

## Impact of hathyog on spiritual intelligency of students

Daljeet Kumar

Assistant Professor, Dept. of Physical Education, C.DL.U, Sirsa, Haryana, India

### Abstract

The motivation behind the present examination was to discover the impact of Hathyog on Spiritual Intelligence of understudies. To accomplish this reason thirty understudies were chosen as subjects and their age aggregate went somewhere around 14 and 18 years. In Hathyog ten Asana, five Pranayama and one Kapalbhata Kriya were chosen for the study. The present study was exploratory in nature and configuration depended on the lines of randomized control assemble pre - Posttest plan. Kid understudies of Sirsa were honed yoga for six weeks, five day a week and one hour day by day. All direction was given the understudies before performing yoga. For discovering comes about, the information were statically examined by applying t-test. The Mega Statically programming was utilized for examination of information. Information were deciphered, talked about and abridged. Discovering study was introduced graphically by utilizing bars and pie outlines.

**Keywords:** Hathyog, Spiritual Intelligence, Seated Meditation, Positive Psychology

### 1. Introduction

Yoga is a lifestyle which provides guidance and gives the right way to human to accomplish his definitive objective of monstrous and everlasting delight or satisfaction which is for the most part called 'Param-anand'. Life gives torment and delight inside and out and these can't be kept away from unless and until one achieves the way of Yoga. Gautama Buddha likewise depict that life is loaded with distresses and torments and these can't be kept away from unless and until one embrace the way of 'Varaigyah'. He promote says that a definitive point of life is to get "Nirvana" and it is conceivable just through the way of Varaigyah from this materialistic world. Yoga, from the antiquated time, is an Indian method for honing Varaigyah without isolating himself from this materialistic world and gives us the way of accomplishing 'Moksha'. "Moksha" in Indian logic and "Nirvana" in Buddhism are similar things. The above said Param-anand is just conceivable in the circumstance of 'Moksha'. As per Indian Philosophy Moksha suggests opportunity from the cycle of death and resurrection; and the life form appreciates the state of Immense joy and satisfaction. Moksha is a sanskrit word which implies liberation, freedom or discharge. Moksha is likewise called vimoksha, vimukti and mukti. In epistemological and mental sense, Moksha suggests flexibility, self-acknowledgment and self-information. So the ideal method for living proposing in Indian Philosophy is Yoga, which gives us the way of living solid and cheerful life, without confining us from this materialistic world, with a definitive point of 'Moksha'. Is Human Life on earth a matter, in a general sense, of wretchedness and distress? This is an issue which appears to have drawn in the psyches of the Indian masterminds since antiquated times. The response to this question, as a large portion of them seem to accept, is in the positive. It is a vital business of reasoning, as indicated by the Indian convention, to look to accomplish a state which is totally free from the grip of wretchedness and distress. This state has been differently talked about as moksha, mukti, kaivalya,

apavarga, nirvana, thus on by the disciples of different schools of theory in India, and logic is accordingly, really called tatvajnana, or darshana. Whether every one of these words implies one and a similar state might be a disputable issue. Be that as it may, the reality of a total suspension of misery applies similarly to every one of them.

"Yoga" is related all things considered with the procurement and show of heavenly forces. It is standard to take a gander at yoga as an inquisitive antiquated workmanship which join an arrangement of religious conviction with an odd and puzzling functional teach. It has turned out to be genuinely basic nowadays, to go over news about some individual guaranteeing to be a yogi, performing phenomenal deeds like strolling ablaze, passing a street roller on the mid-section or drinking concentrated acids, etc. There is by all accounts a faith in the brains of numerous, that yoga is concerned chiefly with such unprecedented marvels. It is additionally gathered that yoga is not for the basic man, and that lone the individuals who can make tracks in an opposite direction from everyday life in the public arena, and resign in isolation for quite a long time, with a view to experience thorough train of the body and psyche, are the fit people to enjoy yoga. It should be exceptionally hazardous and unsafe way, of which a typical man ought to keep clear. Such superstitious thoughts are boundless even in the place that is known for yoga. Really, every one of these thoughts are regarding yoga end up being a greater amount of less wrong, on a legitimate examination. The trouble, in any case, is that the field of yoga is, at present generally in the hands of lesser men, who are not appropriately instructed, and who swing to yoga, basically in light of the fact that they are not liable to succeed somewhere else. Deceptive nature, dishonesty and affectation are hence uncontrolled, bringing about dissatisfaction in the brains of earnest understudies of yoga. This tragic situation were changed just when taught, savvy men having quality of character will be pulled in towards the field of yoga in adequate numbers. Besides, very little is so far logically thought about the different procedures of yoga. A few

researchers are generally demonstrating enthusiasm for this range, and it appears that much important data can be assembled through applying the present day methods of research to the field of yoga.

