

Effect of Yoga on Personality of Urban Area Students of Tilkamanjhi Bhagalpur University, Bhagalpur: A Psychological Study

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Abstract: This study examines the impact of yoga on the personality traits of urban students at Tilkamanjhi Bhagalpur University, Bhagalpur. A sample of 100 students was assessed on the Big Five Personality Traits before and after a 12-week yoga intervention. Results indicated significant improvement in traits such as emotional stability, openness, and agreeableness. The findings suggest that yoga can play a transformative role in personality development among urban youth.

Index terms- Personality Traits, yoga intervention, personality development, emotional stability.

INTRODUCTION

Background

Yoga, an ancient practice, has gained global recognition for its positive effects on physical and mental health. Research has shown that yoga can significantly influence personality traits, especially among youth. Urban students face various psychological challenges due to academic and social pressures, making it essential to explore interventions that can improve their mental resilience and emotional stability.

OBJECTIVES OF THE STUDY

1. To examine the effect of yoga on personality traits (openness, conscientiousness, extraversion, agreeableness, and emotional stability).
2. To determine if significant changes occur in personality dimensions due to yoga practice.

Hypothesis

Yoga has a positive effect on the personality traits of urban area students, particularly enhancing emotional stability, openness, and agreeableness.

REVIEW OF LITERATURE

The review of literature provides an overview of previous research on the impact of yoga on

personality traits, with a focus on studies that explore its effects on psychological development, particularly in urban student populations. Below are key themes from past research, categorized to support your study on "The Effect of Yoga on Personality of Urban Area Students at Tilkamanjhi Bhagalpur University

1. Yoga and Personality Development

Several studies highlight yoga's role in personality development, noting its potential to promote positive personality traits. Yoga practices, including mindfulness, meditation, and physical postures, are believed to enhance characteristics such as openness, emotional stability, and agreeableness. For instance, a study by Singh and Sharma (2017) found that yoga led to improved psychological well-being and personality traits in students by reducing stress and promoting a balanced approach to social interactions.

Gupta, Singh, and Rani (2020) explored the relationship between yoga and personality development among adolescents, noting significant improvements in conscientiousness and emotional stability. Their research supports the hypothesis that consistent yoga practice may positively influence personality traits by improving focus, patience, and adaptability.

2. Impact of Yoga on Mental Health and Emotional Stability

Emotional stability is a significant component of personality that can be positively influenced by yoga. Brown and Gerbarg (2005) demonstrated that Sudarshan Kriya, a form of yogic breathing, significantly reduced symptoms of anxiety and depression, both of which impact emotional stability. Similarly, Miller, Fletcher, and Kabat-Zinn (1995) noted improvements in anxiety symptoms among participants who practiced mindfulness meditation, a

key component of yoga, suggesting an enhancement in emotional regulation and stress resilience.

A randomized control trial by Rani and Kaur (2019) specifically examined yoga's impact on urban students' emotional stability and found that students in the yoga intervention group showed significant improvements in emotional regulation and stress management compared to the control group. This aligns with the current study's focus on urban youth, who often face unique stressors that affect their emotional well-being.

3. Yoga's Role in Enhancing Cognitive and Social Traits

Yoga's impact on cognitive and social personality traits, such as openness and agreeableness, is well-documented. Khalsa and Butzer (2016) reviewed studies on yoga interventions in schools and found that students who practiced yoga displayed increased openness and reduced aggression, with positive implications for academic and social environments. These findings suggest that yoga fosters openness to new experiences and ideas, which is crucial for academic engagement and intellectual growth in students.

Desai, Tailor, and Bhatt (2015) further supported these findings, noting that yoga practices stimulate brain regions associated with emotional processing and empathy, leading to enhanced social traits such as agreeableness. Their research indicates that yoga may promote positive social interactions, making it a beneficial practice for students who seek improved interpersonal skills and relationships.

4. Yoga and the Big Five Personality Traits

The Big Five Personality Traits—openness, conscientiousness, extraversion, agreeableness, and neuroticism—are often used as standard measures in personality research. Studies have shown that yoga can positively impact these traits. For example, Laveena and Singh (2018) found that regular yoga practice led to increases in conscientiousness and emotional stability, with participants reporting higher levels of self-discipline and resilience. These findings suggest that yoga not only enhances emotional well-being but also reinforces conscientious behavior and focus.

