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## IMPACT OF YOGA ON EMOTIONAL INTELLIGENCE AND SUBJECTIVE WELL - BEING: A PRE AND POST ANALYSIS

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**Abstract:** Healthy body and healthy mind are prerequisite of all meaningful existence. Healthy mind is required to govern and appreciate ones social action, to maintain mental peace and self-confidence.

Health and well-being are important factors as it affects almost every single aspect of life and determines what activities or tasks one emerges in or not, and the likelihood of which tasks or activities one is able to complete successfully. Poor health can make individual dependent on others even for the basic necessities of life and can affect individual's perception of oneself. In essence, health seems to be one of the most significant factors affecting well-being and emotional intelligence.

In other words, in order to develop a healthy personality and emotional intelligence one of the ways is the practice of yoga exercises which provides peace of mind, energize and balance of the body ultimately leads to a sense of control, happiness and well-being. The present research makes an attempt to ascertain the impact of yoga on the emotional intelligence and subjective well-being. The sample of 30 males and 30 females were selected purposefully. The present research takes into consideration the two psychological tests. First is Emotional Intelligence Scale and the second is Subjective Well-being Scale. The positive impact of yoga exercises has been found on the variables emotional intelligence and subjective well-being.

**Keyword:** Yoga, Subjective well-being, Emotional Intelligence.

### INTRODUCTION:

Health can be viewed as a state where a reserve of positive emotions, strengths and experiences are building up in order to enable the individual to deal with adverse situations sufferings and illness. The positive, subjective experiences are associated with past (well-being, contentment and satisfaction), present (happiness and emotional intelligence), Optimism and hope for future (Carr, 2004).

In this contemporary world people are facing and increasing number of chronic psychological and other stressors that impinge on their overall health, well-being and quality of life. To avoid most of the stresses one must try to attain peace of mind and body, which may be possible with the help of yoga exercises.

Yoga exercises help a person to maintain physical and mental fitness as they are conscious about their health and well-being. Breathing exercises Kapal Bhati and Brahmri have been reported to be helpful in fighting illnesses e.g. hypertension, cardiovascular disease, anxiety, depression etc. and also in reducing distress (Prasad, et al. 2005; Mamtani and Mamtani 2005).

### YOGA

Yoga originated in ancient India and is one of the longest surviving philosophical systems in the world. It has been estimated that yoga is as old as 5,000 years. Patanjali in 200 BC developed system of yoga defining yoga as a control

of the fluctuation of mind stuff (chitta) (Udapa et al. 1977).

Yoga comes from the Sanskrit word 'Yuj' meaning yoke or union. It is a spiritual practice that uses the breath and mind to energize and balance the whole person.

Shekhawat and Mishra (2008) defined Yoga as science of mental control. It not only helps individual to control one's mental state, but also to improve one's personality and behavior.

### TYPES OF YOGA

As the different connections between the mind and body were explored, various branches of yoga developed. Some of these are as follows:

**Astanga or Power Yoga:** Modern day variations of yoga developed for people who prefer a physically demanding workout.

**Bhakti Yoga:** The goal of this form of yoga is to take all of the love in ones heart and direct it to God. By worshipping God, the person who practices all life is encouraged to be sacrificial and to treat others generously.

**Bikram Yoga:** A series of 26 asanas (postures) practiced in a room that is 105 degrees in order to warm and stretch the muscles, ligaments and tendons and to detoxify the body through sweating.

**Hatha Yoga:** Emphasis is placed on the physical postures or exercise known as asanas, with the goal of balancing the opposites in one's life.

**Jnana Yoga:** Emphasize on deep contemplation. Practitioner

seeks Jnana or wisdom through meditation. The goal of this form of yoga is to be one with God.

Karma Yoga: Based on the philosophy that "yesterdays actions determine today's circumstances." Practitioner of Karma Yoga believes that by making today's action positive, individual hope they can improve tomorrow's circumstances for both themselves as well as for others.

Raja Yoga: Known in Indian as "the royal (raj) road to reintegration." The goal of this type of yoga is to blend the four layers of self: The body, the individual consciousness, the individual sub consciousness, and the universal and infinite consciousness, Raja Yoga, being most concerned with the mind and spirit, places its emphasis on meditation.

Studies done by Gupta et al. (2006) suggest that short duration yoga, meditation and lifestyle intervention program positively modifies the individual's subjective well-being and anxiety levels. Psychological stress is an important risk factor for many diseases and thus practice of yoga and preksha meditation may be valuable in terms of basic prevention.

Khan (2007) reported that the physical activity and/or yoga exercise is an important indicator of well-being. It is outlined that regular body-work is preventive and/or corrective measure to help and keep our body-mind and spirit healthy. It fosters physical, psychological and spiritual health and well-being.

