

EFFECT OF INTEGRATED YOGA ON EMOTIONAL DIMENSIONS OF THE PARTICIPANTS IN SVYASA

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ABSTRACT: BACKGROUND: Skill to monitor one's own and others' thinking and actions is termed as Emotional intelligence (EI).^[1] Psychological dimensions of EI are emotional sensitivity, emotional maturity and emotional competency which motivate participants to recognize, interpret and handle the dynamics of their behavioral pattern.

OBJECTIVE: To assess the effect of the Integrated Yoga module (IYM) on emotional dimensions of the participants in SVYASA.

MATERIALS AND METHODS: The study includes 40 subjects between 20-60years of age selected from health home of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) University, Bangalore for IYM. EQ test developed by Prof N. K. Chadha used to assess the EI was given to all the subjects on admission to S-VYASA. All the subjects of this study participated in IYM for a week. After one week of IYM, same questionnaire was given to participants.

STATISTICAL ANALYSIS: Means, standard deviations, Paired t test were used for analyzing the data with the help of SPSS 16.

RESULTS: EQ analysis (n=40) showed significant increase (P<0.05) in emotional quotient and maturity (r=0.403, 0.341 respectively), with significant decrease in sensitivity (r=0.482). Competency was also found to be increased, but was not found to be statistically significant.

CONCLUSION: The present study suggests that IYM can result in improvement in maturity and competency dimensions of EQ aiding in emotional balance and reasoning.

KEYWORDS: Emotional intelligence, Integrated Yoga Module.

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INTRODUCTION: Emotional intelligence (EI) / Emotional quotient (EQ) most commonly incorporates concepts of emotional expression and regulation, self-awareness, empathy.^[2] Similarly, there are three important psychological dimensions of EI^[3]: emotional sensitivity (ES), emotional maturity (EM) and emotional competency (EC) which motivate participants to recognize truthfully, interpret honestly and handle tactfully the dynamics of their behavioral pattern. Many corporations have examined and to some extent used EI as a measure of these concepts and domains, which some speculate are better predictors of educational and occupational performance.^{[4],[5]} In the psychological sense, sensitivity means the characteristic of being peculiarly sensitive and judges the threshold for various types of stimulations, evoking sensations, feelings and emotions. Emotional competence can be defined as individual differences in how

effectively people deal with emotions and emotionally charged problems.^[6] Variation in environmental relationships can triggers emotional changes. Optimal social functioning depends on the ability to perceive, comprehend and manage emotions. Thus, managing emotions effectively enables the person to express appropriate emotions in socially acceptable way. Emotional abilities are required for developing better quality relationships. EI involves processing of emotion relevant information and the ability to use emotions in reasoning in order to solve problems.^[7]

However, the emotional changes that characterize the efficacy of integrated yoga in the general population have not been reported adequately. Hence, we have designed the present study to assess the efficacy of seven days integrated yoga module on EI in participants using Emotional Quotient (EQ) test.

OBJECTIVE: To assess the effect of the Integrated Yoga module (IYM) on emotional dimensions of the participants in SVYASA.

MATERIALS AND METHODS: Participants with mean age of 41.37±13.15 years participated in this study. Participants with no previous exposure to IYM and volunteers who enrolled in IYM program at SVYASA were included in the study.

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Participants with pregnancy, on any medications, consumption of alcohol or tobacco in any form were excluded from the study. An informed consent was obtained from all the participants. Institutional ethical clearance was obtained from Sri Devaraj Urs Medical College, Tamaka Kolar.

Interventional study involving pre and post assessment of the participants using EQ test developed by Dr Dalip Singh and Dr N K Chadha were used.^{[3],[8]} The test has 22 real-life situations experienced by individuals in their day-to-day life based on 5-point scale rating and then finally obtained scores that was converted into percentile score. This test is useful to measure emotional dimensions like emotional competency, emotional maturity and emotional sensitivity. This test has been standardized for professional managers, businessmen, bureaucrats, artists, and graduate students and adolescent population. This EQ test has a test-retest and split-half reliability of 0.94 and 0.89 respectively and validity of 0.89.

