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Yoga and interpersonal relationship: A study on teacher trainees

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Abstract
For the purpose of investigation of the impact of yoga on interpersonal relationship among teacher trainees, fifty students were randomly divided into experimental (yoga) and control groups of twenty five each. The experimental group participated in yoga for thirty minutes, three days in a week for twelve weeks. Control group did not involve in any type of training. Interpersonal relationships were measured using the Interpersonal Relationships Scale. When comparing the data, the results showed that yoga group had significant improvements in interpersonal relationships compared to the control group.

Keywords: Yoga, interpersonal relationship

Introductions
Yoga is a mind and body practice originated in India five thousand years ago. People in the world are using it for maintaining physical and mental health. Many studies have proven that practicing yoga would help them to reduce stress, anxiety, depression. In addition to that it improves functioning of our organic systems. It also improves the physical fitness of people. The interactions and connections of people with each other is called interpersonal relationship. This can be with family, friends or coworkers. Maintaining an effective an effective relationship with people from different backgrounds shows understanding, concern, empathy and courtesy. People shows better interpersonal relationships having an open and friendly mind. They cooperate with others when engage in work and gain support from others. Also shows diplomacy by approaching others about sensitive issues in non-threatening ways. They foster an environment conducive to open, transparent communications among all levels. Maintaining a healthy interpersonal relationship with students and coworkers is an essential quality to become a good teacher. Studies related to interpersonal relationship and yoga among teacher trainees is scare. This study is an attempt to find out how much effect the yoga would make on interpersonal relationship among teacher trainees.

Objectives of the Study
The objectives of this study is to find out the effect of yoga on interpersonal relationship among teacher trainees.

Delimitation
1. The study was delimited to the female teacher trainees between 21 to 26 years of age.
2. The study was further delimited to the variable interpersonal relationship.

Limitations
1. The researcher did not use any motivational techniques is one of the limitations.
2. The habit and life styles of the subjects were beyond the control of the investigator is an another limitation.

Hypotheses
It is hypothesised that there would be significant improvement in interpersonal relationship among teacher trainees due to yoga training.

Significance of the Study

1. The findings of the study will help the people to aware of the effect of yoga on interpersonal relationship.
2. The outcome of the study may probably make an impact on teachers to follow yoga in the form of body exercises to maintain good interpersonal relationship.

Procedure

Selection of Subjects

For the purpose of this study, 50 female teacher trainees from Kerala University College of Teacher Education were selected as subjects. The average age of the subjects was 23 years.

Design of the Study

Fifty teacher trainees were randomly selected and divided into experimental (yoga) and control groups of twenty five each. After the pre test for the variable interpersonal relationship for both groups, a training programme on yoga were administered to the experimental group. The yoga group underwent a training programme in yoga for three days in a week for twelve weeks. The control group did not engage in any type of training. After the twelve weeks training, a post test was administered to both the groups to find out the variation.

Analysis of data and discussion of findings

The t-test was employed to analyse the significant difference between pre-test and post-test on the selected variables. Analysis of the data is shown in Table 1.

Table 1: The Significance of Differences between the Pre-Test and Post-Test Means of Interpersonal Relationship Scores of the Yoga and Control Groups

Groups	Means		MD	SD	SE	't' value
	Pre-test	Post-test				
Yoga group (N=25)	73.2	82.2	9.0	2.60	0.438	19.224*
Control group (N=25)	71.03	72.50	1.47	1.27	0.342	1.698

* Significant at 0.05 level

The results in Table 1 shows that the post test score (82.2) of yoga group is greater than the pre test score (73.2). The 't' value is also significant at.05 level. But in the case of control group, the posttest (72.50) compared to the pretest score (71.02) was not significant at.05 level.

Conclusion

As per the results of the analysis of scores of the pre and post test, it is concluded that engaging in yoga training will help the teacher trainees to improve their interpersonal relationship. So yoga may be included in the teacher education programme to maintain a healthy relationship.

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