



Correlating the domains of mental health to find out the effect of yoga on student's mental status.

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ABSTRACT:

Objective- Aim is to find out the correlation between six domains of mental health to find out the effect of yoga on students' mental status of Tripura.

Method- A pre and post study was designed for a yoga program administered to 80 students from Tripura. Pretest of all given domains were recorded then after the yoga program post test score were correlated to find out the result.

Result- After analysing and correlating the pre-test and post-test scores on the basis of individual component some domains are found to be significant where some are not.

Conclusion- Findings shows that some domains are beneficials after the yoga therapy for the mental status of students.

KEYWORDS:

YOGA, MENTAL HEALTH, STUDENTS, CORRELATION

INTRODUCTION

Yoga

In the Sanskrit language, "yoga" refers to a type of physical exercise. Connection or union is what this word refers to. In yoga, as the name implies, the body, mind, and soul are all brought together in service of a greater good. Yoga is a branch of the science of life that aims to help people realise their full potential and lead a peaceful and happy life. As a discipline, it is a combination of science and art that examines how the soul, the life force, and its interactions with the body, nature, and the cosmos can be studied. I believe that in the end it's about connecting

our souls to the universal consciousness. Yoga is a systematic spiritual practise that aims to increase awareness, build willpower, and discover your true self.

Yoga is a way of life, not just a practise. In India, yoga is the oldest form of spiritual practise. Yoga is a technique for gaining mastery over one's thoughts and breath. Yoga is a practise that can help one's spiritual power grow while also keeping their body and mind healthy.

Yoga has its roots in the Vedas, which ancient sages listened to while meditating and thus came to be known as Shrutis. Yoga was widely practiced in ancient India, but today's intellectual elite only treats it as a flimsy theory. When it comes to expressing yoga in English, it's difficult to do so.

In general, we can see that 'the root idea of joining' is present in all of them. This philosophy of yoga encapsulates everything that Indian thought has accomplished and aspired to in one place. It is a science and the pinnacle of philosophy in and of themselves. Since it's theoretical and practical at the same time, it's both (Iyengar, 1998). The word "Yoga" appears numerous times in the Vedas. Many Upanishads, on the other hand, focus solely on yoga. Patanjali, the great sage who compiled all of the yoga teachings in the Vedas, wrote the yoga sutras (Ayurjeeva.com, 2003).

Purpose of Yoga

Yogi's goal is to remove their egoism and realize the interconnectedness of all things, which is one of the main objectives. People of all faiths and philosophical persuasions agree that the most scientific way to enlightenment is through yoga. All but Gandhi, Vinoba, and the Buddha are willing to go through the arduous process of bringing about a revolution in their own life.

Learning yoga is essential for developing one's moral, intellectual, and spiritual selves. Natural phenomena can be better understood and controlled by people who have a thorough understanding of the mysteries of the universe and the natural world.

Promoting and Protecting Mental health

The term "mental health promotion" refers to activities aimed at enhancing one's mental health. One way to do this is to create a setting that encourages good mental health.

Mental health requires an environment that upholds and protects fundamental civil, political, socioeconomic, and cultural rights. In the absence of these rights, maintaining a high level of mental health is extremely difficult.

Mental illness and the broader issues that promote mental health should be the focus of national mental health policies. Promoting mental health should be integrated into all aspects of public and non-public policy and programming. Additionally, it's important to include the education, labour, justice, transportation, environment, housing, and welfare sectors.

An individual's physical and mental well-being are intertwined. "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity," according to the World Health Organization (WHO) constitution. This definition has the important implication that mental health is more than simply the absence of mental disorders or disabilities.

In a state of mental health, an individual is aware of his or her abilities, is able to handle the stresses of daily life, is able to work productively, and can make a positive contribution to society.

Yoga Benefits for Mental Health

Benefits of practicing yoga include the following:

- **Yoga provides psychological benefits.**

For a long time, psychologists have known that regular, moderate exercise can help alleviate symptoms of anxiety and depression. An excellent source of this type of exercise is the practice of yoga. Physical strength, flexibility, and balance are all benefits of yoga postures. When practicing yoga, you'll notice that your heart rate is elevated throughout the practice, just as it would if you were engaging in more conventional exercise. Even though yoga raises your heart rate and releases endorphins, it also allows for plenty of downtime. These rest periods give the conditioning a gentler quality that makes it more bearable than "marathon" training. You rarely feel as if you can't go any further.

Yoga encourages increased mobility and joint health by focusing on gentle stretching of the joints and spine. Back pain and stiffness can be avoided if you use it to work out the kinks and minor issues in your muscles. When it comes to improving joint and spinal flexibility, Yoga also appears to have a positive effect on mental well-being. After completing a Yoga class, you may feel a sense of mental ease and comfort that you didn't have before. It's not always there, but when it does, it's very real and very calming.

Yoga practise, like any other form of physical exercise, requires you to focus on the sensations you feel in your body and the perfection of your postures. Anxious and obsessive people can benefit from Yoga's ability to help them focus and immerse themselves in the present moment. Practice of Yoga (or any other demanding physical exercise) can be a great distraction from worry because it forces the mind to focus on the body and the breath; the moment.

- **Yoga Helps You Relax and Manage Your Emotions.**

As much as those of us in the mental health field like to stress the importance of language and verbal expression (or the blunt hammer of Valium), body-based therapeutic interventions can also play an important role in treating emotional problems. So why do so many people with anxiety and depression struggle with the "stress response"? Because the physical preparation of the body to defend or flee is the root of the problem. Chronic muscle tension

and stiffness may be a result of chronic stress, and this tension and stiffness may contribute to some of the pain and anxiety experienced by anxious and stressed-out people.

As a stress-reduction and relaxation method, yoga is highly effective. The tensing, stretching, and relaxing of muscles and joints that are required to perform various postures is similar to the relaxing effects of a massage or the behavioural psychology technique known as Progressive Muscle Relaxation. A meditative and soothing state of mind can be achieved through yoga practise by focusing on one's breathing. When it comes to stress reduction and self-soothing, yoga is a better option because it is less expensive, safer, and has fewer side effects than other professional interventions (Yoga can be done for free if you know what you're doing, and classes are no more expensive than group psychotherapy prices).

To put it another way: A group of self-soothing, relaxation-inducing techniques coupled with action-oriented (cognitive behavioural) therapy has been found to produce better results for difficult-to-treat patient populations than action-oriented therapies alone. As examples, I'm thinking of Linehan's Dialectical Behavioural Therapy (designed primarily for people suffering from borderline personality disorder) and Hayes' Acceptance and Commitment Therapy. Newer therapeutic approaches that emphasize relaxation, self-soothing, and body awareness may benefit impulsive and chaotically driven patients by encouraging them to use the structured tools and techniques of cognitive therapy.

• **Yoga Offers Opportunities for Socialization in a Structured Way**

Most yoga classes in the West (and I'm guessing in the East) are conducted in classrooms. So, regular yoga practise is a great way to meet new people, and it's a great way to connect with other people. You may not get to know everyone in the class right away, but if you stick with the practise, you'll start to recognise faces in the room, and you'll eventually make friends unless you do something to stop it. In the same way that our childhood friendships were formed in a crucible, this one is open to adults. I know I don't have to mention that attending social gatherings can help you fight depression-induced withdrawal, but here goes anyway.

2.METHODOLOGY

The test was administered to a total of 80 Government Secondary School students. The participants were seated comfortably at a particular distance from one another, yet close enough to hear each other's voices clearly. The test booklet's instructions were read aloud and thoroughly explained to ensure proper comprehension. The subjects were informed that the first five parts had no time limit. If you have an average mental health, you would be able to answer all of the questions in 20 minutes, on average. Part VI was a test of your ability to move quickly.

As a result, all test takers must begin answering questions and stop when instructed to do so by the assessor. The type of work that necessitates rapid execution. Each and every one of them.

Pre-Test Yoga was completed after the subject Research Methods Using Post-Testing Multivariate Analysis of Variance Design of a Study with Only One Group A Single-Group Research Design with 80 College students of Tripura.

The test booklet and the answer sheet were returned to the 56 people who completed the marking. The test consists of five sections, each of which deals with a different aspect of mental health. Self-confidence, emotional stability, and a secure self-concept are all components of emotional well-being. There are 20 questions in the first section, 45 in the second, 20 in the third, fourth, fifth, and 35 in the sixth section. There are a total of 120 questions in the first five sections, each with two possible answers. The sixth section however, contains four possible outcomes. There will be an evaluation based on the answers to the following key words: They'll get a zero if they don't add up. A list and tables were created for recording the results after scoring was complete. For statistical evaluation, data sheets for the mental health battery were prepared.

Schedule of Interventions

It includes the Yoga Asana Intervention and Pranayama and Meditation Intervention.

Yoga Asana Intervention

It was planned that the intervention will take place over the course of three months, each lasting three days. Each day's module included both theoretical and practical aspects. For Physical and Mental Fitness, the content was evenly divided between theory and practice over a three-month period.

Result

Pre-Test

Correlation of Emotional Stability with Overall Adjustment before Yoga

Table No-4.10

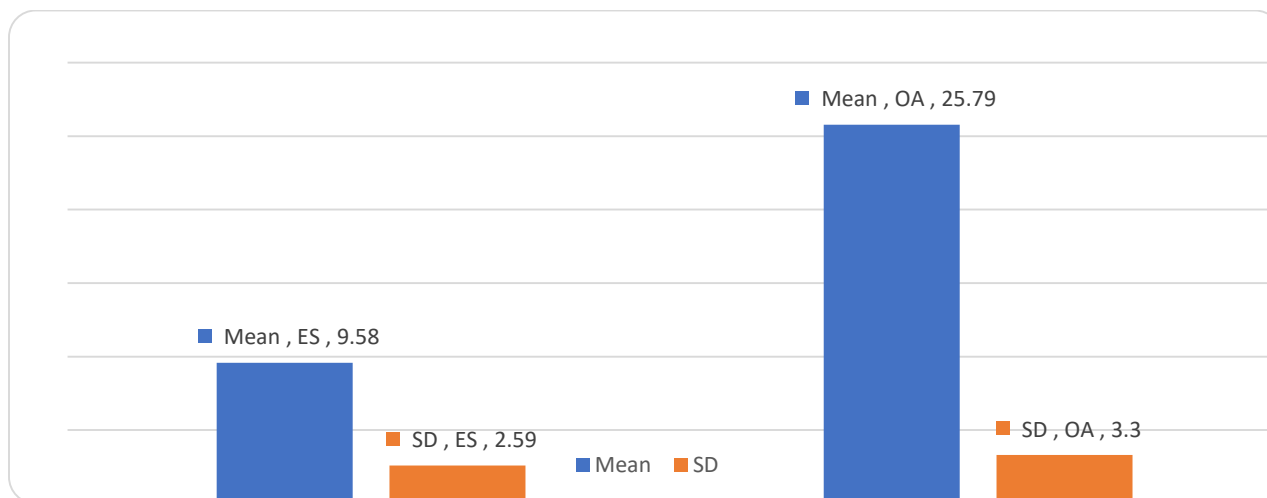
	Mean	SD	C	Significant Level 0.01
ES	9.58	2.59	0.33	Significant
OA	25.79	3.3		

* significant at 0.01

Table shows the correlation between college students' emotional stability and their overall well-being.

Mean Emotional Stability before Yoga is 9.58, SD 2.59, and Mean Overall Adjustment before Yoga is 25.79, SD 3.0, according to the data provided in the graphs This has a correlation coefficient of 0.33.

Graph 1 Correlation of Emotional Stability with Overall Adjustment before Yoga



The correlation between Emotional Stability and Overall Adjustment is significant at the 0.01 level.

