

Personality Transformation through Yoga Nidra among College Students

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Abstract: The purpose of the present study to investigate personality transformation through yoga nidra among college students of Buxar district. For this the group of students was classified into two groups experiment and control group and again the group of students was classified into the categories of male and female and also it will be divided into two categories rural and urban. To study the effect of yoga nidra and personality transformation the correlation study has been done to check the status of yoga nidra and personality traits among college students. The big five personality traits as developed by Dr. R N Singh (2013) has been used for the present study. In the present research, it was seen that on all the dimensions of Big 5 personality traits, the students belonging to control group have given better results between rural and urban and male and female college students. That is, due to yoga nidra, personality traits have immersed more positively in them.

Keywords: Personality transformation, Yoga nidra, Anxiety

Introduction

Yoga nidra was used by Swami Satya Nanda Saraswati in 1976, in which he taught people do meditation, Through Yoga nidra, personality developed a sense of self consciousness and level of independency. The state of yoga nidra, meditation is considered to be a state of determined question regulation through which the inner self of a person can be developed positively. a simple process of meditation in which often these words like I am peacefully relaxed and at the same time a successful person, who does a who does every work with full devotion and calm mind. What is the purpose of developing this positive feeling within yourself that you are trying to prepare your own unconscious mind in such a way, in which you mentally prepare your unconscious mind for or positive thoughts and feelings. Positive feelings and thoughts should always remain in all the conscious, subconscious and unconscious mind, so that the psychological mental state of the person can be observed with positive feelings. The powerful antidote to the stresses of modern-day life can only be a unique technique which unites Body mind and spirit. the purpose of this study it is not only to show how to get rid the anxiety and depression but also to make appositve research to get rid of anxiety and stress of day-to-day life. Research will develop an awareness of anxiety, stress and depression related to consequences and through psychological principles, learn the process of stress management through yoga nidra which help us how to remove or manage our level of stress and motivate for gracious living which brings simple strategies to enrich our lives. This study is based on experimental study in which control and experimental condition improve our condition through Yoga nidra for stress management which is important to understand the functioning of the mind. Yoga nidra and ancient cultural heritage drives our conduct within. it is a scientific process to reach the ultimate state of perfection, in which Pranayam and meditation are the best holistic path to lead the balance in the life.

The goal of yoga is to establish perfect harmony between the various activities of the body so that they work for the benefit of the body as a whole. Starting from the whole body, yoga progresses to the mental and emotional level. Many people suffer from mental illness and features arising from the pressures and interactions of daily life. Yoga cannot eradicate all diseases but can provide a proven method to fight them. Swami Shiva ji and explains yoga by saying that yoga is a process of harmonising the relationship between thought, speech and action through which harmony between mind, feeling and hearing can be established. The practice of yoga develops Awareness of the relationship between the emotional and mental as well as the physical level. Along with this comes the awareness that if imbalance does not arise in any one of these, the others also remain unaffected. These reflexes respectively give the ability to comprehend the existence of individuals. There are many branches of yoga like Raja-Yoga, *Hatha Yoga*, *Gyan Yoga*, *karma yoga*, *bhakti yoga*, *Mantra*, *Kundalini yoga* etc. But as people are getting oriented towards the practice of yoga the concept of yoga is expanding and the knowledge about Yoga is increasing. Every person should choose suitable Yoga options for himself according to their personality and personal needs. The last 50 years of the 20th century it has been the most popular yoga is *hatha yoga* among various yoga systems.

Yoga and meditation have re-emerged as powerful instruments for bringing about peace and harmony. Millions of yoga and meditation centres have sprung all over the world. It has been accepted not only in formal school and University education but for job-oriented vocational training courses. Meditation formed essential of every world religion, but its significance in promoting psychological wellbeing could be best appreciated in the last century. What is more, the different meditational techniques or practices have assumed non-religious, non-esoteric, and scientific character and as such, they are being accepted and practiced by people of different religious faith (Rao, 1989). by personality transformation we mean qualitative improvement in one's personality. This means reduction in negative emotions, attitudes and qualities like fear, anger, hatred, disliking, anxiety, aggression etc., as well as improvement in positive dimensions like love, compassion, self-confidence, concentration, altruism etc. Yogic practices including meditation like yoga nidra, aim at promotion of harmonious personality in which unnecessary fear and apprehension are negated and the practitioner develops inner strength of sound discrimination and a loving personality. Yoga nidra has the special advantage of being a simple and systematic technique of meditation which can be practiced by any average person.

