervention, and statistical ambiguities, prevent the ability to provide definitive conclusions or recommendations. Despite these limitations, the findings thus far support further studies into the benefits of yoga for youth.

In addition to quantitative studies, qualitative studies may add to the understanding of the yoga in schools by describing the process in which the benefits are learned and internalized and thereby informing the practical application as well as the theory underlying yoga programs. To our knowledge there are only two published qualitative studies that examined yoga programs in schools: one in high schools [3] and one in elementary schools [9]. In what Conboy et al. [3] cite as the first published qualitative assessment of yoga benefits for high school settings, it was found that, in a rural public high school, a 12 - week yoga program helped students with their athletic performance, bodily awareness, academic performance, sleep, and mental health, such as emotional regulation, stress regulation, and stress reduction. In the qualitative study of elementary school students [9], it was found that an 8 - week yoga - based program helped third grade students to feel calm and focused, provided strategies to help control emotions, and supported positive self - esteem.

### 4. Conclusion

The study concludes that yoga practice significantly impacts the personality development of students, suggesting its potential as a beneficial tool in educational settings. Future research should further explore the mechanisms underlying these effects and the potential for integrating yoga into regular educational curricula.

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