Correlation of Emotional Stability with Autonomy before Yoga

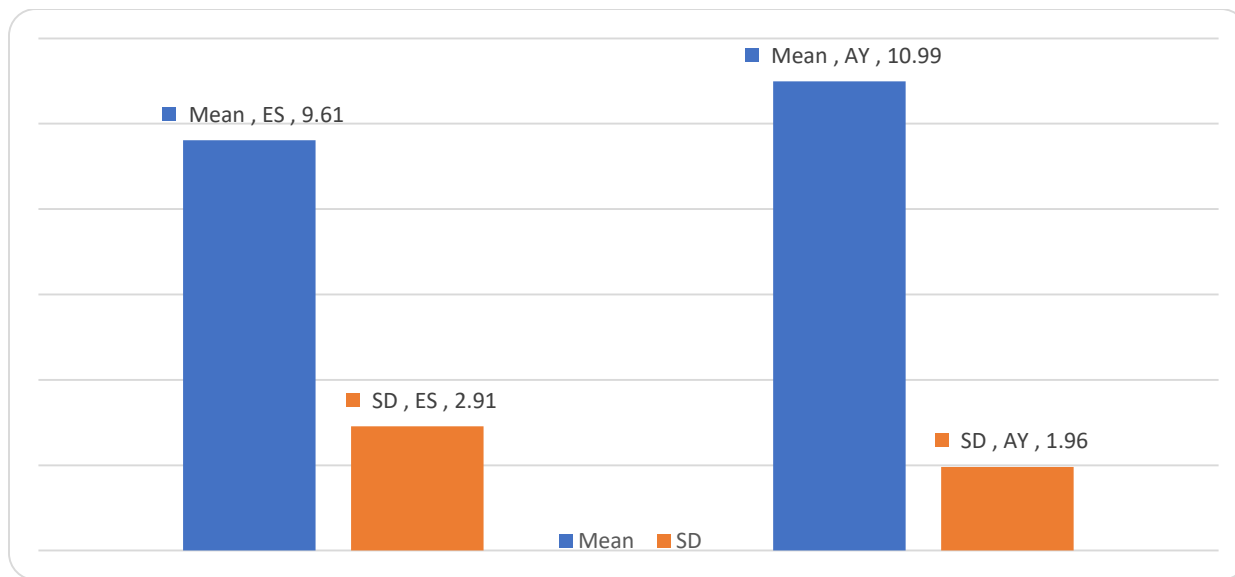
Table No-2

	Mean	SD	C	Significant Level 0.01
ES	9.61	2.91	0.50	Not Sign.
AY	10.99	1.96		

NS at 0.01

Emotional stability and teacher autonomy are reflected in the above-mentioned table no. 11.

For Emotional Stability, the mean before Yoga is 9.61, with a standard deviation of 2.91, and the mean before Yoga is 10.99, with a standard deviation of 1.96. This has a 50/50 correlation.

Graph 2 Correlation of Emotional Stability with Autonomy before Yoga

The correlation between Emotional Stability and Autonomy is not significant.

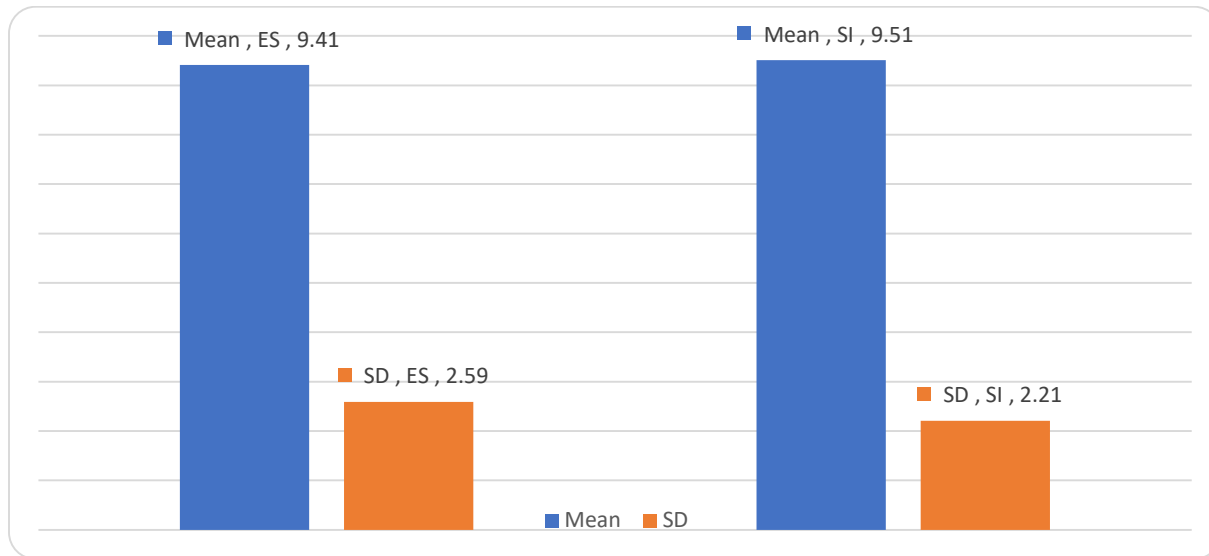
Correlation of Emotional Stability with Security-Insecurity before Yoga: -**Table No-3**

	Mean	SD	C	Significant Level 0.01
ES	9.41	2.59	0.09	Not Sign.
SI	9.51	2.21		

NS at 0.01

Emotional stability and security-insecurity among secondary school teachers are depicted in the above-mentioned table.

For Emotional Stability, the mean is 9.41, with a standard deviation of 2.59; for Security Insecurity, it is 9.51. This has a correlation coefficient of 0.09

Graph 3 Correlation of Emotional Stability with Security-Insecurity before Yoga

The correlation between Emotional Stability and Security-Insecurity is not significant.

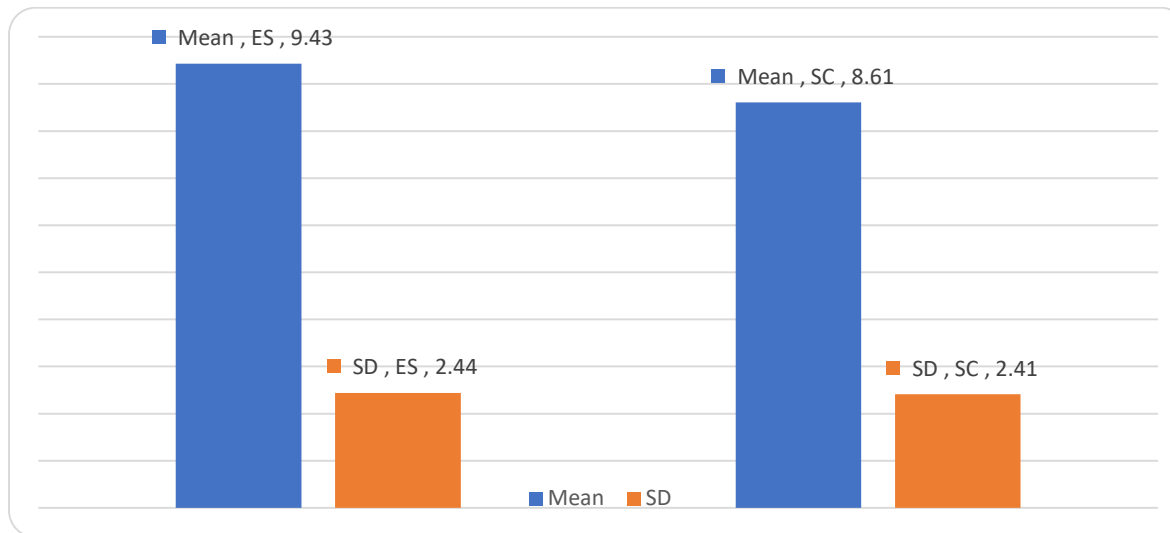
Correlation of Emotional Stability with Self Concept before Yoga: -**Table No-4**

	Mean	SD	C	Significant Level 0.01
ES	9.43	2.44	0.19	Not Sign.
SC	8.61	2.41		

NS at 0.01

Correlation between Emotional Stability and Self Concept of College students is depicted in the above table number 13.

Mean Emotional Stability before Yoga is 9.43, and Mean Self-Concept before Yoga is 8.61, with a standard deviation (SD) of 2.41. This has a correlation coefficient of 0.19.

Graph 4 Correlation of Emotional Stability with Self Concept before Yoga

The correlation between Emotional Stability and Self Concept is not significant.

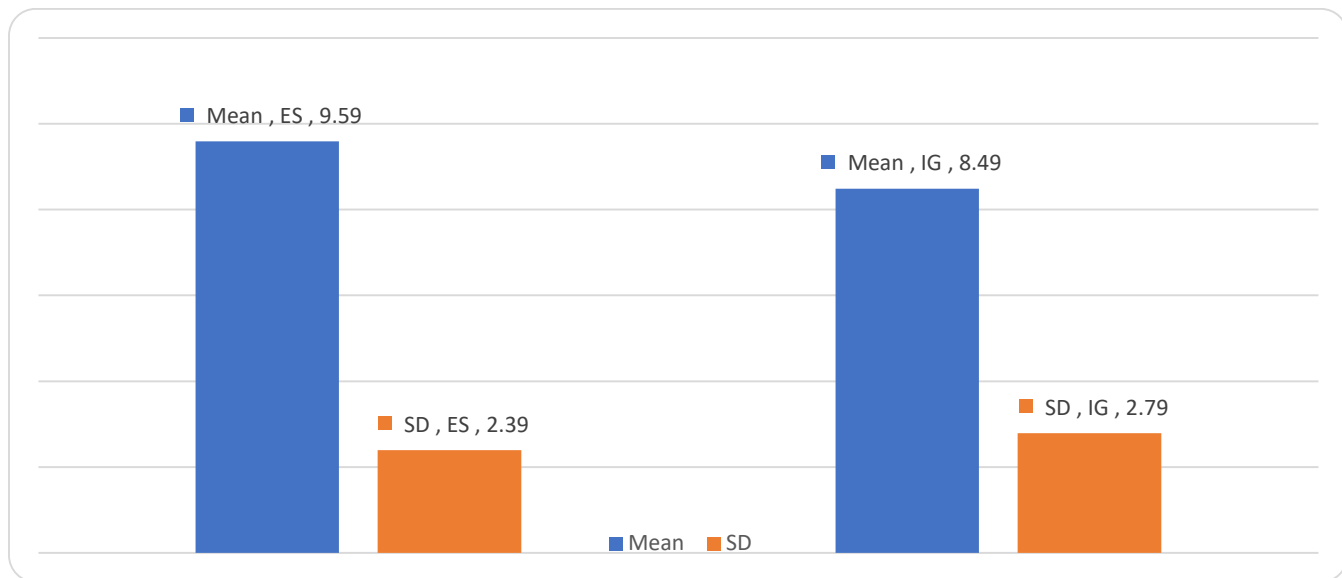
Correlation of Emotional Stability with intelligence before Yoga: -**Table No-5**

	Mean	SD	C	Significant Level 0.01
ES	9.59	2.39	0.31	Significant
IG	8.49	2.79		

* Significant at 0.01

The correlation between emotional stability and intellect among secondary school teachers is examined.

The mean of Emotional Stability before Yoga is 9.59, the standard deviation is 2.39, and the mean of intellect before Yoga is 8.49, the standard deviation is 2.79. This has a correlation coefficient of 0.31.

Graph 5 Correlation of Emotional Stability with intelligence before Yoga

The correlation between Emotional Stability and Intelligence is significant at the 0.01 level.

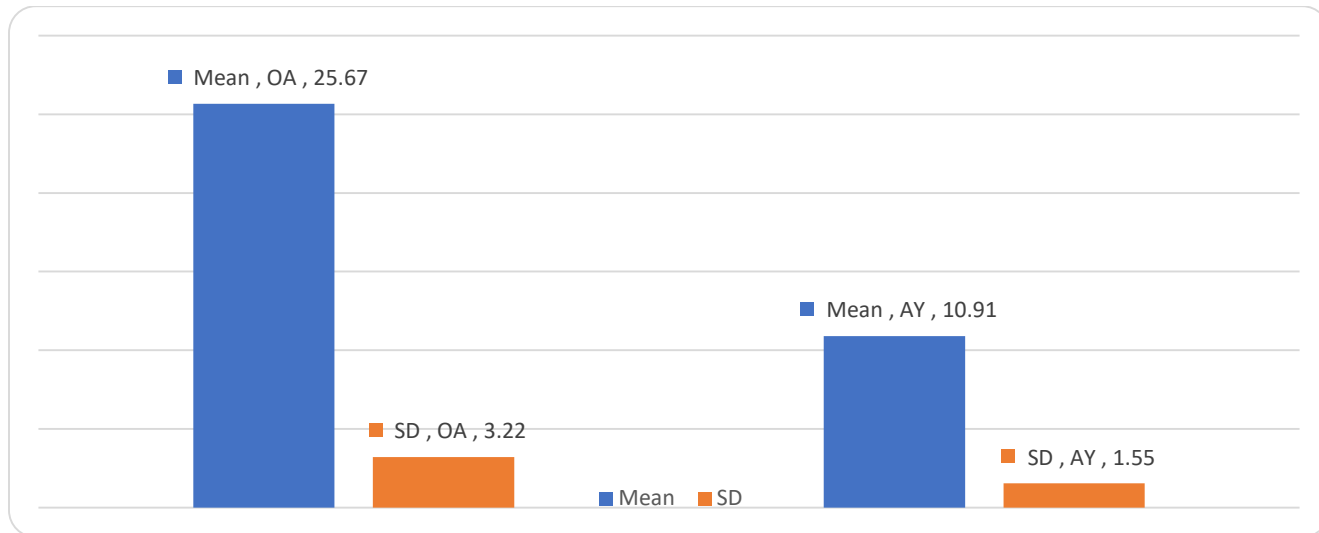
Correlation of Overall adjustment with Autonomy before Yoga: -**Table No-6**

	Mean	SD	C	Significant Level 0.01
OA	25.67	3.22	0.13	Not Sign.
AY	10.91	1.55		

NS at 0.01

Table shows data on the relationship between overall adjustment and college students' autonomy.