Personality theorists have spent several decades disagreeing among themselves about the number and nature of important personality factors or traits (Eysenck, M.W., 1997). Cattell et al., (1970) argued that there are sixteen personality factors whereas Eysenck (1967) identified only three. In recent years there has been a developing consensus that there are five major personality factors, which are often called the Big Five, Costa and McCrae (1985) identified the following five factors - extraversion, agreeableness, conscientiousness, neuroticism, and openness. Virtually everyone agrees that one of the Big Five is a factor known variously as trait anxiety, neuroticism or negative affectivity (Watson and Clark, 1984).

The present research is devoted to see the effect of yoga nidra on personality. Since trait anxiety has been conceived as one of the major traits of personality, this was selected as a dependent variable for the present research.

Objectives of the Study:

1. To find out the effect of Yoga nidra on personality among male and female college students on Experimental group.
2. To find out the effect of Yoga nidra on personality among male and female college students on experimental and control group.

Hypotheses:

1. There would be significant difference of yoga nidra on personality among male and female college students on experimental group.
2. There would be significant difference of yoga nidra on personality among male and female college students on experimental and control group.

Research methodology

Design

A simple design for the study could have been the post design in which yoga nidra could be introduced as an intervening variable between the pre and post conditions. The difference in the results obtained in the two conditions yields the effect of the intervening independent variable.

Sample:

In the study 200 students were selected from different colleges of Veer Kunwar Singh University, which is situated in Bexar district of Bihar. In a group of 200 students, 100 male and 100 female students were selected for the study. 100 male and 100 females' students were again divided into two categories in which 50 rural and 50 urban students were selected for the study. the students are belonging to post graduate level of different colleges.

Personal Information Blank:

The personal information blank has been filled by the participants for their personal information regarding their age, sex, geographical status, residential status, education and interaction with others.

Big-5 Personality Scale:

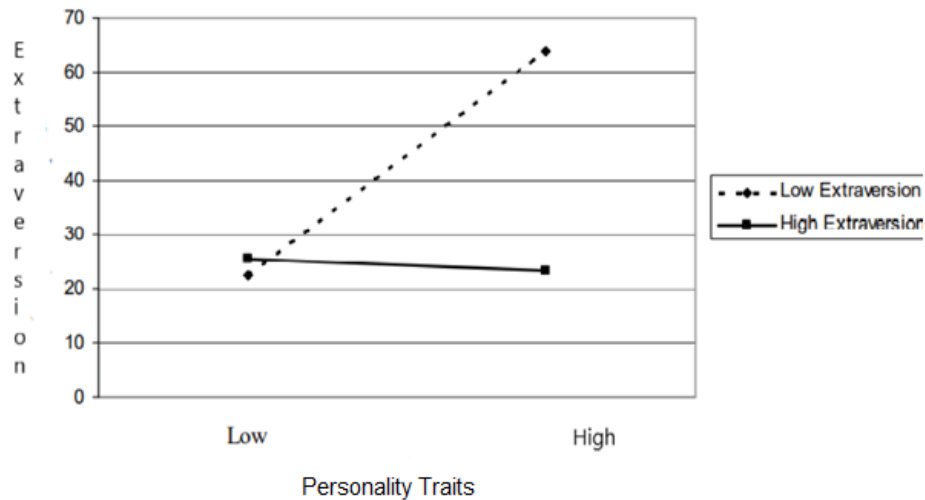
The Hindi adaptation of big five personality scale, prepared by MC Graw & Costa, (1992) has been given by Dr. RN Singh (2013). This scale measures 5 dimensions of personality. in the scale there are total 60 items through which the personality of the person has been measured as General personality, neuroticism, Extraversion, agreeableness, conscientiousness and open ness to experience. The internal consistency of this inventory has been found to be 0.86, 0.77, 0.73, 0.68 and 0.81.

