



## Research Article

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## A Comparative Study on Mental health and Personality among Yoga and Non-Yoga Practitioners

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**Abstract: Background:** Our emotional, psychological, and social well-being are all part of our mental health. It has an impact on the way we think, feel, and act. It also influences how we deal with stress, interact with others, and make decisions. Mental health is vital at all stages of life, including childhood, adolescence, and maturity. Mental health and Physical health both play important roles in the development of a magnificent personality. Personality can refer to physical characteristics such as height, weight, color, body type, clothing, voice, and also refers to social traits such as sociability, generosity, kindness and reserve. **Aim:** The main aim of the present study was to examine the difference on mental health and Personality among Yoga and Non-Yoga Practitioners. **Method:** In the present study null hypothesis was applied to check the authenticity of the research equivalently including Ex-Post Facto research design focusing on particular traits. Data was collected with the help of primary source i.e., questionnaire incorporating Mental Health Scale constructed by Dr. Smt Kamlesh Sharma and Eysenck Personality Inventory Hindi Adaptation by Dr. Giridhar Prasad Thakur. A sample of 60 was taken, 30 based on Yoga practicing and 30 on Non-Yoga practicing adults using Quota Sampling Method. **Statistical Techniques:** Data were evaluated with the help of t-test. The statistical analysis of the research study was carried out by comparing the Yoga practicing and Non-Yoga practicing individual. **Result:** The estimated t-value came out to be succeed at 0.05 level and thus the null hypothesis is retained. **Conclusion:** To conclude from the following research it can be said that the mental health and personality of yoga and non-yoga practitioners are presumably similar.

**Keywords:** Mental health, Personality, Yoga and Non-Yoga practitioners.

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## INTRODUCTION

Mental health is critical for maintaining a secure and healthy lifestyle. It includes a person's emotional, social, and psychological well-being. According to statistics, one out of every five persons in the globe suffers from mental illness. Every day, it has an impact on how we think, feel, and act. Our mental health has an impact on how we make decisions, how we deal with stress, and how we interact with people. Mental health and Physical health both play important roles in the development of a magnificent personality. Personality is a dynamic organisation within the individual of those psycho-physical systems that determine his unique adjustment to his environment. Some people use it to refer to physical characteristics such as height, weight, colour, body type, clothing, voice, and so on. Others use terms like intelligence, activity, speech pattern, thinking and reasoning ability, and others to describe intellectual attributes. Yoga is the most respected and mainstream practice that focuses on the mental and physical well-being of practitioners. Yoga is more concerned with the "inside" experience of the practitioner than worrying about the "outside" experience. A true yoga practise necessitates introspection, reflection and serious self-

examination. It's a technique to connect with our own thoughts, feelings, beliefs, and basic values. A study with the purpose to see if yoga could help adolescents in secondary school with their mental health was conducted by Khalsa *et al.* (2012). In another study by Taspinar *et al.* (2014) Hatha yoga and resistance exercise may affect different aspects of mental health and well-being. Hatha yoga improved the dimensions fatigue, self-esteem, and quality of life. Resistance exercise training more improved body image in sedentary adults. It also decreased depression symptoms at a similar level. A pilot study done by Tejvani *et al.* (2016) intended to assess the effect of a two-week Yoga intervention on anxiety, depression, and self-esteem of adolescents and young adults living in an orphanage. Simplified Kundalini yoga was studied by Krishnan (2006) on 450 students from Government, Government aided and private schools. Results of the training showed significant effect on the personality and the academic achievement of the students. Sex and subjects studied had no significant bearing on the effects of Simplified Kundalini Yoga. An attempt to assess the efficacy of a short-term comprehensive yoga-based lifestyle intervention in reducing anxiety, improving subjective well-being and personality Yadav *et al.* (2012) conducted an investigation. The observations

suggest that a short-term, yoga-based lifestyle intervention may significantly reduce anxiety and improve subjective well-being and personality in patients with chronic diseases.

### Research Problem

The current study commences with a question that captivates the researcher's interest. The proposed study was conducted by answering one official research question: "Is there any difference on mental health & personality among yoga practitioner and non-yoga practitioner?"

### AIM & OBJECTIVE

1. To see the difference on mental health among Yoga and Non-Yoga Practitioners.
2. To examine the difference on personality among Yoga and Non-Yoga Practitioners.

