

IMPACT OF YOGA ON EMOTIONAL QUOTIENT & MENTAL WELL-BEING OF UNDERGRADUATE STUDENTS

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Abstract

Yoga is practiced to achieve internal & external balance in environment by seeking to attain emotional, physical, social and mental well-being. Emotional quotient is the facility to understand and connect the emotions of the individuals as well as others. In our present study we have seen the impact of Yoga as well as meditation on Emotional quotient and happiness of under graduate student's especially during the Covid-19 crisis. The impact will be studied on the duration of students practicing Yoga and meditation prior to Covid-19 pandemic and after the pandemic began. This empowers a person to gain more in terms of their intelligence quotient as the individual is able to incorporate well both socially and academically. A person with emotional intelligence is a group performer, and gains a lot from constructive interaction with lecturers and other students.

Keywords: Meditation, Yoga, Emotional Quotient, Covid-19 crisis, self introspection.

Introduction

Yoga is controlling the mind by concentration and focus through various yogic postures and meditation. Each movement in yoga has a specific breathing technique & pattern. Yoga practice requires the coordination of the body, nervous system and mind. Regular practicing of yoga helps in the enrichment of psychological as well as physiological well-being. Emotions are multifaceted states of mind and body, consisting of physiological, behavioral, and mental well-being to situations that needs to be balanced. An emotionally intelligent student can realize his / her feelings in a better way and manage stress, with the effective ability to solve problems. An emotionally intelligent person is more positive in various areas of educational and other professional fields. In this study, we are going to study the impact of Yoga & meditation on the emotional intelligence of undergraduate students. Trockel et al (2000) observed that students with high emotional intelligence listen to their feelings and feel good about themselves and tend to accept and respect themselves and perform well in academics because of their raised self-esteem. Low and Nelson (2006) claimed that emotional intelligence is crucial to

a student's personal health and college success. A student who knows himself / herself well enough to keep impulses in check and delay gratification, control anger and maintain composure will probably be more successful in the classroom and beyond.

The five basic features of emotional intelligence are Self – awareness, Self – regulation, Empathy, Self – motivation and Social awareness. Self-awareness is the ability to understand and balance our emotions and doing things with mindfulness and alertness. Self – regulation is an individual's ability to understand one's own emotions and the to identify and name it. Self – motivation is the ability to direct one's emotions to recognize opportunities, achieve goals and to be more productive and active. Empathy is the skill to understand the feelings of other individuals and act accordingly. Social awareness is the ability in managing various relationships, building networks and rapport. Covid-19 has affected and given rise to varied range of mental health problems like anxiety, post-traumatic stress disorder, trauma, loneliness and other stress related diseases. This creates an imbalance in our emotions and can be controlled by having

proper schedule of our daily activities like sleep, food, exercises and studies. Yoga & meditation techniques help in balancing the emotions of undergraduate students effectively.

Methodology

A survey was done with the help of questionnaire for around Sixty undergraduate students. Questions were framed to make students introspect about the impact of Yoga and meditation on their emotional intelligence & well-being. The survey was done based on the duration for which students were practicing yoga and meditation. We have mapped the emotional intelligence of the students based on the number of years of yoga & meditation practice done by them on a regular basis. Some of the factors relating to Emotional Intelligence like loneliness, anxiety and depression, self-introspection, self-regulation and empathy especially during the Covid-19 crisis were analyzed. The survey included the following inspections like:

- I feel socially isolated during this COVID-19 crisis
- I feel stressed during this COVID-19 crisis
- I do things with alertness & awareness during this COVID-19 crisis
- I feel like I'm missing out on something during this COVID-19 crisis
- I'm worried about health of my family & friends during this COVID-19 crisis
- I'm affected due to use of technology on emotional intelligence during COVID-19 crisis

Results

The survey results indicated that there were about 14.8% of the undergraduate students were practicing yoga and meditation for more than 8yrs, about 16.7% of the undergraduate students were practicing yoga and meditation between 2 to 8yrs and almost 68.5% have started practicing since last 2yrs i.e. the time when the epidemic time was at its peak.

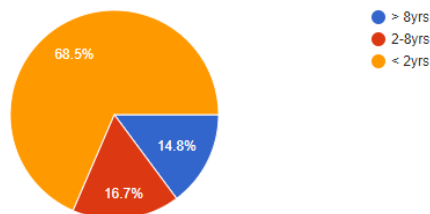


Figure 1: Yoga & Meditation

The above result based on the number of years of yoga & meditation practice done by the students is mapped with their emotional intelligence. The below results indicated that there were about more than 70.4% of the undergraduate students who feel lonely and isolated during covid-19 crisis.