Result and Discussion

Table-1: Pearson's correlation of yoga nidra on personality traits among male and female college students on the basis of experimental and control groups:

Variables	Experimental group	N-100	Control group	N-100
Big-5 Personality traits	Male college students	Female college students	Male College Students	Female college students
Age	-.32*	-.27	-.38**	-.29*
Agreeableness	.23**	.26*	-.22	.16
Conscientiousness	.30**	.32**	.40**	.30*
Neuroticism	.28*	.08	.18*	.19
Openness	-.15	-.05	-.03	-.08
Extraversion	.32**	.17*	-.31**	-.13

Moderating The Effect Of Yoga Nidra Among Male And Female College Students

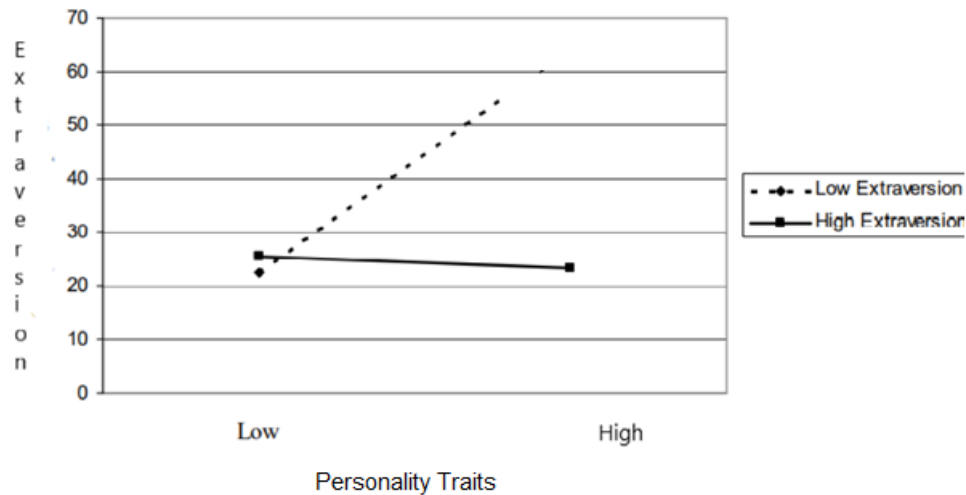


It is clear from the observation in table 1 that the Carl Pearson correlation in personality traits was calculated between male and female college students of Buxar district. It is short in table that similarities and differences have also been found between the correlation with both the classes of male and female students on the basis of experimental and control group. Yoga nidra is significantly correlated to personality traits and for transforming the personality yoga nidra plays a very vital role. Yoga nidra is the base of personality transformation, because meditation and pranayama were significantly affected by Personality transformation. A significant correlation was found between them in the five personality factors of personality traits. Which shows that due to absence of yoga nidra and regular exercise, personality disorders are also found in the personality of the person along with expression, which encourages aggression and other disturbances in personality as well as some other crimes related to behavioural problems. It was also observed that practise of yoga nidra was significantly related to personality transformation. age has been found to be significantly related to aggression and behavioural modification. However, a significant relationship has been found between personality traits and yoga nidra among students. But there is a section of college students in which behavioural issues has not been found. There was also no significant correlation between their age, personality traits and yoga nidra. A significant relationship was found between personality traits and working women, while a significant relationship was found between Yoga nidra and neuroticism among control group. In contrast, subjects belonging to control group, are found positive correlation between neuroticism and yoga nidra after practising of yoga nidra. From the above findings, it is stated that there is a relationship between the personality traits and yoga nidra among male and female college students belonging to both experimental and control group of studies.

Table-2: Pearson's correlation of yoga nidra on personality traits among rural and urban college students on the basis of experimental and control groups:

Big-5 Personality Traits	Experimental group		Control group	
	N-50	N-50	N-50	N-50
Dimensions	Rural college students	Urban College Students	Rural college students	Urban college students
Age	-.30**	-.35**	-.13	-.19
Agreeableness	.22*	.20*	-.06	-.15
Conscientiousness	.26*	.18*	.00	-.07
Neuroticism	.09	-.07	-.05	-.18
Openness	.20*	.16*	-.25	-.0
Extraversion	.42**	.08	.19*	.05