### Hypothesis

In present research, researcher formulated the following null hypothesis for empirical verification:

**H0<sub>1</sub>:** There is no significant difference of mental health among Yoga and Non-Yoga Practitioners.

**H0<sub>2</sub>:** There is no significant difference of Personality among Yoga and Non-Yoga Practitioners.

**H0<sub>3</sub>:** There is no significant difference of Neuroticism-Stability among Yoga and Non-Yoga Practitioners.

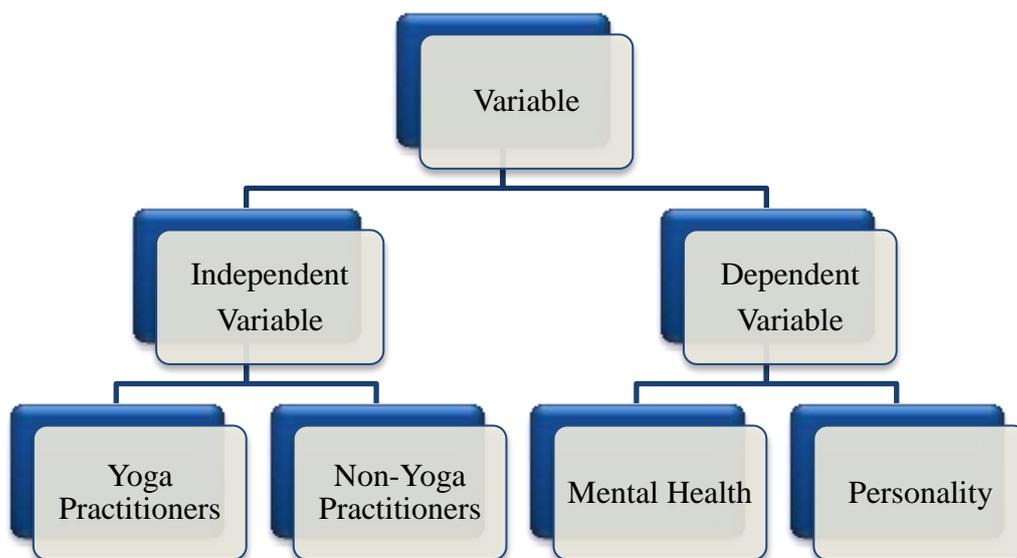
**H0<sub>4</sub>:** There is no significant difference of Extraversion-Introversion among Yoga and Non-Yoga Practitioners.

**H0<sub>5</sub>:** There is no significant difference of Lies among Yoga and Non-Yoga Practitioners.

### Research Gap

There are no particular researches to examine the mental health of adult yoga practitioners. Also, no particular research was done with the sample of personality and mental health individually. Mental health and Yoga are vast topic to study on, mostly the researches are on its effects and not on differences or comparisons related to performance of yoga and non-yoga. Personality related to Gunas are more frequently mentioned relating it with yoga, rather more researches can be done on different dimensions of personality. Therefore, researcher wanted to study and contribute on the topic "Study on mental health and personality among yoga and non-yoga practitioners: A Comparative Study".

### Variables in Present Study



### METHODS

The objective of research is to find answers to questions through scientific process applications, and research methods give instruments and strategies through which research problems are studied.

### Inclusion Criteria

In this research, researcher has included individuals of diverse age range from 16 to 30 years, gender including males as well as females. Subjects in this test are students enacting yoga practice daily

(students of yogic sciences) and students not practicing yoga regular at all (students other than of yogic sciences).

### Exclusion Criteria

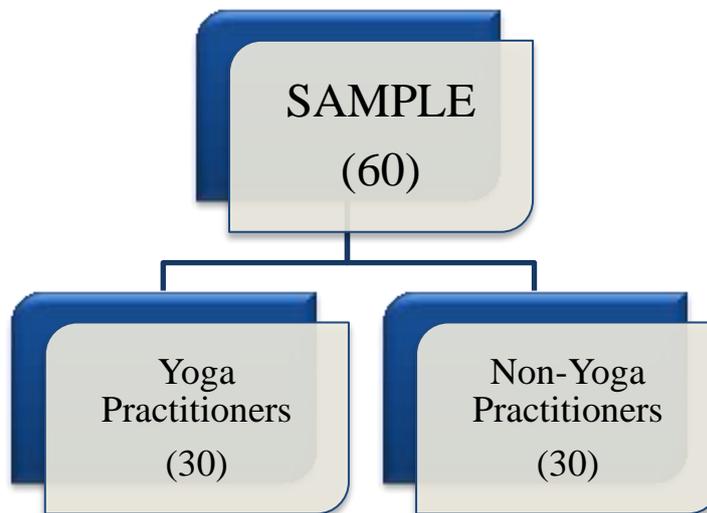
The researcher eliminated respondents aging above 30 years from this study because as people become older, their mental health and personalities may change and be influenced by diverse life experiences. As people get older, their ability to adjust increases, and their mental health and personalities become more stable, or better.