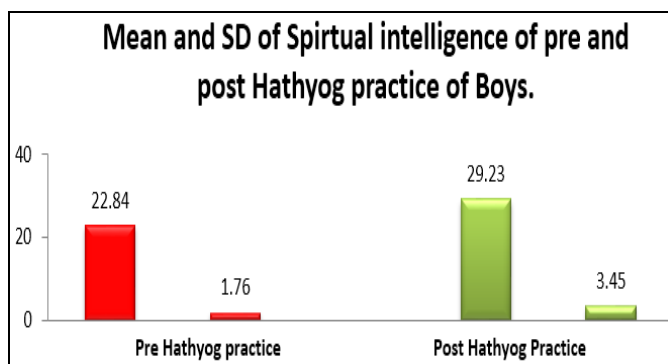
**2. Materials and method**

The reason for the study was to examinations the impact of Hathयोग on Spiritual Intelligence of understudies. To accomplish this, 30 intrigued understudies of Sirsa area, were haphazardly chosen as subjects and their age went between 14 to 18 years. The present study was trial in nature and configuration depended on the randomized control aggregate pretest-Posttest. Profound Intelligence of the understudies was evaluated by directing on them. The Spiritual Intelligence created by Tirath and Arjinder Singh. This five focuses scale Consists of 120 Items with sixteen measurements. The unwavering quality of the scale is 0.79 according to test and posttest. The scale has high substance legitimacy. Simultaneous legitimacy with Wolman's P.S.I. was .69 for positive worked things, scoring example is 4,3,2,1,0, for dependably, Mostly, Sometimes, Rarely and Never, Whereas for adversely worded things, Students, who deliberately offered they to practice yoga for 6 weeks, before the yoga, Spiritual Intelligence scale were controlled to gather Pre-test score. In every single chose understudy, yoga honed for six weeks. Toward the end of the Treatment, the Spiritual Intelligence scale was controlled again to test the Spiritual Intelligence. The information were classified and investigated in the light of goal. It was delimited to the Spiritual insight measured by Tirath and Arjinder Singh poll.

**Table 1:** Comparison of spiritual intelligence (Critical existential thinking) of pre and post Hathयोग practice of Boys

Boys	N	Mean	SD	SED	T test
Pre Hathयोग Practice	30	22.84	1.76	0.71	9.02
Post Hathयोग Practice	30	29.23	3.45		

Table-1 demonstrates that the mean score of kid's as otherworldly knowledge (Critical existential considering) variable of pre and post Hathयोग practice is 22.84 and 29.23 separately, while SD was 1.76 and 3.45 individually. The "t" of was discovered 9.02 which was higher than p estimation of t-test (1.96), at .05 levels of critical. Subsequently, the Null Hypothesis is rejected which demonstrates that there is noteworthy distinction amongst pre and post Hathयोग rehearse on otherworldly knowledge (Critical existential considering) variable of young men.

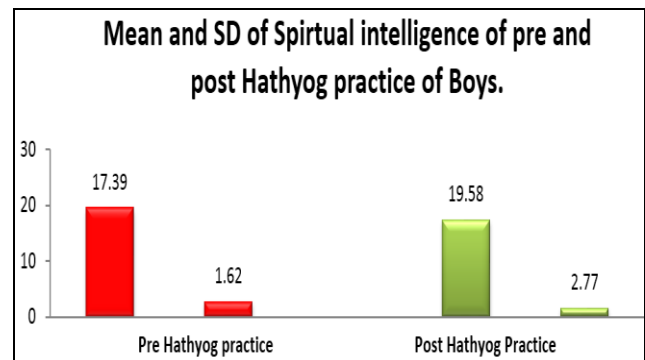


**Fig 1**

**Table 2:** Comparison of spiritual intelligence (personal meaning production) of pre and post Hathयोग practice of Boys

Boys	N	Mean	SD	SED	T test
Pre Hathयोग Practice	30	17.39	1.62	0.82	2.49
Post Hathयोग Practice	30	19.58	2.77		

