

Effect of Yoga on Personality Traits: A Psychological Study of Urban Students at Tilkamanjhi Bhagalpur University

Rameshwari Jha¹, Rajesh Kumar Tiwari²

¹Research Scholar, University Department of Psychology, TMBU, Bhagalpu

²Assistant Professor, TNBCollege, Bhagalpur

Abstract

This study explores the impact of yoga on the personality traits of urban students at Tilkamanjhi Bhagalpur University. Using a psychological framework, the research examines how regular yoga practice influences dimensions such as emotional stability, self-confidence, stress management, and overall personality growth. A sample of university students participated in a structured yoga program, and their personality traits were assessed before and after the intervention using standardized psychological tools. Results indicate a significant positive impact of yoga on personality traits, emphasizing its role in enhancing mental well-being and personal development. The findings suggest the integration of yoga into academic curricula to promote holistic student growth.

Introduction

Personality development is a crucial aspect of an individual's growth, especially for students in an urban environment where stress, competition, and academic pressure shape their psychological well-being. Yoga, an ancient practice integrating physical postures, breathing exercises, and meditation, is known for its positive effects on mental health. However, limited research has been conducted on its direct impact on personality traits among university students. This study aims to bridge this gap by assessing the influence of yoga on personality development among urban students at Tilkamanjhi Bhagalpur University.

Review of Literature

Several studies suggest that yoga significantly influences psychological well-being and personality traits: Singh & Sharma (2020) found that yoga enhances self-awareness, emotional regulation, and resilience. A study by Kumar et al. (2019) demonstrated that regular yoga practitioners show higher levels of conscientiousness and lower neuroticism. Research by Patel (2018) highlighted yoga's role in improving concentration, decision-making, and overall emotional stability. Despite these findings, research specifically targeting urban university students remains scarce, necessitating this study.

Objectives of the Study

To examine the impact of yoga on the personality traits of urban students.

To assess changes in emotional stability, self-confidence, and stress management due to yoga practice.

To evaluate whether yoga can be an effective intervention for personality development in academic settings.

Hypothesis

H1: Yoga has a significant positive impact on personality traits among urban students.

H0: Yoga does not significantly influence personality traits among urban students.

Methodology

Research Design

A pre-test and post-test experimental design was employed. Participants were divided into two groups: an experimental group practicing yoga and a control group with no yoga intervention.

Participants

A total of 105 students from Tilkamanjhi Bhagalpur University were selected.

The participants were randomly assigned to either the yoga group (n=55) or the control group (n=50).

Inclusion criteria: Urban background, aged 18-25, no prior yoga experience.

Intervention

Duration: 8 weeks

Frequency: 5 days per week, 1-hour sessions

Components:

Asanas (Physical postures): Tadasana, Bhujangasana, Trikonasana

Pranayama (Breathing exercises): Anulom-Vilom, Bhramari

Meditation: Mindfulness-based meditation for stress reduction

Measures

Personality Traits Assessment: NEO-FFI (Five-Factor Model of Personality)

Emotional Stability: Eysenck Personality Questionnaire

Stress Levels: Perceived Stress Scale (PSS)

Statistical Analysis

Descriptive statistics for demographic details

Paired t-tests to measure pre-post differences

ANOVA to compare the control and experimental groups

Results and Discussion

The study findings revealed:

Improvement in Emotional Stability:

The yoga group showed a significant decrease in neuroticism compared to the control group ($p < 0.05$).

Students reported feeling more calm, composed, and better able to handle stress.

Enhanced Self-Confidence and Social Interaction:

Participants practicing yoga exhibited higher self-confidence and social adaptability.

Extraversion scores improved significantly in the experimental group.

Better Stress Management and Mindfulness:

Perceived Stress Scale scores decreased significantly in the yoga group.

Participants reported increased mindfulness and self-awareness.

Overall Personality Growth:

Improvement was observed in conscientiousness and openness to experience, indicating better academic performance and creativity.

These findings support previous research indicating that yoga contributes to holistic personality development, particularly in urban students facing high levels of academic and lifestyle stress.

Conclusion and Recommendations

This study confirms that yoga positively influences personality traits among urban university students, improving emotional stability, confidence, and stress management. Given its benefits, educational institutions should consider integrating yoga into academic curricula to foster student well-being.

Recommendations:

Incorporate mandatory yoga sessions in universities to enhance mental well-being.

Encourage mindfulness-based stress management programs for students.

Promote further research on long-term personality development through yoga.

Limitations and Future Research

The study was limited to urban students; future studies can include rural populations for comparative analysis.

The duration was 8 weeks; a longer intervention may provide deeper insights.

More diverse psychological measures can be used in future research.

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