Moderating The Effect Of Yoga Nidra Among Rural And Urban College Students



In the present research study Pearson's correlation of yoga nidra on personality traits among rural and urban college students were also calculated. In this study we can find the effects and the magnitude of the effect of more than one independent variable on one dependent variable using principles of correlation and regression. It extends the ideas presented in the preceding section to more than one independent variable. We want to predict here that practise of yoga nidra and personality traits among the respondents. In personality traits extraversion, neuroticism, agreeableness, openness to experience, are the predictors of personality transformation and different traits of big-5. Pearson's correlation analysis is used in present study. Step one is based on the age of the respondent. The present study result indicates that there are negative correlations on six predictors of personality traits that are agreeableness, conscientiousness, neuroticism, extraversion and openness to experience. Table 2: shows that standardised correlation, for age and other traits of big-5 changed for personality traits. In correlational analysis is the most significant factor in yoga nidra. As per the increasing of their age, their ability to adjust within their family are increasing. Hence, a significant relationship was found between practise of yoga and personality traits. Therefore, there is a significant correlation between personality transformation and practising of yoga nidra. It is clear from the research results that there is a negative relationship between aggression and age as the level of yoga nidra, decreases with increasing age as the ability to adjust to family members as well as to urban college students who are suffering from aggression, anxiety and depression. Agreeableness, extraversion, and conscientiousness are positively correlated to yoga nidra. Because it has been seen that the tendency to resist aggression is being seen more in urban college females. Therefore, they have been found to have a more positive correlation between agreeableness, extraversion, conscientiousness and yoga nidra through practising in control group. In vice versa, it is found that the tendency to resist physical and mental irregularity is found in urban more than rural college students. Overall, the variability related to personality traits on yoga nidra is found significantly on $p < .001$ level.

The other group of respondents, which is control group, rural and urban college students are also explained and it is found that agreeableness, Conscientiousness and extraversion are negatively associated with aggression and anxiety. This suggests that rural college students who have positive traits and they have their own decision-making power and they also have their own personality traits like openness to experience, Extraversion, conscientiousness. In correlational analysis age is not a significant proportion of variance. Among students belonging to rural and urban groups based on experimental and control groups, in which rural college students are positively correlated with yoga nidra, their positive association and adjustment indicates that rural college students who are scoring higher have their higher traits and they are more likely to perpetrate adjustment and personality traits. Overall correlation model was significant. As we can say that Pearson's correlation denotes the similarities and differences as a predictors of personality traits among rural and urban college students, are evaluated with their personality traits. In yoga nidra both respondents have predictors one of them are associated with age and positive association with personality traits are found in which agreeableness, openness to experience, conscientiousness and extraversion are positively associated with yoga nidra whereas urban college students who belongs from experimental group were also predicted by their lower level of agreeableness and rural group. In the prediction of rural and urban group of student's criteria are found different. Rural and urban students of experimental and control group was predicted by personality traits, whereas their personality transformation belongs to their practise of yoga nidra. deals with the similarities and differences as a predictor of personality transformation among rural and urban college students belonging to experimental and control group of categories. Steffensmeier and Allan (1996), stated that girls have more antisocial behaviour than boys. The crimes that are nonviolent have been mostly done by boys. Because it has less risk capacity and does not belong under the category of direct crime. (Campbell, 1999, 2002). The current research study shows a high correlation between the outcomes of practices of yoga nidra as perpetrators and personality traits. It is clear from this that personality traits have been directly correlated with yoga nidra and personality transformation.

Conclusion

To conclude, the present research found that personality traits were not Obvious predictors of Yoga nidra among male and female college students as well as rural and urban college students on the basis of experimental and control group of variables. As per result shows that conscientiousness and yoga nidra was inversely related to agreeableness. Similarly, the criteria of extraversion and openness to experience are also negatively correlated and negatively associated with aggression and anxiety. Therefore, in present

research study the relationship between personality traits and yoga nidra has been established and also what has been done now is that the effect of personality traits of rural and urban college students is associated with yoga nidra. As we study personality traits, agreeableness, conscientiousness, extraversion is found less. In other words, we can say that rural college students have a lower level of confidence, but in terms of neuroticism they are more affected by their counterparts.

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