**Research Design**

A research design is chiefly the set of approaches and procedures used in aggregation and analysing measures of the variables quantified created to seek answer to research question. For the present research work researcher has used Ex-post facto research design to evaluate the data of the study.

**Sample & Sampling**

A sample of 60 participants (30 yoga practitioners and 30 non-yoga practitioners) were selected for the present research. The sample was selected to match the study and help in achieving the purpose of the study. Researcher has used quota-sampling technique for the data collection.



**Research Tool**

In the present study, researcher has used Mental Health Scale developed by Dr. Smt Kamlesh Sharma and Eysenck Personality Inventory Hindi Adaptation developed by Dr. Giridhar Prasad Thakur.

**Data Collection Procedure**

First of all, variables were determined after executing a literature review and analysing the research gap i.e., Mental health & Personality and Yoga/Non yoga practitioners. For this study appropriate questionnaire “Mental Health Scale and Eysenck Personality Inventory” was selected. For data collection sample size of 60 was selected using the Quota sampling technique. 30 Yoga Practitioners and 30 Non-Yoga Practitioners were chosen for commencing a comparative study. Further scoring of the questionnaire was computed and with help of t-test as a statistical

analysis tool and result was devised. Subsequently, the level of confidence was checked, interpretation and discussion were done then at last, conclusions were given.

**Statistical Techniques**

In this study our variables are mental health and personality. The research work is conducted on mental health and personality among Yoga and Non-Yoga Practitioners. Researcher used t-test is used for statistical analysis.

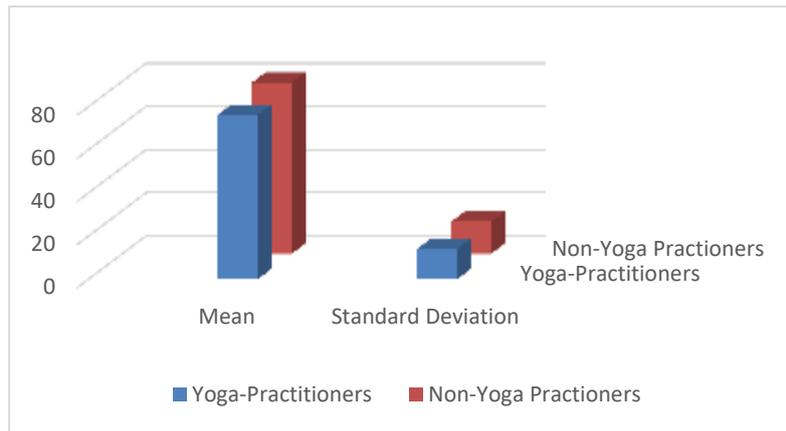
**RESULT & INTERPRETATION**

Data was formulated through above-mentioned scale and were analyzed in terms of mean, standard deviation and t-test method. The results have been presented in the tables.

**H0<sub>1</sub>:** There Is No Significant Difference On Mental Health And Personality Of Yoga And Non-Yoga Practitioners.

Group	Mean	SD	N	SEM	SE <sub>d</sub>	t-value	Level of significance
<b>YOGA PRACTITIONERS</b>	76.37	14.21	30	2.59			
<b>NON-YOGA PRACTITIONERS</b>	79.40	14.90	30	2.72	3.7590	0.8060	Not significant at 0.05 level