Overall adjustment before Yoga is 25.67, with a standard deviation of 3.22; Autonomy before Yoga is 10.91, with a standard deviation of 1.55. The two are correlated by a slope of 0.13

Graph 6 Correlation of Overall adjustment with Autonomy before Yoga

The correlation between overall adjustment and Autonomy is not significant.

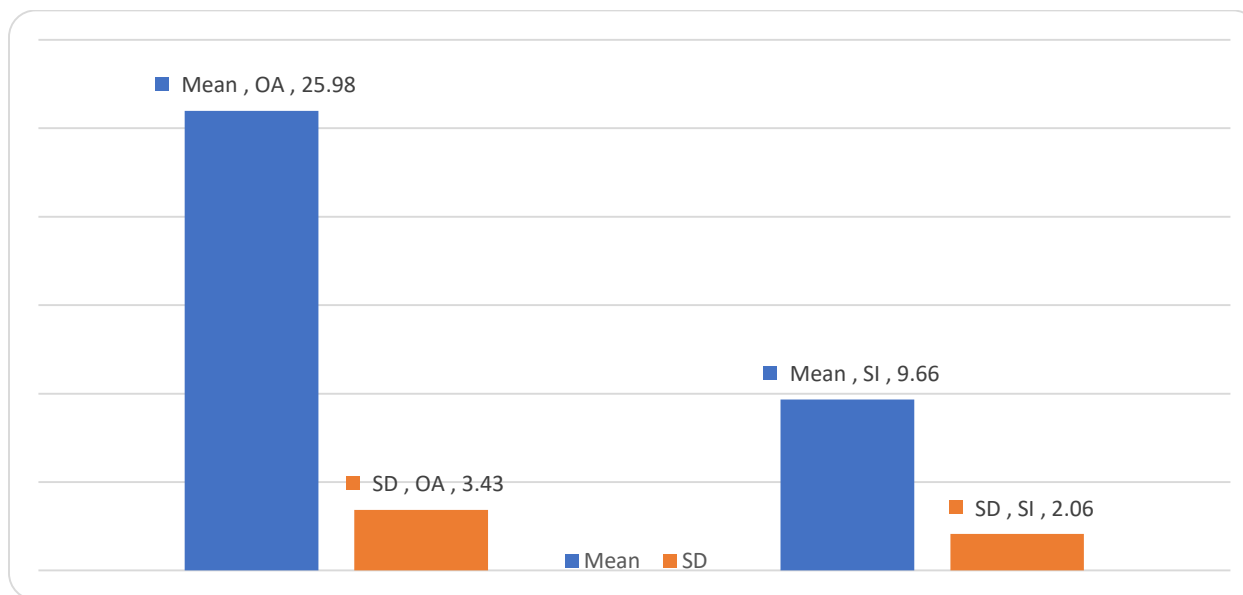
Correlation of Overall adjustment with security-insecurity before Yoga: -**Table No-7**

	Mean	SD	C	Significant Level 0.01
OA	25.98	3.43	0.09	Not Sign.
SI	9.66	2.06		

NS at 0.01

Correlation of overall adjustment with college students' security-insecurity is depicted in the following table,

Pre-Yoga medians for general acclimatization (25.98; SD = 3.43; and medians for security-insecurity (9.56); SD = 2.06) are shown. This has a correlation coefficient of 0.09.

Graph 7 Correlation of Overall adjustment with security-insecurity before Yoga

The correlation between Overall adjustment and Security and insecurity is not significant.

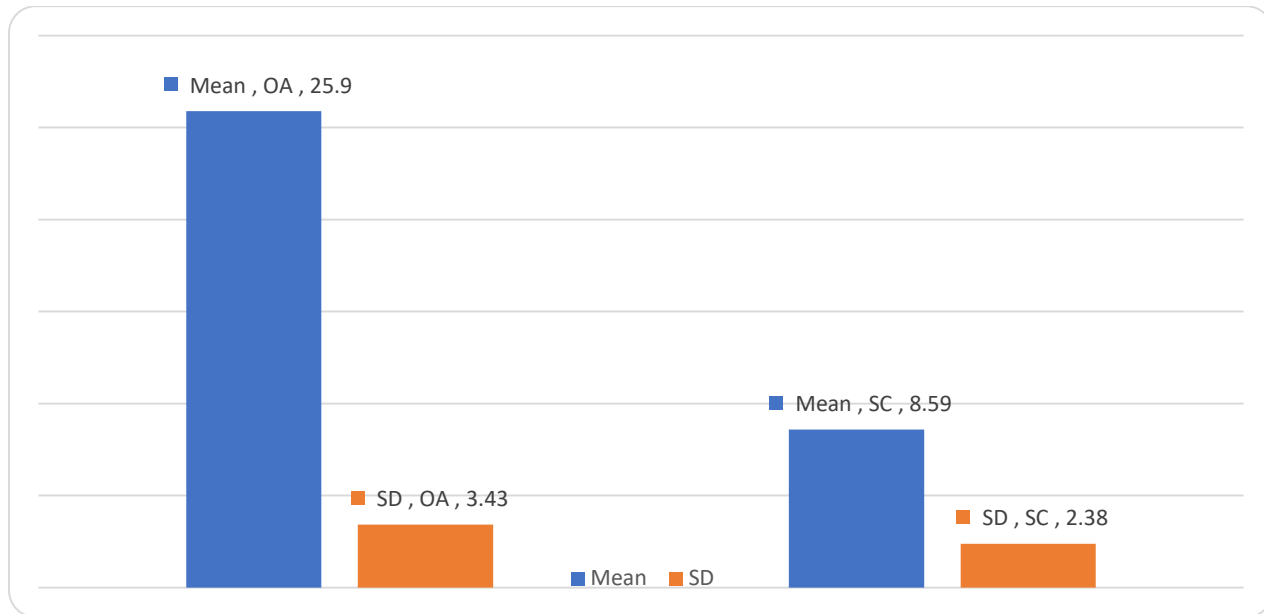
Correlation of Overall adjustment with Self-concept before Yoga: -**Table No-8**

	Mean	SD	C	Significant Level 0.01
OA	25.90	3.43	0.32	0.01
SC	8.59	2.38		

* Significant at 0.01

Table shows the correlation between overall adjustment and instructors' self-concepts.

There is a correlation of 0.31 between the mean of overall adjustment before yoga of 25.87 and the mean of self-concept before yoga of 8.52.

Graph 8 Correlation of Overall adjustment with Self-concept before Yoga

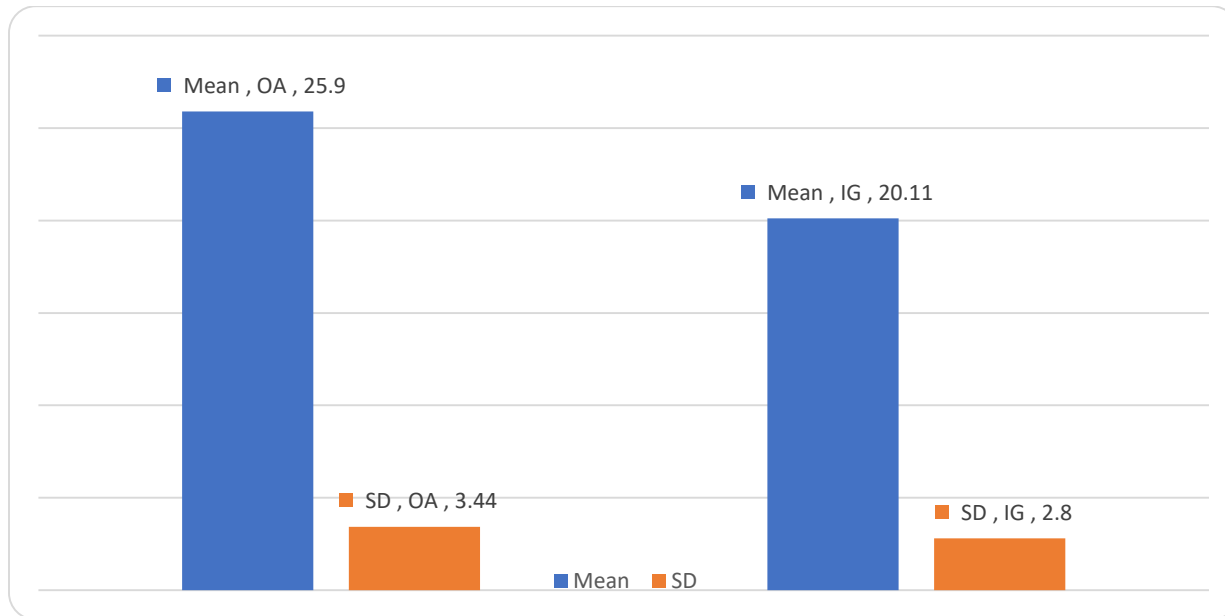
The correlation between overall adjustment and Self Concept is significant at the 0.01 level.

Correlation of Overall adjustment with Intelligence before Yoga: -**Table No-9**

	Mean	SD	C	Significant Level 0.01
OA	25.90	3.44	0.18	Not Sign.
IG	20.11	2.80		

NS at 0.01

Table shows data on the relationship between overall adjustment and college students' intelligence. There is a 0.18 correlation between the mean overall adjustment and the mean intelligence prior to yoga, as shown by the data. Overall adjustment has an SD of 3.44 and an SD of 20.11 before yoga.

Graph 9 Correlation of Overall adjustment with Intelligence before Yoga

The correlation between overall adjustment and Intelligence is not significant.

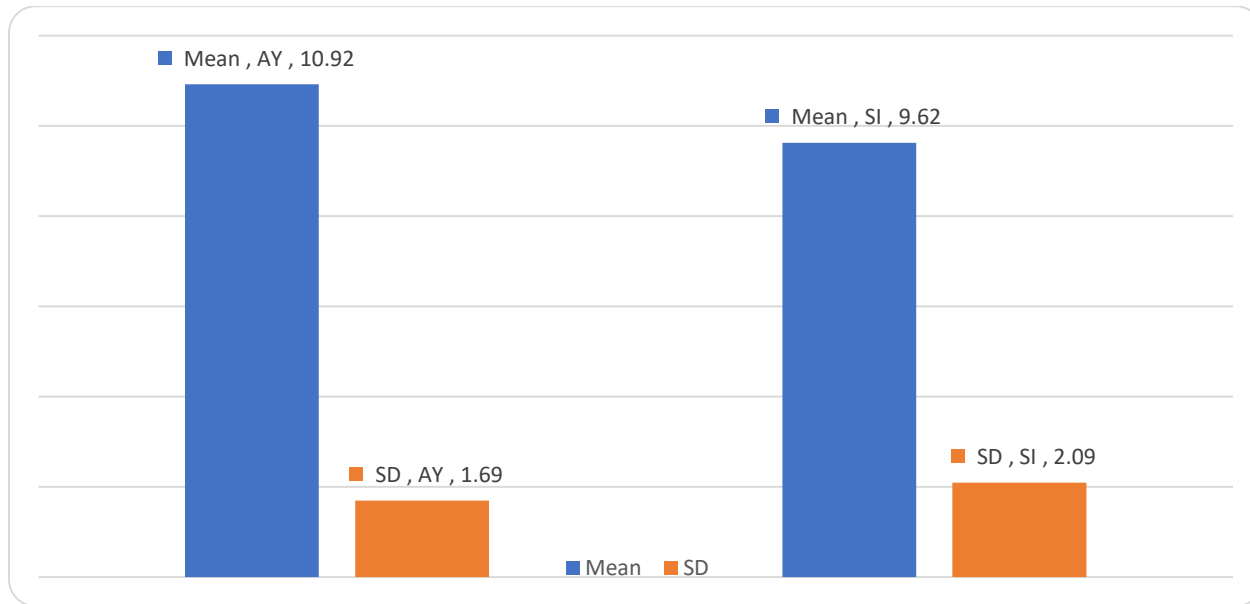
Correlation of Autonomy with Security-Insecurity before Yoga: -**Table No-10**

	Mean	SD	C	Significant Level 0.01
AY	10.92	1.69	0.19	Not Sign.
SI	9.62	2.09		

NS at 0.01

Correlations between Autonomy and Security-Insecurity of College students are displayed in the table to the right.