Studies done by Dupler (2008) have shown that even slight facial expressions can cause changes in the involuntary nervous system; Yoga utilizes the mind/body connection. Thus yoga practice contains the central ideas such as physical postures and alignment which can influence person's mood and self-esteem and also mind can be used to shape and heal the body. Yoga practitioners claim that the strengthening of mind/body awareness can bring eventual improvements in all facets of a person's life.

#### **EMOTIONAL INTELLIGENCE**

The term Emotional intelligence was first coined by a graduate student of U.S.A. in his doctoral dissertation in 1985; this seems to be the first academic use of the term 'Emotional Intelligence.' But the concept of emotional intelligence was formally proposed by Yale psychologists, Salovey and Mayer in 1990 in the Journal of Imagination and Personality. They were scientifically measuring the difference between people's ability in the area of emotion. 'Emotional Intelligence' refers to the capacity for recognizing one's own feelings and those of others, for motivating one's self and for managing emotions well in one and in one's relations. According to Mayer, Caruso and Salovey (2000) emotional intelligence has been an emerging topic among psychologists in recent years, there have been serious discussions whether emotional intelligence is considered as an intelligence dimension.

According to Ciarrochi, Chan and Bajgar (2001) emotional intelligence involves behaviors related to the experience of emotion, specifically EI involves expressing, recognizing, understanding and managing emotions. Emotional intelligence has been found to have an impact on psychological health particularly occupational stress.

According to Bar-on (2003) there was a moderate yet significant relationship between emotional and social intelligence and psychological health. The aspects of emotional and social intelligent competencies that were found to influence psychological health are: (a) the ability to manage emotion and cope with stress, (b) the drive to accomplish personal goals in order to actualize one's inner potential and lead a more meaningful life, and (c) the ability to verify feelings and thinking.

#### **SUBJECTIVE WELL-BEING (SWB)**

Subjective well-being (SWB) is composed of people's evaluations of their lives, including pleasant affect, infrequent unpleasant affect and life satisfaction.

Diener and Lucas (2000) in their research on emotions and subjective well-being found that (a) people are going to experience affect; (b) affect was valenced and easily judged as positive or negative, and (c) most people reported having positive affect most of the time. Thus, because having more, positive emotion and less negative emotion was experienced as subjective well-being, the studies implied that people, in general, had fairly high subjective well-being.

Sponagle (2007) in his article "Pursuit of Happiness" reported that researches have found that nearly everyone feels happier when one is with other people. There's scientific evidence that suggested that those who practice some sort of religion are happier and more optimistic. The social support that religion provides and a comforting belief system are thought to be the reasons.

According to Vats (2008) there are three primary components of SWB (a) Life satisfaction (b) Frequent Pleasant Emotions (c) Infrequent unpleasant Emotions. SWB is structured such that these components form a global factor of interrelated variables. Each of the major facets of SWB can be subdivided even further. The first component is cognitive evaluation and last two components are affective.

#### **OBJECTIVES**

- (i) The major objective of the present study is to understand the impact of yoga on emotional intelligence and subjective well-being of the respondents.
- (ii) To determine the difference in the pattern of emotional intelligence of male and female respondents before and after yoga exercises.
- (iii) To determine the difference in the pattern of subjective well-being of male and female respondents before and after yoga exercises.
- (iv) To determine the relationship of emotional intelligence and subjective well-being of the respondents before and after yoga subjective exercises.

#### **HYPOTHESES**

- (i) There will be a significant difference in emotional intelligence before and after yoga exercises.
- (ii) There will be a significant difference in subjective well-being before and after yoga exercises.
- (iii) There will be a significant difference in emotional intelligence of the male and female respondents before and after yoga exercises.

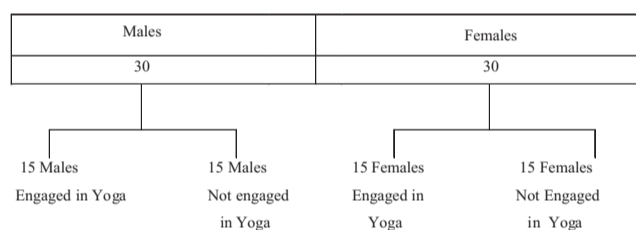
(iv) There will be a significant difference in subjective well-being of the male and female respondents before and after yoga exercises.