df=58

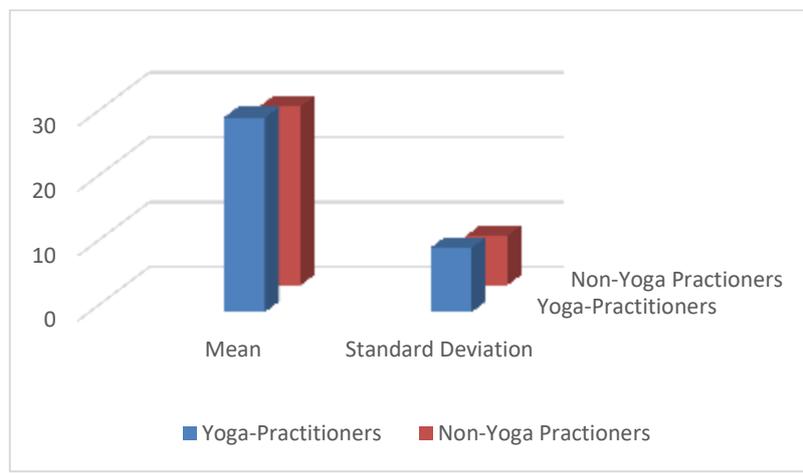


**Graphical Representation 1**

**H0<sub>2</sub>:** There Is No Significant Difference Of Personality Among Yoga And Non-Yoga Practitioners.

Group	Mean	SD	N	SEM	SE <sub>d</sub>	t-value	Level of significance
<b>YOGA PRACTITIONERS</b>	30	9.92	30	1.81			
<b>NON-YOGA PRACTITIONERS</b>	27.57	7.64	30	1.40	2.286	1.0646	Not significant at 0.05 level

df=58

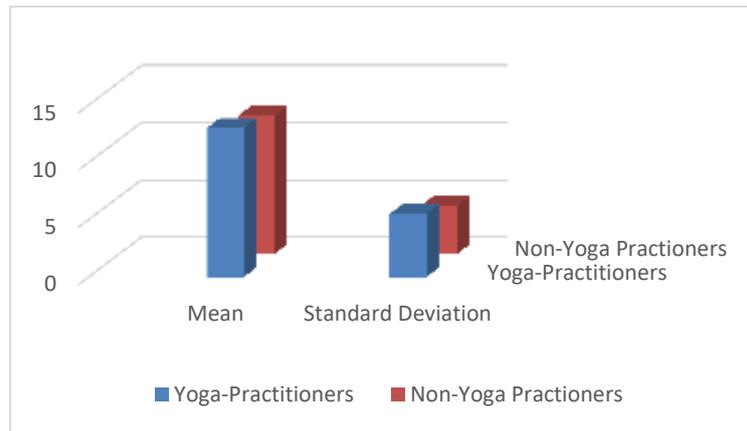


**Graphical Representation 2**

**H0<sub>3</sub>:** There is no significant difference of neuroticism-stability among yoga and non-yoga practitioners.

Group	Mean	SD	N	SEM	SE <sub>d</sub>	t-value	Level of significance
<b>YOGA PRACTITIONERS</b>	13.03	5.53	30	1.01			
<b>NON-YOGA PRACTITIONERS</b>	12.07	4.21	30	0.77	1.269	0.7618	Not significant at 0.05 level

df=58

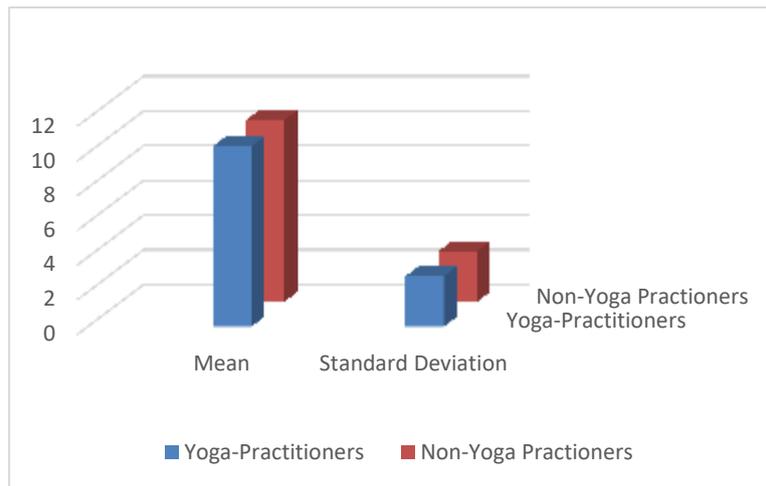


**Graphical Representation 3**

**H0<sub>4</sub>:** There Is No Significant Difference Of Extraversion-Introversion Among Yoga And Non-Yoga Practitioners.