Before practising yoga, the mean for autonomy was 10.92, the standard deviation was 1.69, and the mean for security-insecurity was 9.62, the standard deviation was 2.09; the correlation between these two numbers was a mere 0.19.

Graph 10 Correlation of Autonomy with Security-Insecurity before Yoga

The correlation between Autonomy and Security-Insecurity is not significant.

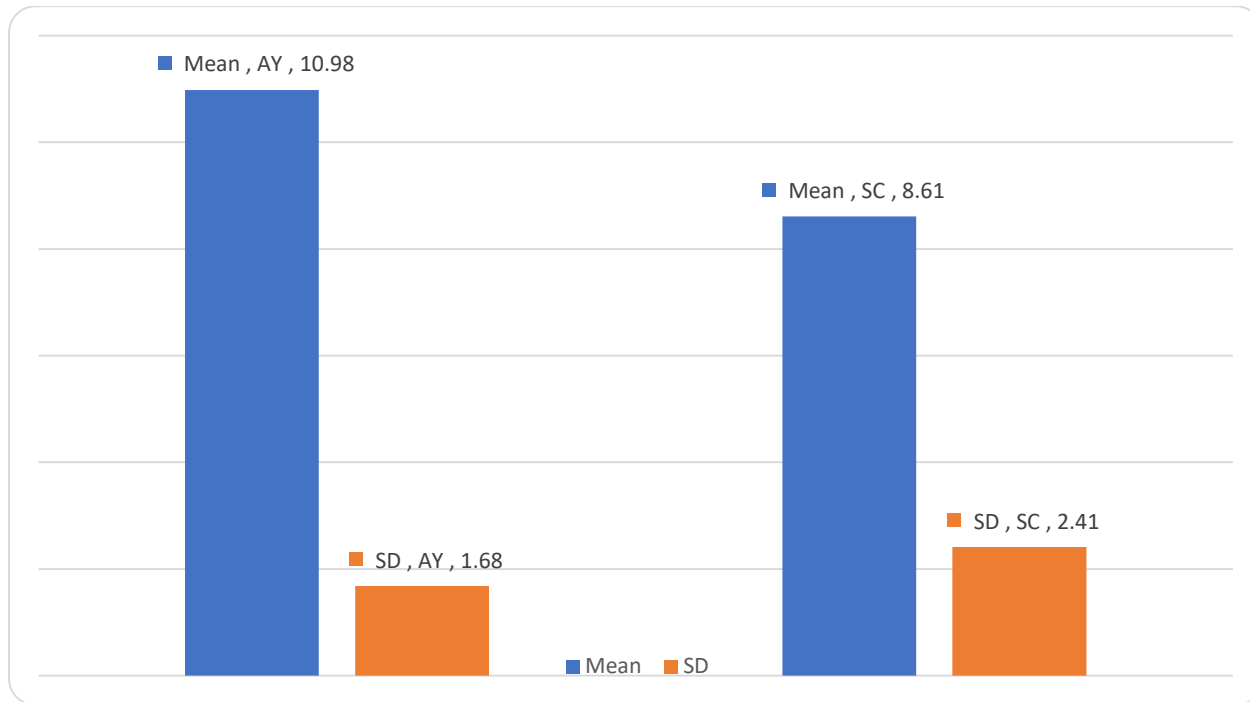
Correlation of Autonomy with Self-concept before Yoga: -**Table No-11**

	Mean	SD	C	Significant Level 0.01
AY	10.98	1.68	0.03	Not Sign.
SC	8.61	2.41		

NS at 0.01

In the table displayed above, the correlation between Autonomy and Self-Concept of College students is indicated.

The connection between Autonomy before Yoga and Security-Insecurity before Yoga is 0.03 based on the data presented in the graph.

Graph 11 Correlation of Autonomy with Self-concept before Yoga

The correlation between Autonomy and Self-concept is not significant.

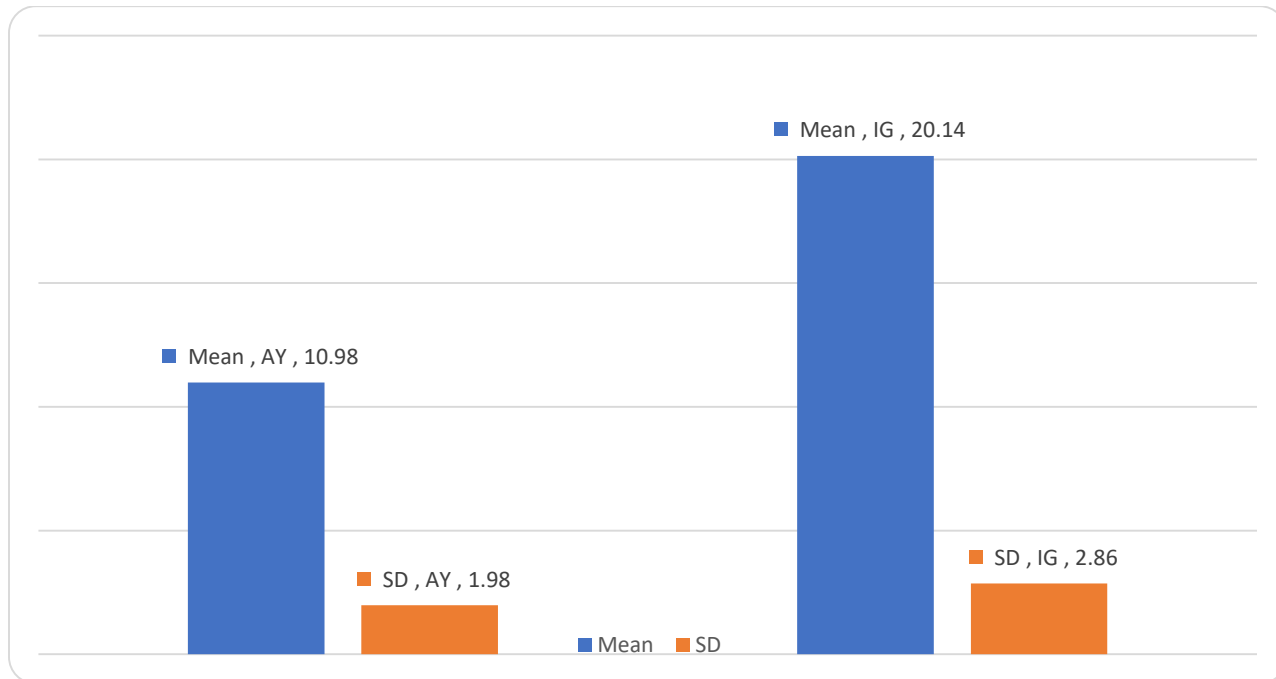
Correlation of Autonomy with intelligence before Yoga: -**Table No-12**

	Mean	SD	C	Significant Level 0.01
AY	10.98	1.98	0.09	Not Sign.
IG	20.14	2.86		

NS at 0.01

Table No. 21 shows statistics linked to the correlation between teachers' autonomy and intellect.

The association between Autonomy and Intelligence before Yoga is 0.09, according to the statistics given.

Graph 12 Correlation of Autonomy with intelligence before Yoga

The correlation between Autonomy and intelligence is not significant.

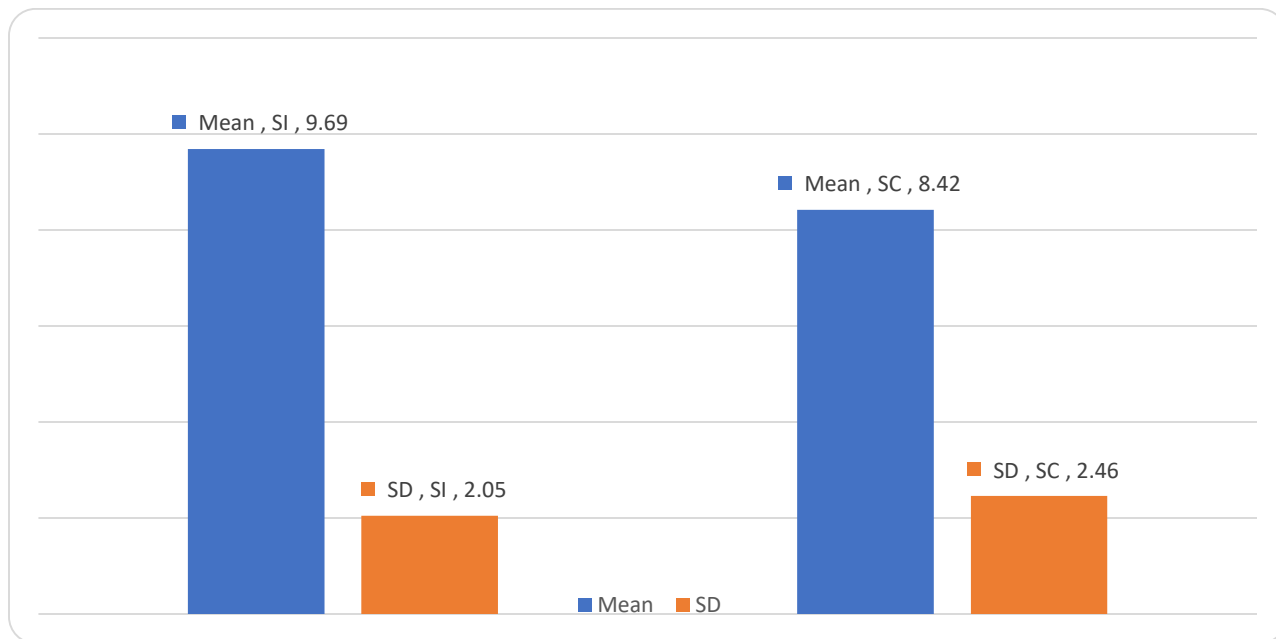
Correlation of Security-Insecurity with Self-concept before Yoga: -**Table No-13**

	Mean	SD	C	Significant Level 0.01
SI	9.69	2.05	0.06	Not Sign.
SC	8.42	2.46		

NS at 0.01

Table No. 22 shows data on the Correlation of College students' Self-Concept and Security-Insecurity.

According to the data given, the mean of Security-Insecurity before Yoga is 9.69, the SD is 2.05, and the correlation between this two is 0.06

Graph 13 Correlation of Security-Insecurity with Self-concept before Yoga

The correlation between Security-Insecurity and Self-concept is not significant.

Correlation of Security-Insecurity with Intelligence before Yoga: -**Table No-14**

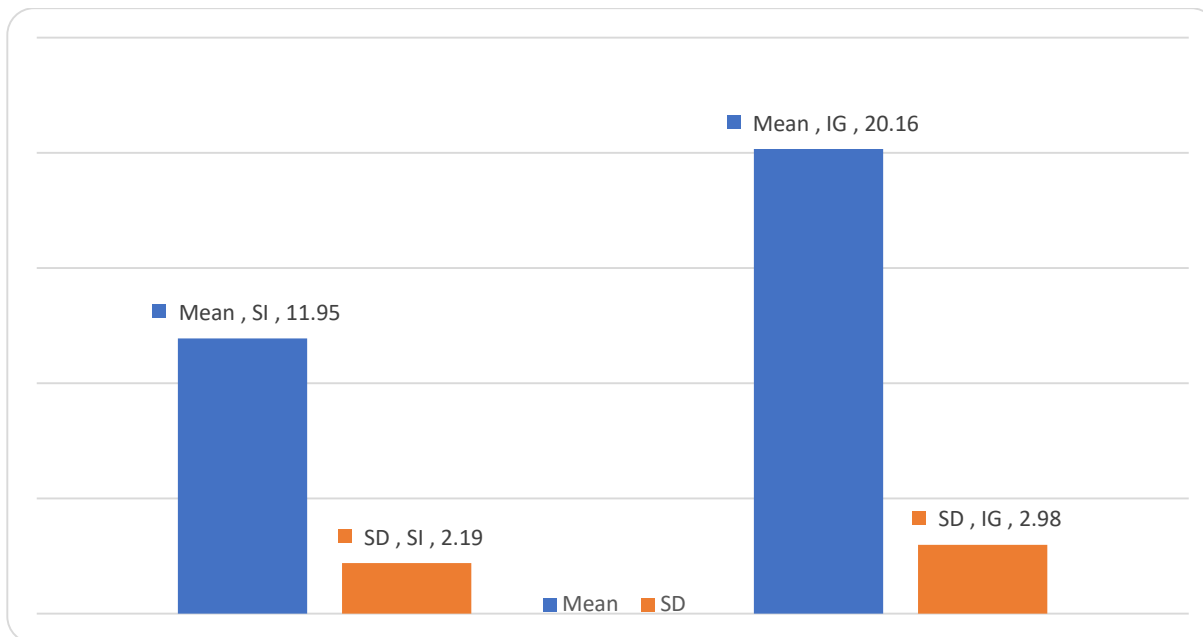
	Mean	SD	C	Significant Level 0.01
SI	11.95	2.19	0.04	Not Sign.
IG	20.16	2.98		

NS at 0.01

There is a correlation between college students intelligence and their level of security-intimidation.

