

## Impact of Yoga on Emotional Intelligence among Adolescents

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### Abstract

The present study is an attempt to examine the effect of yoga on emotional intelligence among adolescents. Sample for the study consisted of 244 (124 boys and 120 girls) adolescent students. Test of Emotional Intelligence (Student Form) developed by K.S. Misra was used as a tool for the study. Analysis of covariance (ANCOVA) was calculated for the analysis of the data. The finding of the study revealed that the yoga exercise significantly affects the emotional intelligence among adolescents; boys are more stable in emotional intelligence than girls; there is interaction effect between gender and treatment on emotional intelligence of adolescents and yoga exercises affects the development of emotional intelligence of boys more than that of girls.

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**Keywords:** Emotional Intelligence, Yoga, Adolescents.

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### Introduction

Yoga is recognized as one of the most important and valuable gift of India. The philosophy of yoga assumes that man in his natural fresh condition of body and mind, functions as part of the cosmic rhythm in which both the processes of growth and degradation are normal and smooth streaming. Yoga is being utilized from the most basically personal to the social and educational implications of society as whole. Internal organs of our body can be cleaned by different type of yogic exercise. Basically, there are three substances in our body i.e. vat, pitt and cough. If there is a proper balance of these substances in our body, one may remain healthy. Neti, Dhouti, Nauli, Basti, Kapalabhati, Tratak etc. are yogic exercise that keeps the internal organ of our body in a clean state. For proper cleanliness and purity of our internal organs, human being should perform this yogic exercise regularly, yoga helps in maintaining and improving health and emotions and regulating other system of the body such as respiratory, excretory, circulatory, nervous and glandular system. It enhances the efficiency of the system of our body and thus improves health and balanced emotions.

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Emotional intelligence is also referred to as E.Q., it is described as ability, capacity or skill to perceive, assess and manage the emotions of one's self, of others and of groups. Emotional intelligence is demonstrated by tolerance, empathy and compassion for others; the ability to verbalize feelings accurately and with integrity; and the resilience to bounce back from emotional upsets. It is the ability to be a deeply feeling, authentic human being, no matter what life brings, no matter what challenges and opportunities we face. According to Mayer and Salovey's Cognitive model, emotional intelligence consists of four separate components namely-perceiving and identifying emotions; facilitation of thought; understanding emotions and managing emotions. According to Ciarrochi et. al. (2001), emotional intelligence plays a potential role in aspects of everyday life. Emotional intelligence is the ability to process emotional information, particularly as it involves the perception, assimilation, understanding and management of emotions (Mayer, Salovey and Caruso, 2000). Emotional intelligence also refers to emotional reasoning used to understand and manage expressions of emotions of self and others (Misra, 2007). Studies revealed that yoga has positive effect on psychological and physiological well-being (Gawali and Dhule, 2013). Experimental studies reveals that yoga practice improves emotional intelligence (Shah and Makhvana, 2015; Adhia, Nagendra and Mahadevan, 2010; Sidhaye and Anaspure, 2010; Turner and Turner, 2010; Mulla and Krishnan, 2007). Chu (2010) revealed that meditation is beneficial for psychological health and enhances psychological well-being by enhancing emotional intelligence. Yoga stimulated an under active parasympathetic nervous system and increase the inhibitory action of a hypoactive GABA system in brain pathways and structures that are critical for threat perception, emotion regulation and stress reactivity (Streeter, Gerberg, Saper, Ciraulo and Brown, 2012). Numerous studies reveals that Yoga practitioners have better level of emotional intelligence than non- practitioners (Oseph et al., 2019; Joseph et al., 2019; Tiwari and Mishra, 2016; Kalinauskaite, 2014). In this study an attempt has been made to explore the effect of yoga on emotional intelligence among adolescents.

**Objective:** The present study has been conducted to achieve the following objective-

- To study the effect of yoga on emotional intelligence among adolescents.

**Hypothesis:** To achieve the above mentioned objective, the following hypothesis was formulated and tested-

- There is significant difference between control group and experimental group on the mean scores of emotional intelligence among adolescents.

## **Methodology**

Quasi experimental pre-test, post-test research design has been employed in the present study. Sample for the study consists of 244 (124 control and 120 experimental group) students were selected 04 senior secondary schools (Colonelganj Intermediate College, K.P. Intermediate College, Arya Kanya Intermediate College, Ishwar Saran Balika Intermediate College) from Prayagraj city by purposive sampling method. Test of Emotional Intelligence (Student Form) developed by K.S. Misra was used as tools for the study. In the present study emotional intelligence acted as a dependent variable and yoga exercise acted as an independent variable.. Analysis of covariance (ANCOVA) has been calculated for the analysis of the data.