**RESEARCH DESIGN**

	Phase-I Condition: A PRE		Phase-II	Phase-III Condition: B POST	Phase-IV RESULTS
	Experimental Group	Male (15) Female (15)	SWB EI	INTERVENTION (Yoga for two Months)	SWB EI
Control Group	Male (15) Female (15)	SWB EI	NO INTERVENTION	SWB EI	Comparison between condition A and B without Intervention

**Sample**

The study was conducted at the Naturopathy centre, Bapu Nagar, Jaipur. The 60 respondents were selected on the availability basis. A brief presentation of the sample chosen for the present study is given in the following table.



**TOOLS EMPLOYED**

The present research takes into consideration following two psychological tests:

**Emotional Intelligence Scale**

Emotional Intelligence Scale is developed by Hyde, Pethe and Dhar (2002). This scale has 34 statements in total and for each statement there are five alternatives given. The split-half reliability coefficient was found to be 0.88. The scale has high content validity which is 0.93.

**Subjective Well-being Scale**

Subjective Well-being Scale is developed by Hingar, Mathur and Bhardwaj (2008). This scale has 42 statements in total and for each statement there are five alternatives given. The reliability of the scale was 0.80.

**PROCEDURE**

The present research work is to study the impact of yoga on emotional intelligence and subjective well-being. The participants were selected randomly from the Naturopathy centre, Bapu Nagar, Jaipur.

Questionnaires were employed simultaneously to measure emotional intelligence and subjective well-being of 30 males and 30 females. The respondents were requested to first fill the demographic variables. Although all the two tests are self-administering, instructions were read aloud and made clear. A good rapport was established and all doubts were cleared beforehand. The purpose of the research is not disclosed to the respondents.

**RESULTS AND DISCUSSION**

In order to understand various relationships and differences among the selected variables, it has been divided into following parts.

- (i) Comparative analysis of emotional intelligence at pre and post intervention stages of the experimental and control group.
- (ii) Comparative analysis of subjective well-being at pre and post intervention stages of the experimental and control group.
- (iii) Comparative analysis of emotional intelligence and subjective well-being of male and female participants of experimental group.
- (iv) Comparative analysis of emotional intelligence and subjective well-being of male and female participants of control group.

**Table 1**

Mean, standard deviation, standard error of mean, 't' value and significance level of emotional intelligence and subjective well-being of experimental and control group. (Before and after intervention)

			N	Mean	SD	SEM	t-test		
							T	df	Sig.
Experimental Group	SWB	Pre	30	152.73	16.15	2.94	8.502**	29	.001
		Post	30	178.23	15.75	2.87			
	EI	Pre	30	134.26	15.59	2.84	6.176**	29	.000
		Post	30	148.00	11.37	2.07			
Control Group	SWB	Pre	30	157.80	23.50	4.29	.331	29	.743
		Post	30	156.46	26.58	4.85			
	EI	Pre	30	129.16	17.17	3.1	.991	29	.330
		Post	30	131.23	14.90	2.72			

\* < .05; \*\* < .01

Table.1 depicts the impact of yoga exercises on emotional intelligence and subjective well-being of experimental and control group.

In the experimental group the value of 't' for subjective well-being is 8.502, which is significant at 0.01 level. The 't' value of emotional intelligence is 6.176 which is significant at 0.01 level. This shows the positive impact of yoga intervention on the emotional intelligence and subjective well-being of the participants.

Barsade (1998) found that people with high emotional intelligence know the art of expressing emotions as much as controlling them.

In the control group the 't' value of subjective well-being is .331 which is insignificant. The value of 't' for emotional intelligence is .991 which is insignificant.

Oken, et al. (2006) found improvement in physical fitness, quality of life as well as psychological well-being among healthy elderly people practicing yoga in experimental group compared to the control group.

Thus, the hypothesis that there will be a significant difference in emotional intelligence and subjective well-being before and after yoga exercises is supported by the obtained results as the all 't' values of the experimental group are significant and of control group are insignificant. Thus the yoga exercises have a positive impact on the emotional intelligence and SWB.

**Table 2**

Mean, standard deviation, standard error of mean, 't' value and significance level of emotional intelligence and subjective well-being of male and female of experimental group.

			N	Mean	SD	SEM	t-test		
							T	df	Sig.
Male (Experimental Group)	SWB	Pre	15	154.93	19.27	4.97	6.053**	14	.000
		Post	15	182.06	6.23	1.61			
	EI	Pre	15	136.80	15.70	4.05	3.669**	14	.003
		Post	15	148.60	9.17	2.37			
Female (Experimental Group)	SWB	Pre	15	150.53	12.59	3.25	5.825**	14	.000
		Post	15	174.40	21.06	5.43			
	EI	Pre	15	131.73	15.59	4.02	5.055**	14	.000
		Post	15	147.40	13.52	3.49			

\*<.05; \*\*<.01

Table 2 depicts the impact of yoga exercise (as an intervention) on emotional intelligence and subjective well-being of male and female of experimental group.