Group	Mean	SD	N	SEM	SE <sub>d</sub>	t-value	Level of significance
<b>YOGA PRACTITIONERS</b>	10.4	2.91	30	0.53			
<b>NON-YOGA PRACTITIONERS</b>	10.47	2.91	30	0.53	0.751	0.0888	Not significant at 0.05 level

df=58

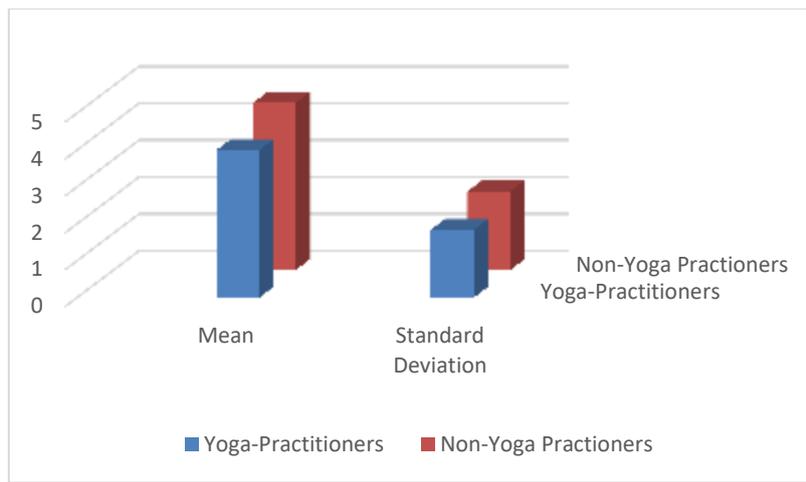


**Graphical Representation 4**

**H0<sub>5</sub>:** There Is No Significant Difference Of Lies Among Yoga And Non-Yoga Practitioners.

Group	Mean	SD	N	SEM	SE <sub>d</sub>	t-value	Level of significance
<b>YOGA PRACTITIONERS</b>	4	1.84	30	0.34			
<b>NON-YOGA PRACTITIONERS</b>	4.53	2.13	30	0.39	0.514	1.0380	Not significant at 0.05 level

df=58



**Graphical Representation 5**

From the above given graphs and results, it is known that there is no substantial difference on mental health and personality and its dimensions among yoga practitioners and non-yoga practitioners. A slight difference of mean on both the variables can be seen among yoga and non-yoga practitioners. The samples in this study were taken from a spiritual environment (Dev Sanskriti Vishwavidyalaya) which has affected the mental health and personality of yoga and non-yoga practitioners and so there is a distinguishable balance among yoga and non-yoga practitioners.

Different activities such as Gayatri Yagya, Life Management classes, Geeta and Dhyana classes, Naadyoga, and the daily routine of adults all have a positive impact on their mental health. While some spiritual activities, such as atmabodh & tattvabodh sadhana, rudrabhishek, gayatri mantra sadhana and swadhyay have a favourable impact on an individual's personality. According to Bhagavat Geeta, there are three types of food (ahaar) which plays a prominent effect on personality. And hence the food provided is considered as sattvic in nature which enables sattvic qualities in an individual's personality.

Thus, all the individuals are nearly balanced in mental health and personality. And so, the life style of yoga practitioners and non-yoga practitioners are quite similar and stable. Hence there is no copious significant difference on mental health and personality among yoga and non-yoga practitioners. Therefore, our null hypothesis has been retained.

A study by Tamilselvi & Thangarajathi articulates Yoga is found to be effective in increasing the personality thereby developing it. A study concludes and proves the fact that yoga definitely improves personality of an individual. In a separate study by Bhardwaj & Agrawal, (2013) on adolescents, the yoga group showed a significant increase in the level of total self-esteem, general self-esteem and social self-esteem after one month of comprehensive yoga program.

Tripathy & Sahu (2021) conducted a comparative study on mental health of rural and urban students and found that the Mental Health of the urban students and the rural students have significant difference. A similar study was done by Janjhua *et al.* (2020) to investigate the effect of yoga on the emotional regulation, self-esteem, and feelings of the adolescents. The investigation concluded that adolescents practicing yoga significantly differed from the non-yoga group on emotional regulation, self-esteem, and feeling components.

## CONCLUSION

The main aim of the study is to reveal whether there is substantial difference on mental health and personality of yoga practitioners and non-yoga practitioners. The research study includes the comparison of yoga practicing individuals and non-practicing individuals. The sample included 30 yoga practitioners and 30 non-yoga practitioners. After the data collection, analysis was done with the help of t-test and result were formulated which shows that there is no momentous difference on mental health and personality of yoga and non-yoga practitioners. From the above study, it is concluded that there is no significant difference on mental health and personality between yoga practitioners and non-yoga practitioners. As a result, the null hypothesis is retained and can be explored further.

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