The mean of Security-Insecurity before Yoga is 11.95, the standard deviation is 2.19, and the correlation between this and Intelligence before Yoga is 0.04.

Graph 14 Correlation of Security-Insecurity with Intelligence before Yoga



The correlation between Security-Insecurity and Intelligence is not significant.

Correlation of Self-concept with Intelligence before Yoga: -

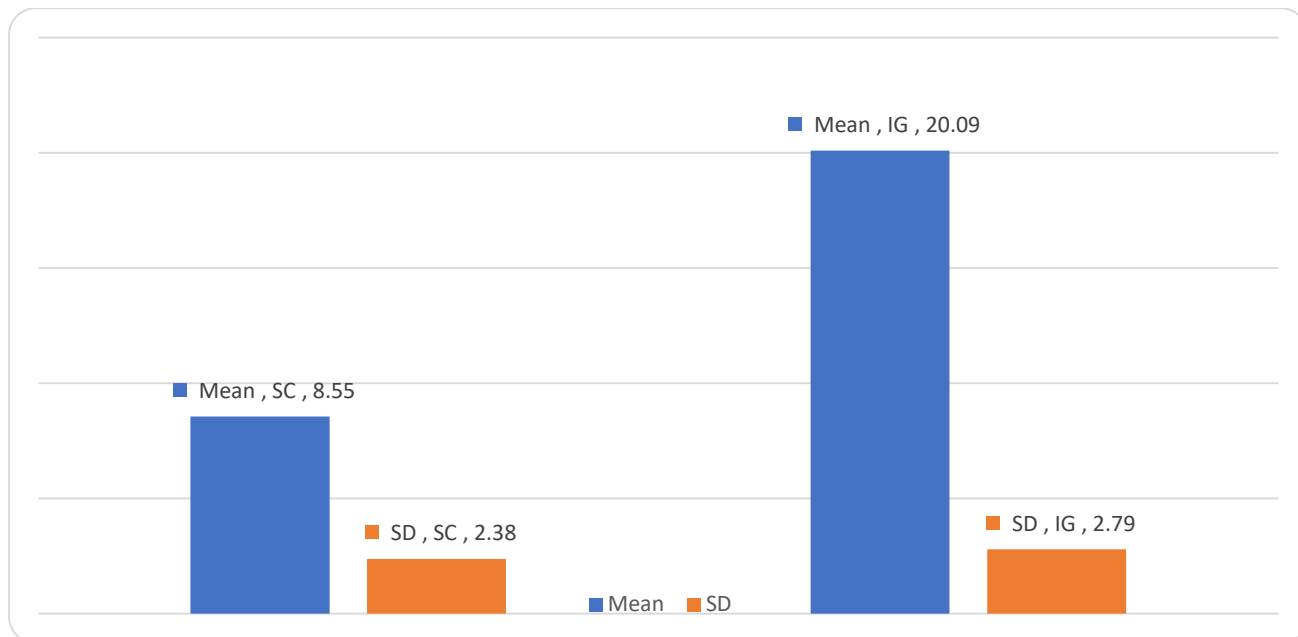
Table No-15

	Mean	SD	C	Significant Level 0.01
SC	8.55	2.38	0.11	Not Sign.
IG	20.09	2.79		

NS at 0.01

Table shows data linked to the correlation between instructors' self-concept and their intelligence.

The mean before yoga is 8.55, the standard deviation is 2.38, and the mean before yoga is 20.09, the standard deviation is 2.79; the correlation between these two is 0.11.

Graph 15 Correlation of Self-concept with Intelligence before Yoga

The correlation between Self-concept and Intelligence is not significant.

Post Test**Correlation of Emotional Stability with Overall Adjustment After Yoga: -****Table No-16**

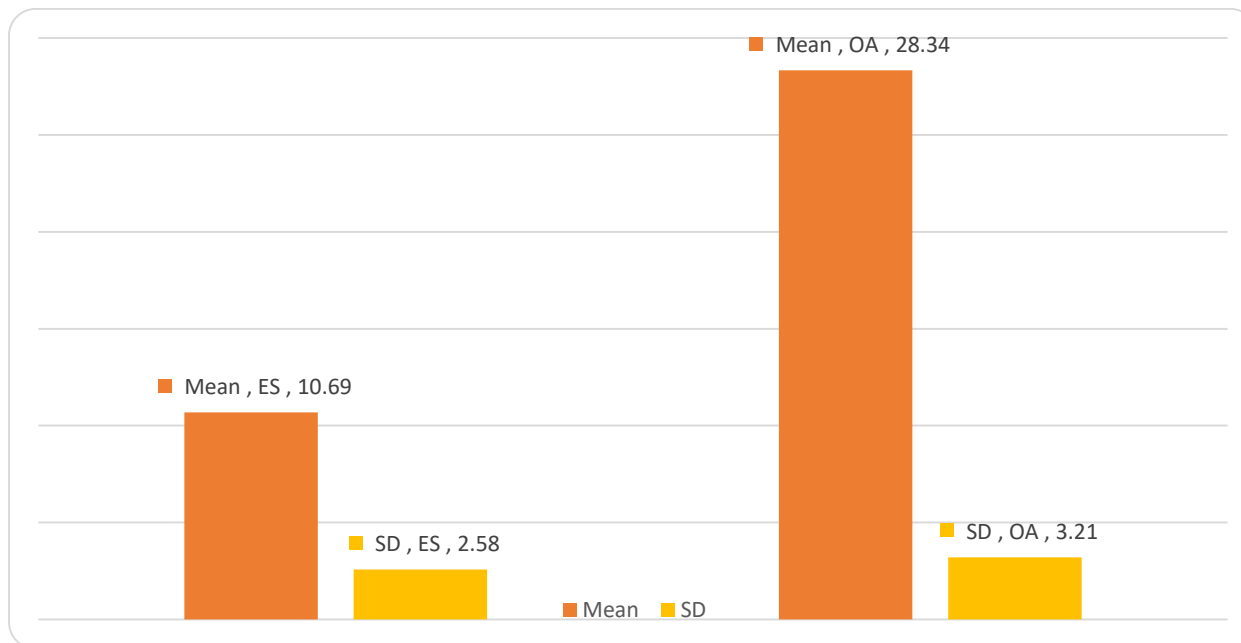
	Mean	SD	C	Significant Level 0.01
ES	10.69	2.58	0.39	Significant
OA	28.34	3.21		

*Significant at 0.01

Table shows data on the relationship between teachers' emotional stability and their overall adjustment.

The correlation between Emotional Stability and Overall Adjustment after yoga is 0.39, as shown by the data. Emotional Stability after yoga has a mean of 10.69, an SD of 2.58, and an overall adjustment mean of 28.34, an SD of 3.21.

Graph 16 Correlation of Emotional Stability with Overall Adjustment after Yoga



The correlation between Emotional Stability and Overall Adjustment is significant at the 0.01 level

Correlation of Emotional Stability with Autonomy After Yoga: -

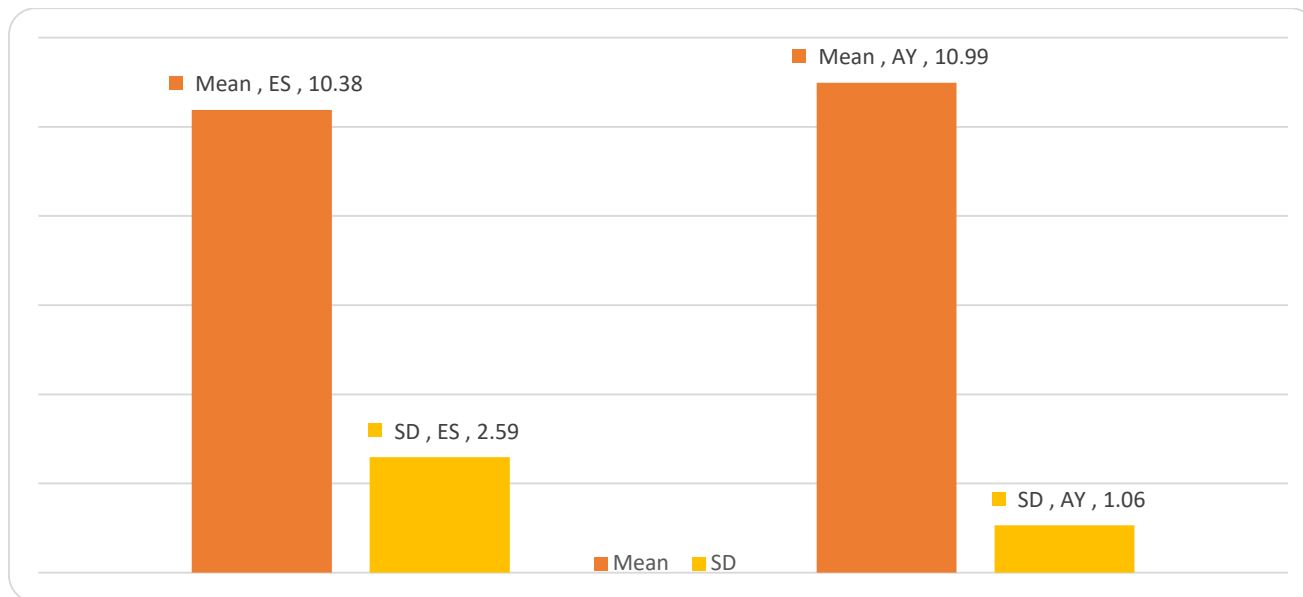
Table No-17

	Mean	SD	C	Significant Level 0.01
ES	10.38	2.59	0.13	Not sig
AY	10.99	1.06		

NS at 0.01

Emotional stability and teacher autonomy are shown in the table.

The correlation between Emotional Stability After Yoga and Autonomy After Yoga is 0.13, based on the data shown in the graph.

Graph Correlation of Emotional Stability with Autonomy After Yoga

The correlation between Emotional Stability and Autonomy is not significant.

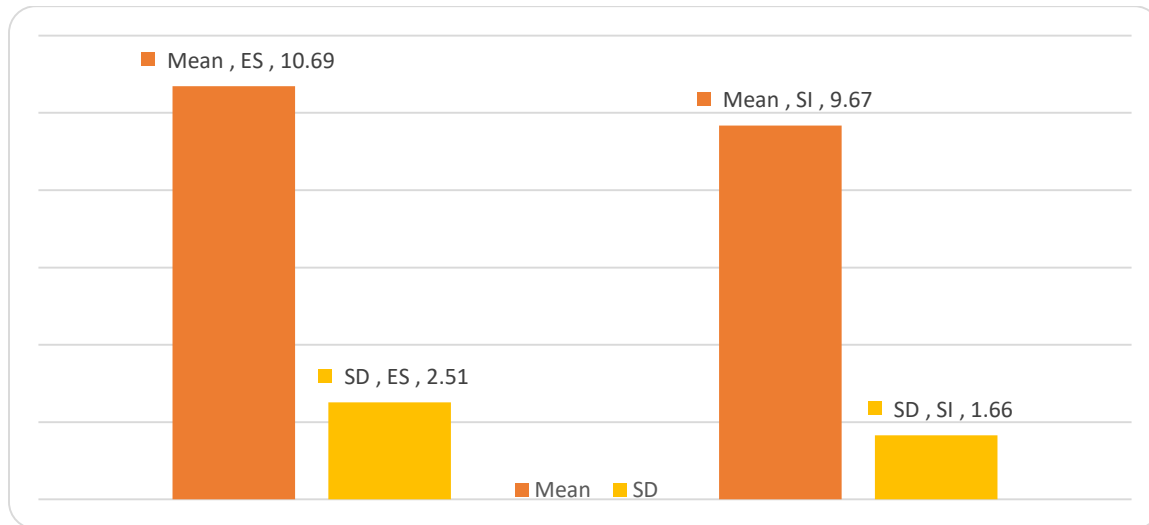
Correlation of Emotional Stability with Security-Insecurity After Yoga: -**Table No-18**

	Mean	SD	C	Significant Level 0.01
ES	10.69	2.51	0.007	Not sig
SI	9.67	1.66		

NS at 0.01

Table shows data on the relationship between college students' emotional stability and their sense of security and insecurity.