Table 2 demonstrates that the mean score of kid's as profound knowledge (personal meaning production) variable of pre and post Hathयोग practice is 17.39 and 19.58 separately, while SD was 1.62 and 2.77 individually. The "t" of was discovered 2.49 which was higher than p estimation of t-test (1.96), at .05 levels of noteworthy. Consequently, the Null Hypothesis is rejected which demonstrates that there is critical contrast amongst pre and post Hathयोग rehearse on otherworldly insight (personal meaning production) variable of young men.

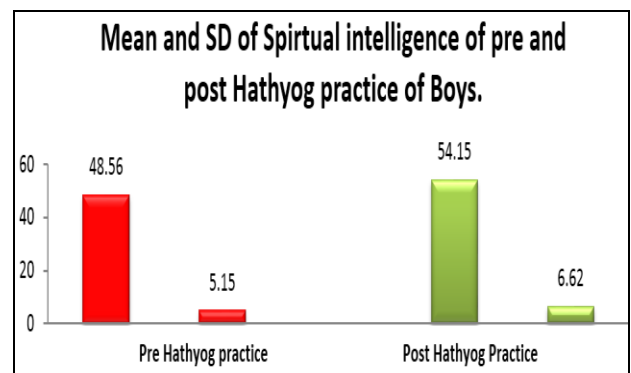


**Fig 2**

**Table 3:** Comparison of spiritual intelligence (transcendental awareness) of pre and post Hathयोग practice of Boys

Boys	N	Mean	SD	SED	T test
Pre Hathयोग Practice	30	48.56	5.15	1.57	3.74
Post Hathयोग Practice	30	54.15	6.62		

Table-3 demonstrates that the mean score of kid's as profound knowledge (supernatural Awareness) variable of pre and Hathयोग practices is 48.56 and 54.15 separately, while SD was 5.15 and 6.62 individually. The "t" of was discovered 3.74 which was higher than p estimation of t-test (1.96), at .05 levels of critical. Henceforth, the Null Hypothesis is rejected which demonstrates that there is critical contrast amongst pre and post Hathयोग rehearse on otherworldly insight (supernatural Awareness) variable of young men.

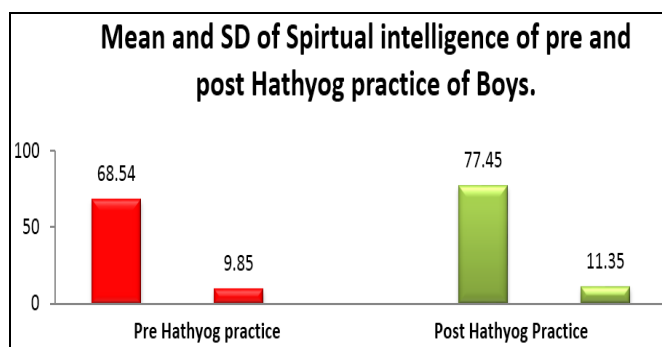


**Fig 3**

**Table 4:** Comparison of spiritual intelligence (conscious state expansion) of pre and post Hathyog practice of Boys

Boys	N	Mean	SD	SED	T test
Pre Hathyog Practice	30	68.54	9.85	2.74	3.24
Post Hathyog Practice	30	77.45	11.35		

Table-4 demonstrates that the mean score of kid's as profound knowledge (conscious state expansion) variable of pre and post Hathyog practices is 68.54 and 77.45 individually, while SD was 9.85 and 11.35 separately. The "t" of was discovered 3.24 which was higher than P estimation of t-test (1.96), at .05 levels of critical. Henceforth, the Null Hypothesis is rejected which demonstrates that there is huge contrast amongst pre and post Hathyog rehearse on otherworldly insight (conscious state expansion) variable of young men.



**Fig 4**

**3. Results**

On the premise of examination and elucidation of the information of the consequences of the study demonstrated that there was huge contrast in Spiritual Intelligence between the pre and post Hathyog practice was found, in this manner we can state that there was huge Increase in the Spiritual Intelligence level of Boys understudies after Hathyog hone and henceforth our speculation is rejected.

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