

EFFECT OF YOGIC ACTIVITIES ON THE AGGRESSION OF SECONDARY SCHOOL STUDENTS

*** Ramzan Ridhwan ul and ** Charak Ajay Singh**

**1., 2. Research Scholars, Department of Physical Education University of Pune,
Pune, INDIA.**

Email: bhatrizwan22@gmail.com

(Received May 15, 2014, accepted June 15, 2014)

ABSTRACT

Aggression is the significant concern of adolescent psychological development and mental health. Aggression is the area of behavior that could be reduced by the implementation of Yoga program. Yoga can calm, energize and focus the body and mind; additionally Yoga combines ones emotional and physical parts and gives the body more balance. The purpose of this study was to determine the effect of Yogic activities on aggression of the secondary school student. Sixty male students age between 14-16 years were selected as the subjects of the study and their pre-test was conducted through the questionnaire. Then among the 60 samples, 30 subjects with high level of aggression were kept in experimental group on which six weeks Yoga training was manipulated and the remaining 30 students group was kept as controlled group. After the completion of Yoga program post-test was conducted through the same questionnaire. Results showed that the calculated 't' value of physical aggression was 7.751, verbal aggression 14.057, anger scale 8.750, hostility scale 10.562, for indirect aggression scale 6.804. All the calculated values for respective aggression components were found statistically significant at 0.05 level ($p=0.001$). From the above results it can be concluded that six weeks Yoga program was effective to reduce the aggression of the students.