There is a 0.007 correlation between the two measures of emotional stability after yoga, which are shown to be on average 10.69, with an SD of 2.51, and 9.67, with an SD of 1.66.

Graph 18 Correlation of Emotional Stability with Security-Insecurity After Yoga

The correlation between Emotional Stability and Security-Insecurity is not significant.

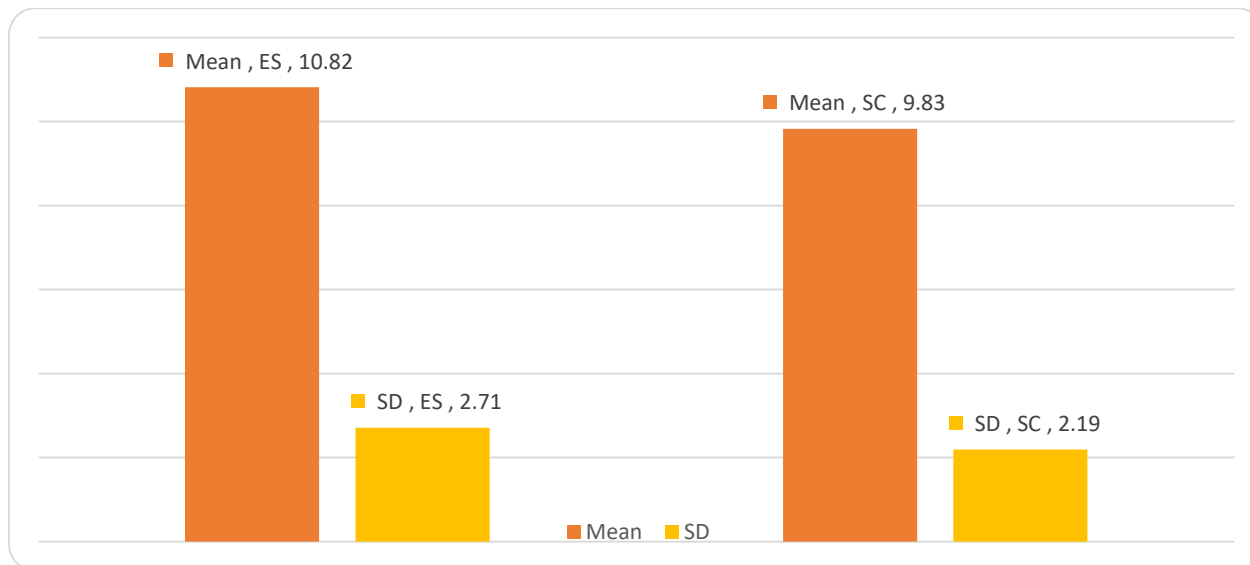
Correlation of Emotional Stability with Self Concept After Yoga: -**Table No-19**

	Mean	SD	C	Significant Level 0.01
ES	10.82	2.71	0.09	Not sig
SC	9.83	2.19		

NS at 0.01

Table shows data related to the correlation between college students' Emotional Stability and their Self-Esteem.

Emotional Stability After Yoga has a mean of 10.82, a standard deviation of 2.71, and a correlation of 0.09 with Self Concept After Yoga.

Graph 19 Correlation of Emotional Stability with Self Concept After Yoga

The correlation between Emotional Stability and Self Concept is not significant.

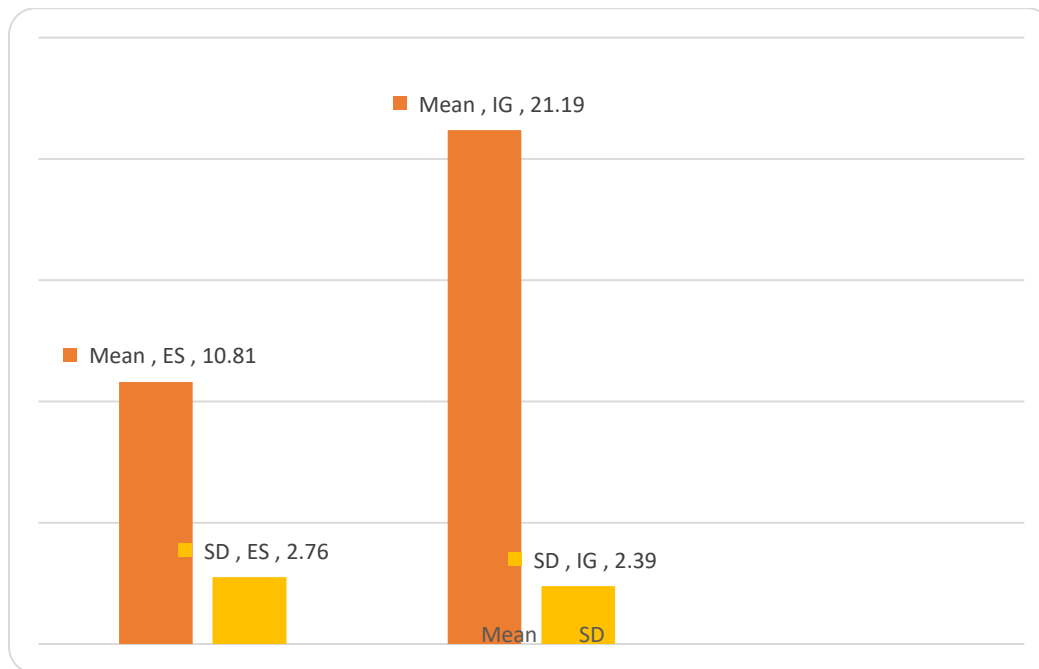
Correlation of Emotional Stability with Intelligence After Yoga: -**Table No-20**

	Mean	SD	C	Significant Level 0.01
ES	10.81	2.76	0.04	Not sig
IG	21.19	2.39		

NS at 0.01

Table shows data on the relationship between college students' emotional stability and intelligence.

There is a 0.04 correlation between Emotional Stability After Yoga and Intelligence After Yoga based on the data shown in the graph.

Graph 20 Correlation of Emotional Stability with Intelligence After Yoga

The correlation between Emotional Stability and Intelligence is not significant.

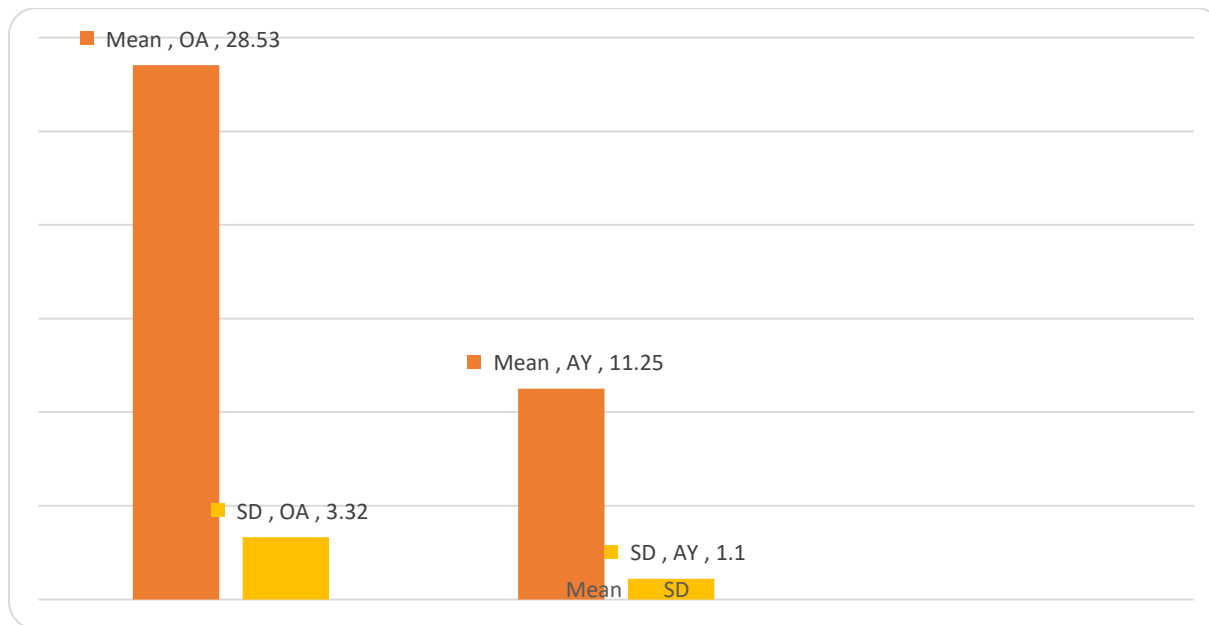
Correlation of Overall Adjustment Stability with Autonomy After Yoga: -**Table No-21**

	Mean	SD	C	Significant Level 0.01
OA	28.53	3.32	0.06	Not sig
AY	11.25	1.10		

NS at 0.01

A correlation between overall adjustment and college students' autonomy is shown in the data in table no 30 above.

There is a 0.06 correlation between the mean of Overall Adjustment After Yoga (28.53) and the mean of Autonomy After Yoga (11.25).

Graph 21 Correlation of Overall Adjustment Stability with Autonomy After Yoga

The correlation between Overall Adjustment and Autonomy is not significant. .

Correlation of Overall Adjustment Stability with Security-Insecurity After Yoga:-**Table No-22**

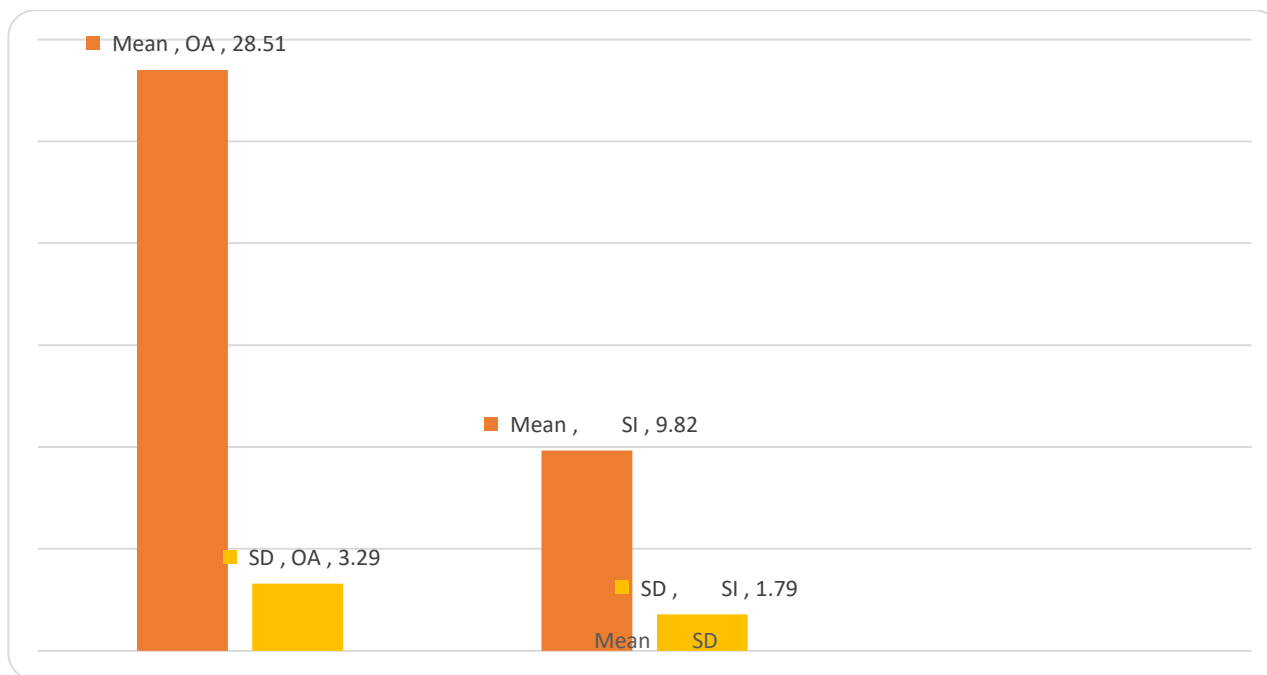
	Mean	SD	C	Significant Level 0.01
OA	28.51	3.29	0.08	Not sig
SI	9.82	1.79		

NS at 0.01

A correlation between overall adjustment and security-insecurity among college students is shown in the table to the right.

The mean of overall adjustment after yoga is 28.51, the standard deviation is 3.29, and the correlation between this and security-insecurity is 0.08.

