

# THE IMPACT OF YOGA PRACTICE ON STUDENTS' PERSONALITY GROWTH: AN EDUCATIONAL PERSPECTIVE

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## Abstract

*The importance of holistic development in education is gaining recognition globally, with yoga emerging as a powerful tool for enhancing students' personality growth. This study explores how the integration of yoga practice affects students' moral, ethical, and overall personality development. Fifty students, 25 male and 25 female, participated in a seven-day intervention that included both theoretical and practical yoga sessions. Pre- and post-intervention assessments using standardized personality tests revealed significant improvements in emotional stability, self-awareness, and interpersonal skills. These findings suggest that yoga could be a valuable addition to educational curricula, promoting not only physical health but also mental well-being and personality enhancement. Future research should examine the long-term effects of yoga in different educational settings and its broader applications for student development.*

**Keywords:** yoga, personality development, moral values, educational psychology, holistic education, emotional stability

## INTRODUCTION

Holistic education has become increasingly important as educators seek ways to develop both the intellectual and emotional faculties of students. Yoga, an ancient practice rooted in Indian philosophy, is being recognized for its potential to enhance students' personality traits and promote mental clarity, emotional stability, and self-awareness. Despite this growing interest, few studies have systematically explored the effects of yoga on students' personality growth, especially in educational settings.

This study aims to address this gap by investigating the impact of yoga practice on personality development in students. The research questions are: (1) Does yoga practice contribute to the holistic development of students? (2) How does yoga influence moral and ethical values in students? By answering these questions, this study seeks to contribute to the broader understanding of how yoga can be integrated into educational curricula to promote comprehensive student development.

## LITERATURE REVIEW

Yoga has long been associated with physical and mental well-being. Research has shown that yoga can reduce stress, improve focus, and enhance emotional regulation in students (Hagins et al., 2013; Chen & Pauwels, 2014). However, the majority of these studies focus on the physiological and psychological benefits of yoga, with little attention paid to its role in shaping personality traits.

A few studies have begun to explore the relationship between yoga and personality development. For example, Serwacki and Cook-Cotton (2012) found that school-based yoga programs can improve students' mood and reduce depression and fatigue. Conboy et al. (2013) conducted a qualitative assessment of a high school yoga program, which demonstrated improvements in students' academic performance, emotional stability, and interpersonal relationships. These findings point to the potential of yoga as a tool for fostering holistic student development, but further research is needed to confirm these effects.

## METHODOLOGY

### Research Design:

This study employed a quasi-experimental research design to assess the impact of yoga practice on students' personality development. A total of 50 students (25 males and 25 females) were selected purposively from a local high school. The intervention consisted of a seven-day program that included four-hour daily sessions, combining theoretical teachings on yoga philosophy with practical sessions led by certified yoga instructors.

#### **Instruments:**

Pre- and post-intervention personality assessments were conducted using standardized personality tests, focusing on traits such as emotional stability, self-confidence, and interpersonal skills. The tests were administered in a randomized format to minimize bias.

#### **Procedure:**

The intervention covered topics such as moral and ethical principles in yoga, self-awareness, emotional intelligence, and effective communication skills. The practical sessions included asanas (postures), pranayama (breathing exercises), and meditation techniques aimed at calming the mind and increasing concentration.

### **DATA ANALYSIS**

The data were analyzed using descriptive statistics to compare pre- and post-intervention results. The differences in personality traits before and after the intervention were examined using percentage change and interpreted in light of educational psychology principles.

### **RESULTS**

#### **Pre-Intervention Data:**

Before the intervention, the majority of students displayed low levels of self-awareness and emotional stability. For example, only 7.4% of students agreed that they were aware of their emotions, while 52.6% reported being unaware.

#### **Post-Intervention Data:**

After completing the yoga intervention, significant improvements were observed. Approximately 82.1% of students reported increased self-awareness, while emotional stability and interpersonal communication skills showed notable improvement (12.7% disagreement and 5.2% neutral responses). These results indicate that the yoga intervention had a positive impact on students' personality growth.

The comparison of pre- and post-data revealed a marked increase in self-confidence, emotional regulation, and decision-making skills. The data analysis supports the hypothesis that yoga practice contributes to the holistic development of students by promoting moral and ethical awareness, emotional balance, and cognitive clarity.

### **DISCUSSION**

The findings of this study align with existing research on the benefits of yoga in educational settings. As previous studies have indicated (Conboy et al., 2013; Serwacki & Cook-Cotton, 2012), yoga has the potential to enhance not only physical well-being but also mental and emotional health. This study extends those findings by demonstrating the positive effects of yoga on students' personality traits.

One of the most significant outcomes of this study is the improvement in students' self-awareness and emotional stability. These traits are crucial for personal growth and success in both academic and social settings. The study also highlights the importance of moral and ethical education, which is often overlooked in traditional curricula. By incorporating yoga into the school system, educators can promote a more balanced and holistic approach to student development.

However, the study does have limitations. The short duration of the intervention (seven days) may not be sufficient to produce long-lasting effects. Additionally, the sample size was small and limited to one school, which may affect the generalizability of the findings. Future research should focus on long-term studies with larger, more diverse samples to better understand the broader implications of yoga practice in education.

### **CONCLUSION**

This study concludes that yoga practice has a profound impact on students' personality development, particularly in fostering emotional stability, self-awareness, and moral values. The results suggest that yoga can be an effective educational tool for promoting holistic student growth. Integrating yoga into school curricula could enhance students' overall well-being, preparing them not only for academic success but also for personal fulfillment and social responsibility.

Future research should explore the long-term effects of yoga on personality development and its potential application in diverse educational contexts. By continuing to investigate the role of yoga in education, scholars and educators can better understand how to foster well-rounded, emotionally balanced, and morally grounded individuals.

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