Pre assessment was done before the subjects participated in the IYM. It composed of set of physical postures (Asanas), Breathing technique (*Pranayama*), cyclic meditation, notional correction, devotional sessions supervised by trained experts. The program was conducted in the serene and peaceful atmosphere of the S-VYASA in a residential set up with a schedule starting from 5 AM to 10 PM. Saatvic diet (high-fiber low-fat vegetarian and balanced diet) was given. The IYM was developed using the concepts from traditional texts that talk about the power of Om (*Mandukya Upanishad*) and *Nadanusandhana* (*Hatha Yoga Pradipika*) for achieving internal mastery over the modifications of the mind (Patanjali's definition of yoga).^[9] After a week post assessment was done.

STATISTICAL ANALYSIS: All data obtained were calculated and tabulated in an excel sheet and statistical analysis was done using the version 16.0 of the Statistical Package for Social Sciences (SPSS) software.

Data scoring of test was based on interpretation of EQ scores in percentile. (Table-1) Paired t test was done to compare the means before and after the IYM for total EQ, ES, EM and EC.

RESULTS: EQ analysis (n=40) showed significant increase ($P < 0.05$) in post-intervention as compared to pre intervention among the participants. Before the IYM total EQ of the 40 participants was found to be P- 50 (moderate EQ) and after one week of intervention total EQ was found to be P-90 (Extremely high EQ). Maturity and competency before intervention was P-40 (low EQ) and P-50 (moderate EQ) respectively and after the intervention was found to be P-90 (Extremely high EQ) and P-90 (Extremely high EQ) respectively. Sensitivity decreased from P-75 (High EQ) to P-50 (moderate EQ) on intervention. (Table-2)

EQ analysis showed significant increase in emotional quotient and maturity ($r = 0.403$, 0.341 respectively), with significant decrease in sensitivity ($r = 0.482$). Competency

was also found to be increased, but was not found to be statistically significant.

DISCUSSION: IYM is helpful to enhance the Emotional Quotient of the people practicing it. IYM helps us to perceive, comprehend and manage emotions; i.e, to develop self-control over varied emotions and to function in a balanced manner when disturbed. IYM helps in developing optimistic attitude by developing positive emotions. A previous study on IYM showed enhancement in EI of its participants. The present study also shows similar results except for EQ component- sensitivity (there was no improvement in sensitivity after IYM). Significant increase in EQ in the present study suggests that IYM participants may attain a balance between emotion and reason, and are aware of their own feelings, show empathy and compassion, and have high self-esteem.^[10] The present study is consistent with these findings and indicates that on incorporation of IYM in daily routine can result in better EQ.

Yoga does have the potential to provide physical, mental, and emotional health benefits to those who practice it with proper guidance.^[11] A holistic and IYM has been investigated extensively to combat this modern lifestyle problem and thereby one can lead a holistic way of living in health, harmony, and happiness.^[12]

CONCLUSION: IYM can improve the emotional, mental, social wellbeing of the people practicing it.

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Psychological Dimensions (Range of scores)	P-90 (Extremely High EQ)	P-75 (High EQ)	P-50 (Moderate EQ)	P-40 (Low EQ)	P-20 (Try the test some other day)
ES (25-100)	91-100	81-90	56-80	31-55	<30
EM (35-140)	121-140	101-120	81-100	46-80	<45
EC (50-200)	126-200	96-125	76-95	51-75	<50
EQ (110-440)	311-440	271-310	201-270	126-200	<125

Table 1: Interpretation of Eq Scores

Psychological Dimension	Mean±Standard deviation		p-value
	Before Yoga (Pre)	After Yoga (Post)	
ES	81.±7.20	63.5±10.5	0.002
EM	64.5±14.4	131.6±8.6	0.031
EC	86.12±15.2	184.25±14.3	0.094
EQ	230.5±23.5	379.12±24.77	0.010

Table 2: Eq in IYM group