Graph 22 Correlation of Overall Adjustment Stability with Security-Insecurity After Yoga



The correlation between Overall Adjustment and Security-Insecurity is not significant.

Correlation of Overall Adjustment Stability with Self Concept After Yoga: -

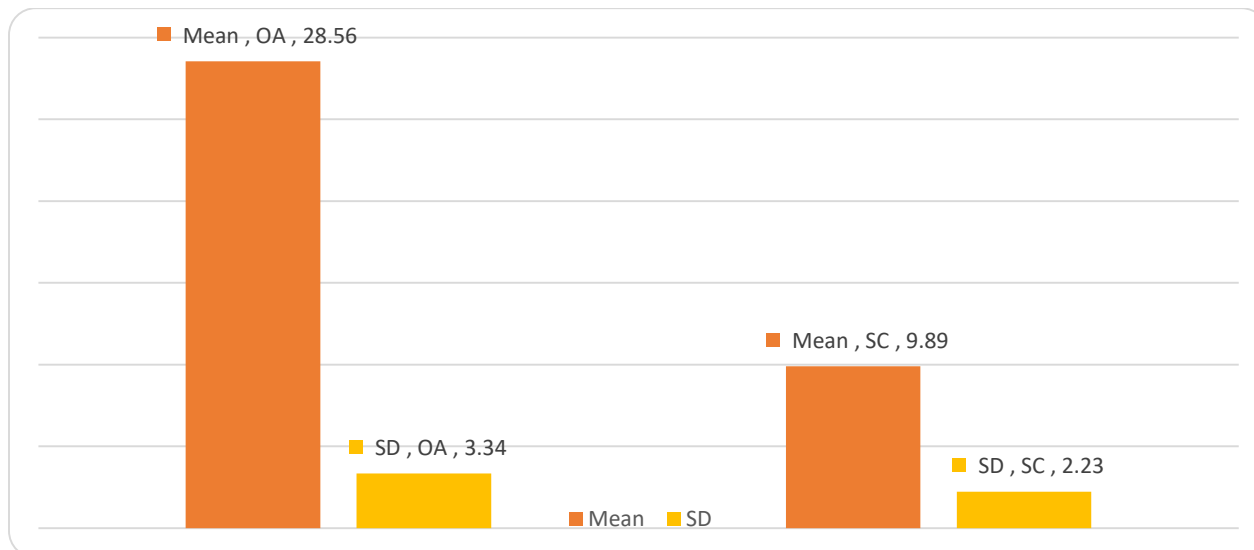
Table No-23

	Mean	SD	C	Significant Level 0.01
OA	28.56	3.34	0.09	Not sig
SC	9.89	2.23		

NS at 0.01

Table shown above, contains data on the relationship between college students' overall adjustment and their self-perception.

There is a 0.09 correlation between the mean of overall adjustment after yoga and the mean of self-concept after yoga, according to the data shown.

Graph 23 Correlation of Overall Adjustment Stability with Self Concept After Yoga

The correlation between Overall Adjustment and Self Concept is not significant.

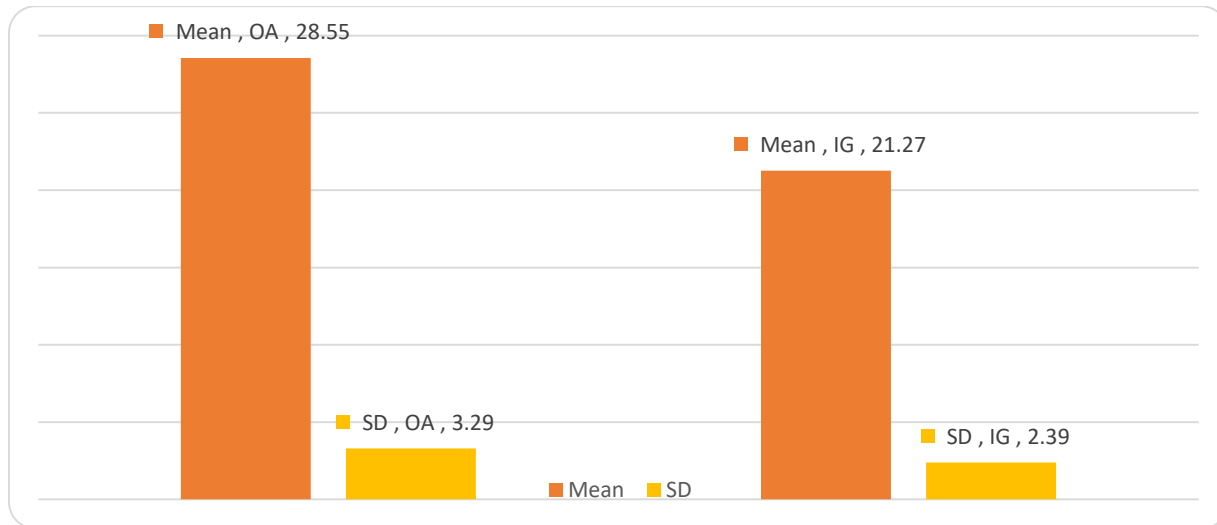
Correlation of Overall Adjustment Stability with Intelligence after Yoga: -**Table No-24**

	Mean	SD	C	Significant Level 0.01
OA	28.55	3.29	0.31	Significant
IG	21.27	2.39		

*Significant at 0.01

Table shows data on the Correlation of Overall Adjustment with College students' Intelligence.

This data shows that the mean of overall adjustment after yoga is 28.55, the standard deviation is 3.29, and the correlation between this and intelligence after yoga is 0.31.

Graph 24 Correlation of Overall Adjustment with Intelligence After Yoga

The correlation between Overall Adjustment and Intelligence is significant at the 0.01 level.

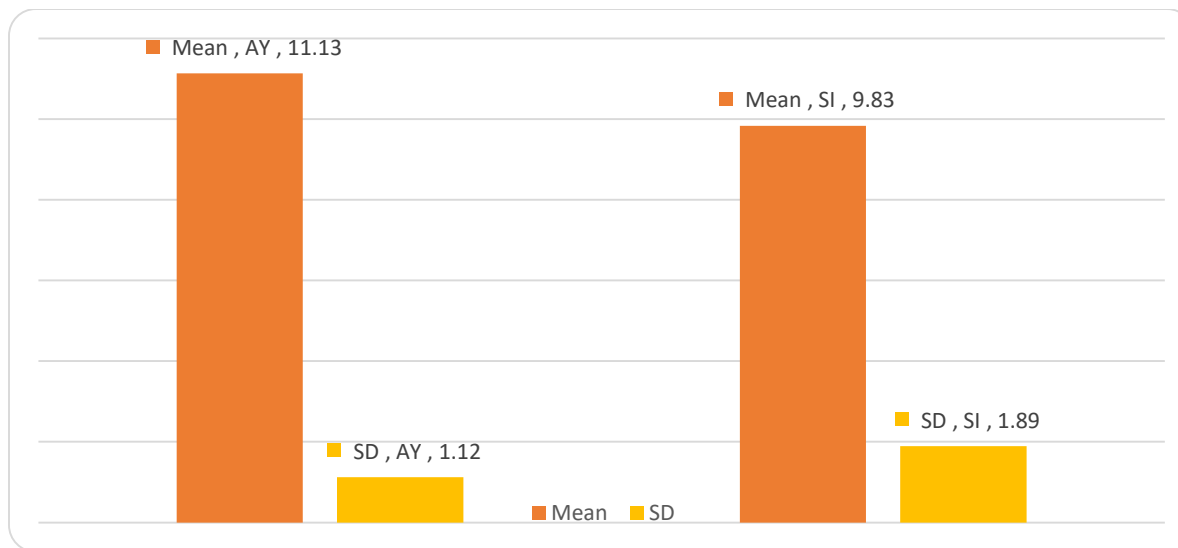
Correlation of Autonomy Stability with Security-Insecurity after Yoga: -**Table No-25**

	Mean	SD	C	Significant Level 0.01
AY	11.13	1.12	0.09	Not sig
SI	9.83	1.89		

NS at 0.01

Table which is shown above, contains data on the relationship between college students' levels of autonomy and their perceptions of safety and security.

There is a correlation between Autonomy and Security-Insecurity after Yoga of 0.09, based on the data shown in the graphs above.

Graph 25 Correlation of Autonomy Stability with Security-Insecurity after Yoga

The correlation between Autonomy and Security-Insecurity is not significant.

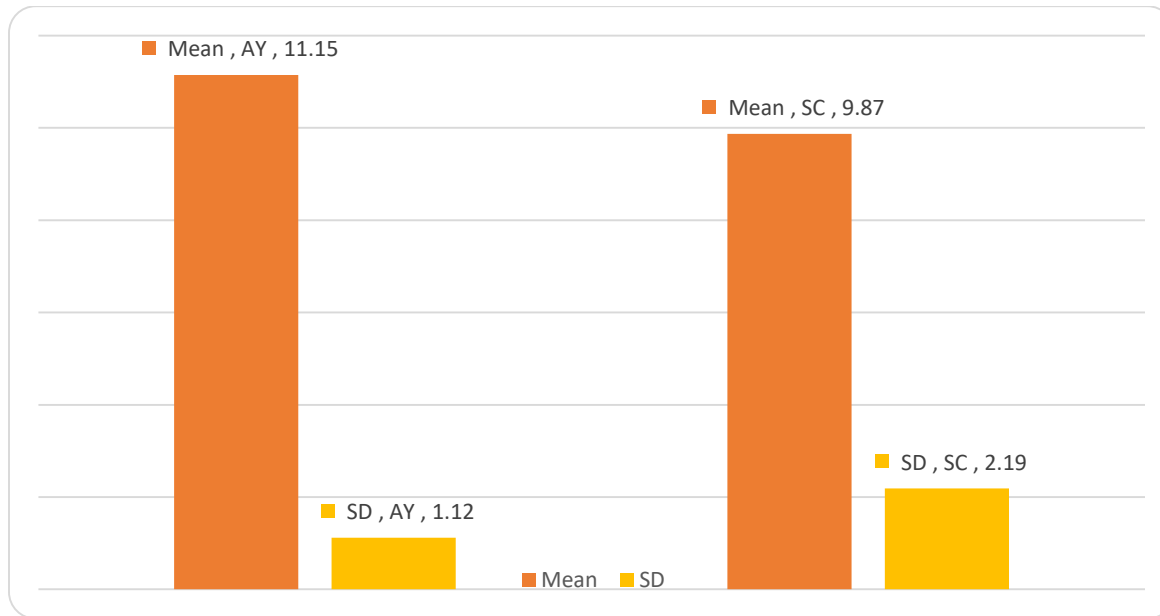
Correlation of Autonomy Stability with Self Concept after Yoga:-**Table No-26**

	Mean	SD	C	Significant Level 0.01
AY	11.15	1.12	0.06	Not sig
SC	9.87	2.19		

NS at 0.01

Table shown above, contains data on the relationship between college students' perceptions of autonomy and their own self-concept.

There is a correlation between Autonomy After Yoga and Self Concept After Yoga of 0.06, based on the data shown in the graph.

Graph 26 Correlation of Autonomy Stability with Self Concept after Yoga

The correlation between Autonomy and Self Concept is not significant. .

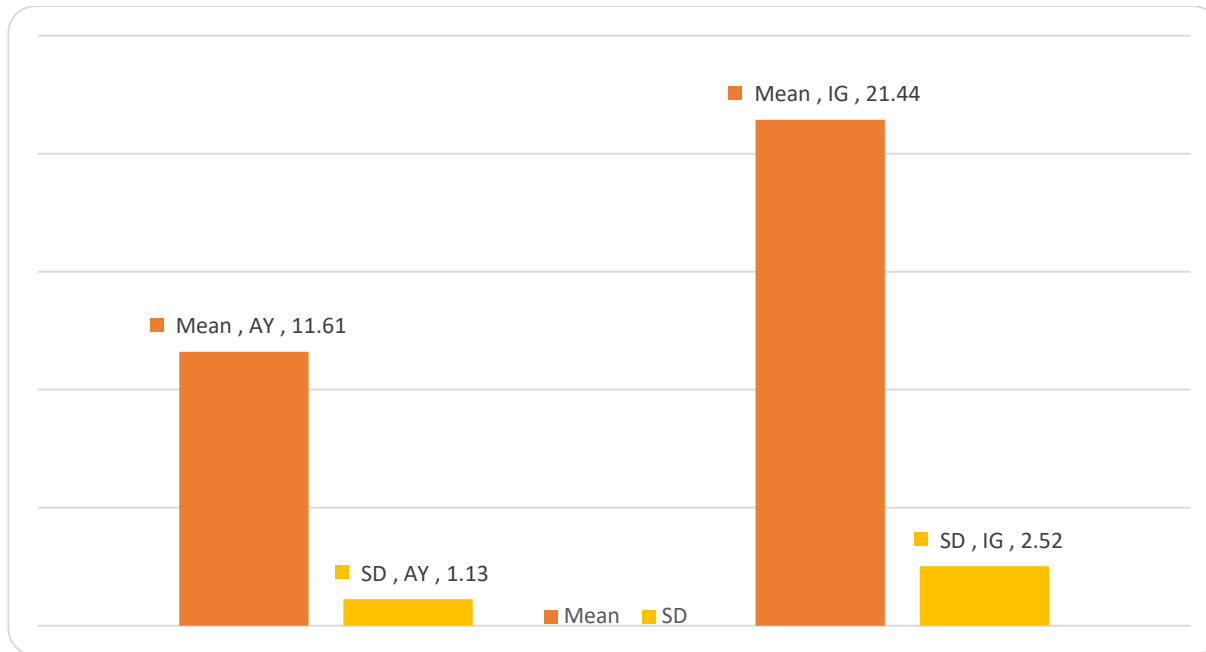
Correlation of Autonomy Stability with Intelligence after Yoga:-**Table No-27**

	Mean	SD	C	Significant Level 0.01
AY	11.61	1.13	0.10	Not sig
IG	21.44	2.52		

NS at 0.01

Autonomy and Intelligence in College students are shown in the table to the right.