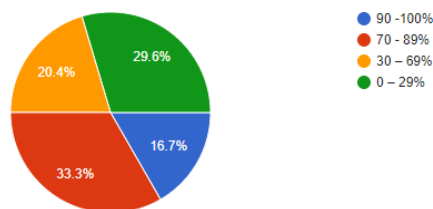


Figure 2: Self-motivation

There were around 66.6% of the undergraduate students who were feeling stressed and not able to balance their studies and social life most of the time.

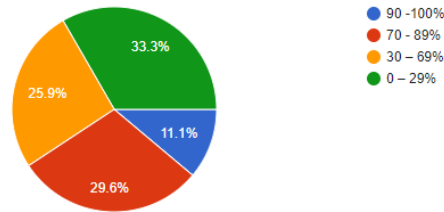


Figure 3: Self-regulation

There were around 83.3% of the undergraduate students who were doing things with awareness and alertness most of the time during the covid-19 crisis.

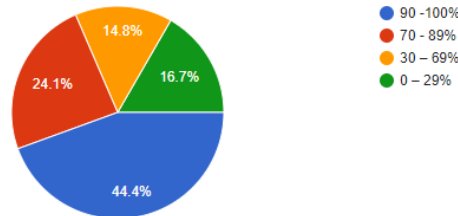


Figure 4: Self-Awareness

There were around 91.1% of the undergraduate students felt that there were missing out on something during the covid-19 crisis.

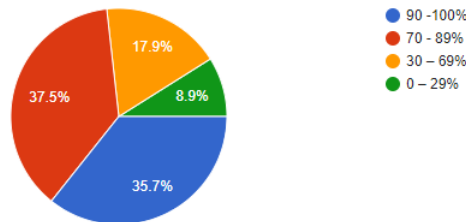


Figure 5: Isolation

There were around 87.5% of the undergraduate students who were worried about their family & friends during the covid-19 crisis.

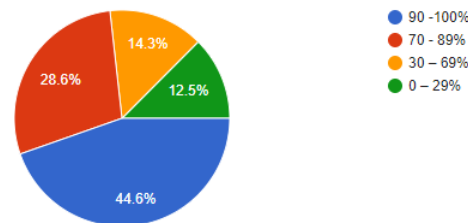


Figure 6:Empathy

There were around 80.4% of the undergraduate students who were worried about their family & friends during the covid-19 crisis.

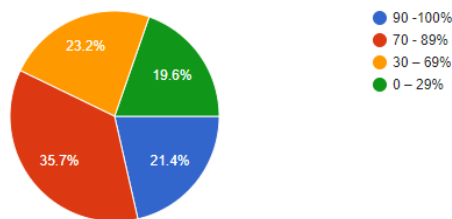


Figure 7: Social-Awareness

Impact on humans

The power of emotional intelligence helps in shaping one's character and personality. The Power of Subconscious Mind by Dr. Joseph Murphy highlights the scientific way of tapping into the energy that lies within each individual and how the power of the subconscious can be used to achieve goals, heal oneself and change the mindsets. The Biology of Belief by Dr. Bruce Lipton provides information about how the physical and emotional nature depends on the beliefs of the individual. If the beliefs are changed, it has the power to change both physical and emotional aspects of the individual. The Water experiment done by Dr. Emoto shows the impact that a water droplet has due to words and emotions of the individual. Since humans are about 70 % water, this makes one realize the impact of the words, thoughts and emotions on the personality.

All the above makes one see the connection of how yoga and emotional intelligence can have an impact on one's personality. The power of thoughts, the power of content, and the power of subconscious when correctly understood by the individual will create a marked change in the individual.

Conclusion

Creating spiritual awareness that can elevate the consciousness and help in spreading peace. For learning skills to be happy, what makes self-happy. Meditation & Yoga is the power to help achieve one's full potential. A peaceful and happy person spreads peace and contributes in making a peaceful world by creating brand for ethics and humanity. If Students get more literate about the power of Subconscious and the impact that Yoga has on one's consciousness and personality, drastic change in behavior can be achieved across the elite and the masses. Awareness drives in the form of Yoga sessions, workshops and digital content can bring about

the required positive revolution to help undergraduate students leverage their emotional intelligence. Students are supposed to be taught to manage their emotions and emotions of others and understand how to interact with others well.

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