Observing Aggression of Adolescent: Om Meditation Followed by Surya Namaskara as a Nostrum

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Abstract

Background: The aim of the present study is to observe the effect of Om Meditation followed by Surya Namaskara practices on the aggression level in adolescents. Aggression in adolescence is a key point of focus for psychologists, educationists, parents, and teachers. On the other hand, interdisciplinary researches with special reference to yoga and psychology are growing rapidly in this era of applied science. Despite rapidly growing scientific literature on yoga and its application, there has been no study conducted to determine whether Om Meditation followed by Surya Namaskara practices affects the aggression level in adolescents. The paper explores the effects of Om Meditation followed by Surya Namaskara controlling the aggression level in adolescents. A sample consisting of 30 students from Gayatri Vidyapeeth, Haridwar, Uttarakhand, respectively, was taken. The entire sample belonged to the age group of 15-17 years. Om Meditation followed by Surya Namaskara practice was given to each and every subject of the group for a period of 45 days regularly. In this research, pre-post single-group design has been applied. Participants were given a questionnaire named as "aggression scale" (A-scale) which was developed by Pal and Naqvi (1983) for measurement of aggression score. Paired sample t-test and eta-squared statistics have been used for comparing pre- and post-mean scores and computing the magnitude of the effect of intervention, respectively. There was a statistically significant decrease in the aggression score from pre-test (M = 62.00, SD = 22.87) to post-test (M = 56.13, SD = 12.72), t (29) = 1.3291. The two-tailed P value equals 0.1942. By conventional criteria, this difference is considered to be not statistically significant. The mean decrease in aggression score was 6.47 with a 99% confidence interval. The findings revealed that the practice of Om Meditation followed by Surya Namaskara is highly effective in reducing the aggression level in adolescents, which was significant at 0.01 level of significance.

Keywords: Adolescents, Aggression, Om Meditation and Surya Namaskara

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