### Results and Discussions

To analyze and interpret the data related to the above objective, three sub-objectives were prepared i.e. (i) To study the effect of yoga on emotional intelligence among adolescents. (ii) To study the gender effect on emotional intelligence among adolescents. (iii) To study the interaction effect between gender and treatment on emotional intelligence among adolescents. Further analysis was done by using analysis of covariance (ANCOVA).

**Table.1**

**Mean, S.D. of score of pre-test and post-test of emotional intelligence among adolescents**

Test	Students Group	N	Mean	S.D.
Pre-test	Control group boys	63	23.50	2.00
	Control group girls	65	23.48	2.27
	Experimental group boys	61	23.25	2.70
	Experimental group girls	55	23.66	2.56
Post-test	Control group boys	63	25.90	2.46
	Control group girls	65	25.92	2.52
	Experimental group boys	61	32.95	2.14
	Experimental group girls	55	33.60	2.89

Observation of Table1 shows that the scores of pre-test considered as covariate variable and scores of post-test considered as dependent variable. For each variable, the Mean and S.D. were computed. It is shown that there is significant difference between scores of pre-test and post-test of emotional intelligence among adolescents. To find out the significant

difference scores of pre-test and post-test of emotional intelligence among adolescents, analysis of co-variance has been used.

**Table.2**

**Analysis of Co-variance of scores of pre-test and post-test of emotional intelligence among adolescents**

Source	Sum of Squares	df	Mean Square	F
Group	4831.12	1	4831.12	774.43*
Gender	33.57	1	33.57	5.79*
Group* Gender	35.90	1	35.90	6.79*
Error	2375.45	240	6.39	
Total	337836.00	244		

\* Significant at .05 level

Observation of Table2 reveals that f-ratio related to scores of pre-test and posttest of emotional intelligence of control and experimental group of adolescents is 774.43 which is significant at .05 level. So, the corresponding null hypothesis 'there is no significant difference in emotional intelligence between experimental and control group of adolescents' can be rejected and alternate hypothesis can be accepted. Therefore, It can be inferred that as compared to control group post-test of adolescents, experimental group post-test of adolescents have higher emotional intelligence. It means that yoga exercise significantly affect the emotional intelligence of adolescents. The detailed observation of the adjusted mean scores of post-test of emotional intelligence of experimental and control groups among adolescents is shown in the Table3.

**Table.3**

**Estimated Marginal Mean score of post-test of emotional intelligence of control group and experimental group of adolescents**

Gender of Adolescents	Control group	Experimental group	Total
Boys	24.83	34.60	28.82
Girls	24.86	30.56	28.20
	24.86	31.37	28.32

Observation of Table-3 reveals that the mean scores of post-test of emotional intelligence of control group of adolescents is 24.86 and the mean scores of post-test of emotional

intelligence of control group of adolescents of 31.37 which is significant at .05 level. It means that the yoga exercise significantly affects to the emotional intelligence of adolescents. This may be due to the reason that sound physical and mental health, yogic exercise, study habit, family and social climate play a vital role of higher emotional intelligence. Similarly (Telles, 2012; Sidhaye and Anaspura, 2008) reported that yogic activities significantly affects to the emotional intelligence among adolescents.

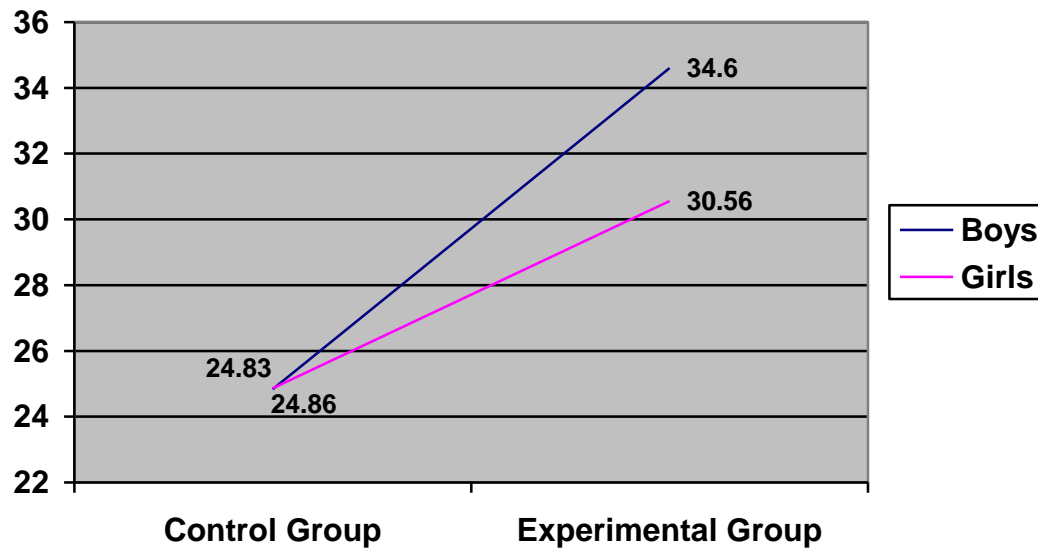
Observation of Table- 2 also reveals that the t-ratio related to gender effect on emotional intelligence is 5.79 which are significant at .05 level. So, the corresponding null hypothesis "there is no significant difference in emotional intelligence between adolescent boys and girls" can be rejected and alternate hypothesis can be accepted.