The 't' value of subjective well-being of male respondents is 6.053 which is significant at 0.01 level. This shows the yogasanas an intervention has a positive impact on the subjective well-being of male participants.

The 't' value of emotional intelligence of male respondents is 3.669 which is significant at 0.01 level. This shows the positive impact of yoga intervention on emotional intelligence of the male participants.

Havalappanavar (2002) argued that yoga brings about profound changes in physiology as well as psychology of its practitioners and also helps to overcome the problem of insomnia and leads to emotional stability by helping to have better management of emotions.

The 't' value of female respondents of subjective well-being is 5.825 which is significant at 0.01 level. Thus yoga exercises are helpful in increasing the overall well-being of the female respondents of experimental group.

The 't' value of female respondents of emotional intelligence is 5.055 which is significant at 0.01 level. Thus the yoga exercises enhance the emotional intelligence of female participants of experimental group.

Chentsova-Dutton and Tsai (2007) examined the effects of gender on the emotional responses (Physiology, self reports of emotion and emotional facial behavior) of European Americans and among Americans. The results revealed that women were more emotionally reactive than man.

As all the 't' values of both male and female respondents are significant. So, the hypotheses that there will be a significant difference in emotional intelligence and subjective well-being of male and female respondents is supported by the results obtained. As the emotional intelligence and subjective well-being of participants increases after yoga exercises. Thus yoga has a positive impact on emotional intelligence and subjective well-being.

**Table 3**

Mean, standard deviation, standard error of mean, 't' value and significance level of emotional intelligence and subjective well-being of male and female respondents of control group.

			N	Mean	SD	SEM	t-test		
							t	df	Sig.
Male (control Group)	SWB	Pre	15	161.066	21.59	5.57	.624	14	.543
		Post	15	156.266	28.22	7.28			
	EI	Pre	15	127.13	14.86	3.83	1.182	14	.257
		Post	15	130.60	13.48	3.48			
Female (control Group)	SWB	Pre	15	154.53	25.60	6.61	.858	14	.405
		Post	15	156.66	25.53	6.67			
	EI	Pre	15	131.20	19.52	5.04	.221	14	.828
		Post	15	131.86	16.65	4.29			

\*<.05; \*\*<.01

Table 3 depicts mean, standard deviation, standard error mean, 't' value and significance level of emotional intelligence and subjective well-being of male and female respondents of control group. There is no yogasanas intervention for control group.

The 't' value of male respondents of subjective well being is .624 which is insignificant this shows that the subjective well being reduces when the participants were not doing the yogasanas which is helpful in enhancing the subjective well being.

The 't' value of subjective well being female respondents of control group is .858, which is insignificant. The 't' value of emotional intelligence male respondents is 1.182 which is also insignificant.

The 't' value of emotional intelligence female respondents of control group is .221 which is again insignificant.

Thus the emotional intelligence neither increase nor decrease in case of control group when no yoga exercise is given to the participants as an intervention.

So on the basis of the above results obtained it may be concluded that yoga exercise is very necessary for enhancement of subjective well-being and emotional intelligence and it also helps in the reduction of stress and all other negative psychological factors.

**Table 4**

Correlation among emotional intelligence and subjective well-being of experimental and control group (before and after intervention).

		N	Pearson Correlation	Sig.
Experimental Group	SWB and EI (Pre)	30	+.111	.558
	SWB and EI (Post)	30	+.701**	.000
Control Group	SWB and EI (Pre)	30	+.557**	.001
	SWB and EI (Post)	30	+.687**	.000

\*<.05; \*\*<.01

Table 4 depicts correlation among emotional intelligence and subjective well-being of experimental and control group.

In the experimental group the correlation between subjective well-being and emotional intelligence before intervention is +.111 and after intervention is +.701 which is significant at the 0.01 level.

Thus on the basis of obtained results it may be gathered that there is a positive relationship between subjective well-being and emotional intelligence.

Thus the result obtained supports the hypotheses that there will be a significant positive relationship between subjective well-being and emotional intelligence.

According to Extremera and Fernandez-Berrocal (2005); Pertrides, Pita and Kokkinaki (2007) good perception of emotion i.e. high clarity and capacity to intercept negative moods and enhance positive ones i.e., mood repair generally show higher life satisfaction.

In the control group the correlation between subjective well-being and emotional intelligence before intervention is +.557 which is significant at 0.01 level. The correlation of the same after intervention is +.687 which is also significant at the 0.01 level. Thus, the subjective well-being and emotional intelligence are positively correlated.

#### CONCLUSION:

From the above discussion it has been concluded that the yoga has a positive impact on the emotional intelligence and subjective well-being.

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