The mean after yoga is 11.61, the standard deviation is 1.13, and the mean after yoga is 21.44, the standard deviation is 2.52; the correlation between these two is 0.10.

Graph 27 Correlation of Autonomy Stability with Intelligence after Yoga

The correlation between Autonomy and Intelligence is not significant.

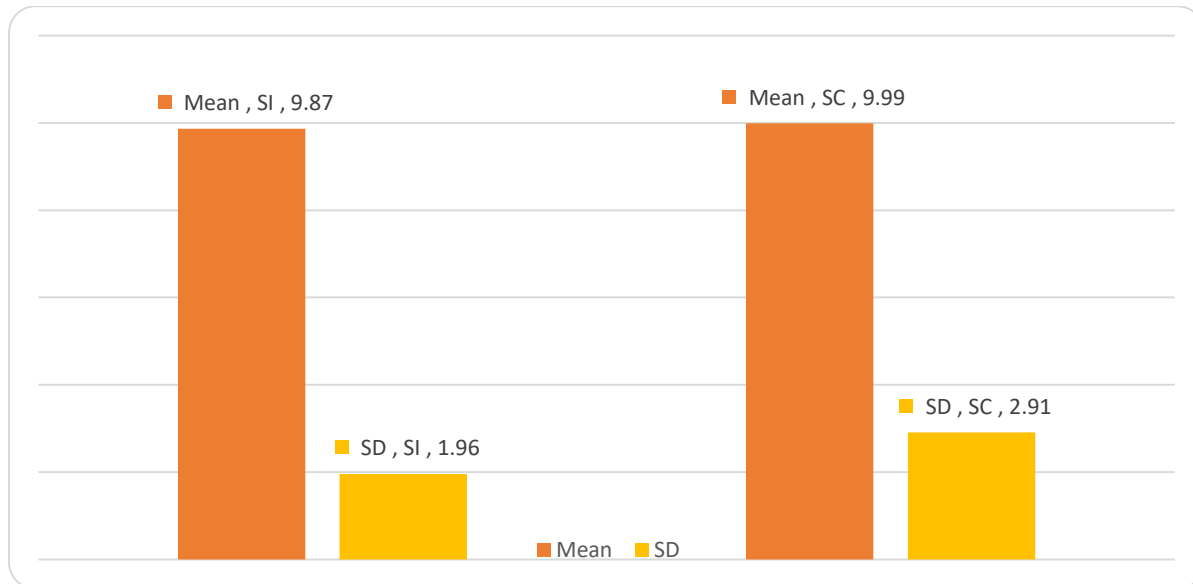
Correlation of Security-Insecurity with Self Concept After Yoga: -**Table No-28**

	Mean	SD	C	Significant Level 0.01
SI	9.87	1.96	0.11	Not sig
SC	9.99	2.91		

NS at 0.01

College students' self-concept and feelings of security and insecurity are discussed in detail in the data presented in the table .

The median of the security-insecurity ratio is shown in the data. There is a 0.11 correlation between the Mean of Self Concept after Yoga and the SD of the Mean of Self Concept after Yoga.

Graph 28 Correlation of Security-Insecurity with Self Concept After Yoga

The correlation between Security-Insecurity and Self Concept is not significant.

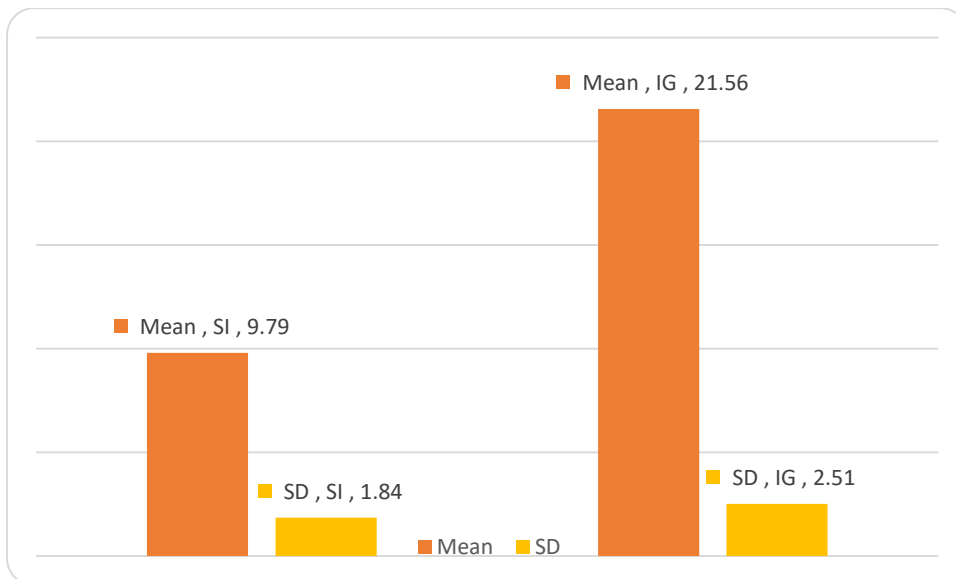
Correlation of Security-Insecurity Stability with Intelligence after Yoga: -**Table No-29**

	Mean	SD	C	Significant Level 0.01
SI	9.79	1.84	0.008	Not sig
IG	21.56	2.51		

NS at 0.01

Correlation of Security-Insecurity with College students' Intelligence is shown in the above table no. 38.

Security-insecurity after yoga is on average 9.79; SD is 1.84; and intelligence after yoga is on average 21.56; SD is 2.51. There is a 0.008 correlation between these two.

Graph 29 Correlation of Security-Insecurity Stability with Intelligence after Yoga

The correlation between Security-Insecurity and Intelligence is not significant.

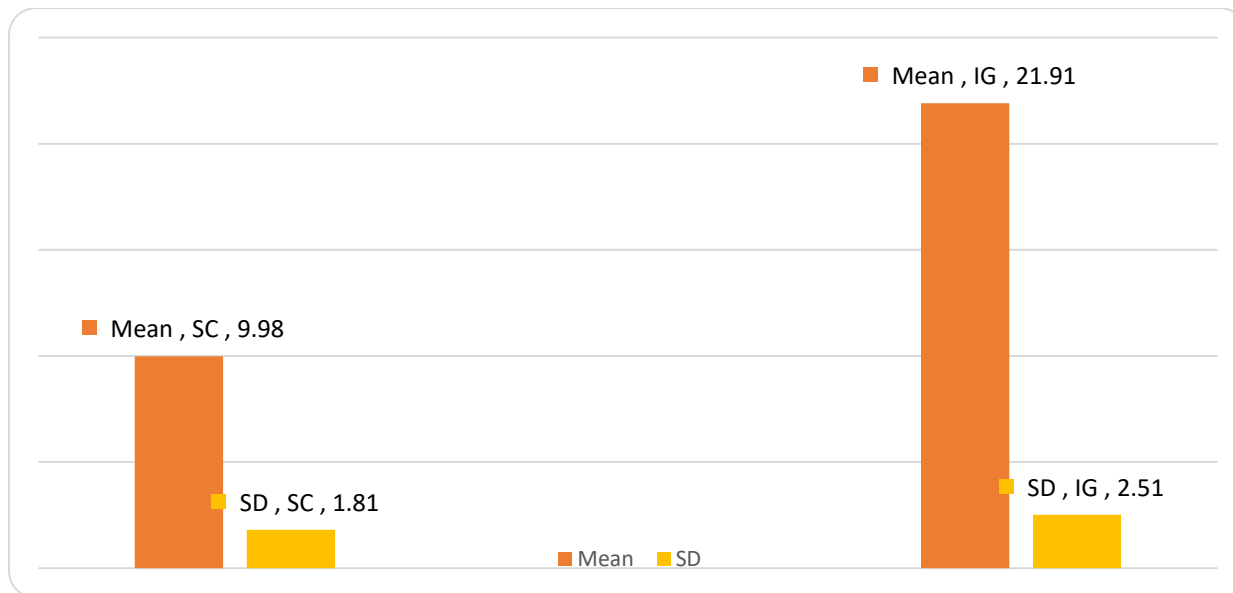
Correlation of Self Concept with Intelligence After Yoga: -**Table No-30**

	Mean	SD	C	Significant Level 0.01
SC	9.98	1.81	0.19	Not sig
IG	21.91	2.51		

NS at 0.01

Table shows data on the Correlation of College students' Intelligence and Self-Concept.

As shown in the graphs, the mean after-yoga self-concept is 9.98, SD is 1.81, and the mean after-yoga intelligence is 21.91, SD is 2.51, with a correlation of 0.19.

Graph 30 Correlation of Self Concept with Intelligence After Yoga

The correlation between Self Concept and Intelligence is not significant.

FINDINGS

After the analysis and interpretation of collected data by using t-test, correlation following findings for present research study came into existence.

1. There is excellent effect of Yoga on Emotional Stability of College students.
2. There is excellent effect of Yoga on Overall Adjustment of College students.
3. There is excellent effect of Yoga on Autonomy of College students.
4. There is excellent effect of Yoga on Security-Insecurity of College students.
5. There is excellent effect of Yoga on Self Concept of College students.
6. There is excellent effect of Yoga on Intelligence of College students.
7. There is excellent effect of Yoga on Mental Health of College students.

Pre-Test

8. The correlation between Emotional Stability and Overall Adjustment is significant at the 0.01 level.
9. The correlation between Emotional Stability and Autonomy is not significant.
10. The correlation between Emotional Stability and Security-Insecurity is not significant.
11. The correlation between Emotional Stability and Self Concept is not significant.
12. The correlation between Emotional Stability and Intelligence is significant at the 0.01 level.
13. The correlation between Overall adjustment and Autonomy is not significant.
14. The correlation between overall adjustment and Security is not significant.
15. The correlation between overall adjustment and Self Concept is significant at the 0.01 level.
16. The correlation between overall adjustment and Intelligence is not significant.
17. The correlation between Autonomy and Security-Insecurity is not significant.
18. The correlation between Autonomy and Self-concept is not significant.

19. The correlation between Autonomy and intelligence is not significant.
20. The correlation between Security-Insecurity and Self-concept is not significant.
21. The correlation between Security-Insecurity and Intelligence is not significant.
22. The correlation between Self-concept and Intelligence is not significant.

Post Test

1. The correlation between Emotional Stability and Overall Adjustment is significant at the 0.01 level.
2. The correlation between Emotional Stability and Autonomy is not significant.
3. The correlation between Emotional Stability and Security-Insecurity is not significant.
4. The correlation between Emotional Stability and Self Concept is not significant.
5. The correlation between Emotional Stability and Intelligence is not significant.
6. The correlation between Overall Adjustment and Autonomy is not significant.
7. The correlation between Overall Adjustment and Security-Insecurity is not significant.
8. The correlation between Overall Adjustment and Self Concept is not significant.
9. The correlation between Overall Adjustment and Intelligence is significant at the 0.01 level.
10. The correlation between Autonomy and Security-Insecurity is not significant.
11. The correlation between Autonomy and Self Concept is not significant.
12. The correlation between Autonomy and Intelligence is not significant.
13. The correlation between Security-Insecurity and Self Concept is not significant.
14. The correlation between Security-Insecurity and Intelligence is not significant.
15. The correlation between Self Concept and Intelligence is not significant

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