Observation of Table-3 also reveals that the adjusted mean scores of emotional intelligence of boys is 28.82, while mean score of emotional intelligence of girls is 28.20. It means that, adolescent boys are more stable in emotional intelligence than adolescent girls. This may be due to the reason that yoga exercise, school climate and peer groups of adolescent boys play a vital role for high emotional intelligence in comparison to adolescent girls. Contrary to this (Bakhshi et al., 2016 and Singh, 2014) revealed that there is no significant difference in emotional intelligence between adolescent boys and girls.

Further observation of Table-2 also showed that the t-ratio related to interaction effect between gender and treatment (yoga exercise) on emotional intelligence is 6.79 which is significant at .05 level. So, the null hypothesis that 'there is no interaction effect between gender and treatment on emotional intelligence among adolescents' is rejected and alternate hypothesis is accepted. It means that, there is interaction between gender and treatment significantly affects to emotional intelligence among adolescents.

The adjusted mean score of post-test of adolescents shown in Graph-1 which represent the interaction effect between treatment and gender-

**Fig.1**



(Group of Adolescents)

**Interaction effect between treatment and gender**

From the observation of Graph-1, it is clear that yoga exercise affects to emotional intelligence to both group i.e. control as well as experimental group and gender i.e. adolescent boys and girls. Adjusted mean score of post-test of emotional intelligence of adolescents revealed that there is difference found in the development of emotional intelligence of boys and girls by the yoga exercise because there is significant difference between development in emotional intelligence of adolescent boys (11.15 which is from 24.83 to 34.60) and development in emotional intelligence of adolescent girls (10.323 which is from 24.86 to 30.56). This means that there is interaction effect between gender and treatment on emotional intelligence among adolescents and yoga exercise affects to development of emotional intelligence of adolescent boys more than adolescent girls. Similarly Venkatesh et al. (1994) found that there is interaction between gender and treatment significantly affects to emotional intelligence among secondary school students.

**Findings:** The finding of the study revealed that:

- (1) The yoga exercises significantly affect the emotional intelligence among adolescents.
- (2) Boys are more stable in emotional intelligence than girls.
- (3) There is interaction effect between gender and treatment on emotional intelligence of adolescents and yoga exercises affects the development of emotional intelligence of boys more than that of girls.

## Conclusion

From the above discussion it is clear that yogic exercise plays a very significant role in the emotional intelligence of the adolescents. Daily routine of yoga practices develop healthy life style habits for healthy as well as happy life forever. The findings of the present study helps to conclude that yoga participant adolescents have a better level of emotional intelligence than non-practitioners adolescents those who practices yogic exercises have greater emotional intelligence. This implies the need and importance of yoga exercise in various levels such as in the individual level, organizational level and in the community level also.

## Educational Implications:

Yogic exercises have been found to be positively related to emotion of students and it help to better the achievement level among students. Finding of the present study is of immense help to the students, teachers, administrators, parents, curriculum designers and educational policy makers, and also helpful to counselors as well as researchers. Educational institutions must know the relationship between yogic exercise and emotional intelligence of students. Educational institutions should honor students freedom and provide such environment in which student can enjoy the learning and construct his knowledge in his own pace. The findings are pointing the importance of including yoga and meditation in curriculum to improve emotional intelligence, which plays a significant role in each and every aspect of life. The daily practice of yoga by students at different levels will help them to develop a better understanding of own emotions as well as emotions of others, paving way for success in chosen careers and life. For increasing the level of emotional intelligence yoga courses and trainings should be designed for the enhancement of emotional intelligence of general population in order to reduce anxiety, stress, life style disorder.

Government should be frame policies to the development of trained and certified trainers of yoga to ensure that each and every people gets an opportunity to practice yoga, which in turn will elevate each people, people's perception, emotional competencies and thus ensure overall well-being of the people. Government schools and colleges should take necessary steps to provide enough space and opportunities for people to practice yoga in schools, colleges and other community centers. Government should be implement programmes to promote and enhance yoga practice among people for better emotional intelligence.

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