

Yoga practices and Aggression: An Intervention Study

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Abstract

Children and students today are facing many and more complex mental and physical health challenges. The side effects of medication and invasive procedures can be daunting for children and their parents. With the ability to address the root cause of disease or imbalance in a holistic and integrative way, the ancient science of yoga therapy may be the new way to help students to get and stay healthy. The present study was attempted to explore the significance of yoga practices for teenagers to diminishing their aggression. The initial sample comprised of 60 school going adolescents (age range between 14 to 18) from various sr. schools .the sample was selected through purposive sampling technique as only those students were assigned in experimental and control groups who were found to be highly aggressive on their measure of aggression .The data were collected by Aggression Questionnaire by G.C. Pati (1976). Total 60 adolescents with equal number of male and female with low level of adjustment and higher in their level of aggression criteria, were selected from first phase of the study. Pre-post two group design was used as per requirement .T test were employed to reach out the objectives. Result revealed that yoga practices has significant role to deteriorate adolescents' level of aggression.

Keywords: Aggression, Yoga, Yogadarshna.

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