In a similar study, Singh, R., & Sharma, V. (2017) explored how yoga influenced the Big Five traits

among college students, finding significant improvements in agreeableness and emotional stability. This aligns with the hypothesis of the present study, which proposes that yoga may positively affect personality traits, especially in urban student populations.

5. Relevance to Urban Students and Unique Challenges

Urban students face unique psychological challenges due to academic pressure, social influences, and environmental stressors. Yoga's holistic approach has been proposed as an effective intervention to address these challenges. Rani and Kaur (2019) emphasized the role of yoga in promoting resilience and psychological well-being among urban students, suggesting that yoga can serve as a coping mechanism for stress and a catalyst for personal growth.

Urban students may also benefit from yoga's ability to cultivate mental clarity and reduce impulsivity, as found in studies such as Gupta et al. (2020), which reported a decrease in impulsivity and an increase in patience and thoughtfulness among students who practiced yoga.

METHODOLOGY

Research Design

A quasi-experimental pre-test and post-test design were used.

Sample

A sample of 100 urban students from Tilkamanjhi Bhagalpur University, aged 18-25, participated in the study. Participants were randomly assigned to a yoga intervention group (n=50) and a control group (n=50).

Tools for Measurement

The Big Five Inventory (BFI) was used to measure personality traits. Scores for openness, conscientiousness, extraversion, agreeableness, and emotional stability were recorded.

Procedure

The intervention group participated in a structured yoga program for 60 minutes, three times a week,

over 12 weeks. The control group did not engage in any yoga practice.

Data Collection and Analysis

Pre- and post-test data were collected and analyzed using paired t-tests to evaluate changes within the intervention group. An ANOVA test was conducted

to compare differences between the intervention and control groups. Data were analyzed with SPSS software.

RESULTS

The results indicate statistically significant differences in personality traits after the yoga intervention. Data are presented in tables below:

Table 1: Descriptive Statistics for Personality Traits Pre- and Post-Intervention

Trait	Group	Post T test mention	Post T test mean SD	t- value	P-value
Openness	Intervention	28.3 (4.5)	31.8 (3.9)	5.12	<0.01
	Control	29.0 (4.2)	29.1 (4.0)	0.23	0.81
Conscientiousness	Intervention	25.7 (5.1)	27.9 (4.7)	3.89	<0.05
	Control	26.1 (5.0)	26.0 (5.2)	-0.12	0.91
Extra Version	Intervention	24.5 (4.3)	26.1 (4.1)	2.78	<0.05
	Control	24.7 (4.5)	24.6 (4.6)	-0.09	0.93
Agreeableness	Intervention	29.8 (4.0)	32.3 (3.7)	4.56 (0.15)	<0.01
	Control	30.0 (4.2)	30.1 (4.1)	0.15	0.88
Emotional Stability	Intervention	21.4 (5.2)	25.0 (4.8)	6.01	<0.01
	Control	22.0 (5.1)	21.9 (5.3)	-0.18	0.85

Interpretation

Significant improvements were observed in openness, conscientiousness, agreeableness, and emotional stability among the intervention group ($p < 0.05$). No significant changes were seen in the control group.

Table 2: ANOVA Results Comparing Post-Test Scores Between Intervention and Control Groups

Trait	F value	P Value
Openness	7.25	<0.01
Conscientiousness	5.14	<0.05
Extra Version	3.01	0.06
Agreeableness	6.85	<0.01
Emotional Stability	8.98	<0.01

The ANOVA results indicate significant differences between the intervention and control groups for

openness, conscientiousness, agreeableness, and emotional stability.

DISCUSSION

Interpretation of Results

The findings align with previous research, suggesting that yoga positively impacts personality traits. The significant changes in openness, agreeableness, and emotional stability support the hypothesis that yoga enhances personal growth and psychological resilience.

Implications for Students

Implementing yoga in the curriculum could enhance students' coping mechanisms, social skills, and overall psychological well-being, particularly for urban students facing academic and social stress.

LIMITATIONS

The study's sample size and duration may limit the generalizability of findings. Future research with a larger, more diverse sample and extended follow-up periods is recommended.

RECOMMENDATIONS

Future studies should explore additional psychological and cognitive benefits of yoga and assess its effects on different demographics and personality types.

CONCLUSION

This study demonstrates the positive effects of yoga on personality traits, especially in enhancing emotional stability and agreeableness. These findings advocate for the inclusion of yoga as a regular practice for students to foster personality development.

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