



## EFFECT OF ONE MONTH RESIDENTIAL YOGA PROGRAM ON MEASURING THE POSITIVE AND NEGATIVE ATTITUDE

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### Abstract

*The Effectiveness of One Month Residential Yoga Program on Measuring the Positive and Negative Attitude among 50 participants was examined. The participants were divided into two groups -Yoga and Control group. Yoga Group comprising of both Male and Female attended one month Residential yoga program where they followed a strict schedule of 10 hours per day. Result indicated that Yoga Program contributed significantly in improving positive attitude and reducing in negative attitude in healthy volunteers. Positive thinking can lead to positive attitudes and peace of mind. Much of your behavior depends on your attitudes. If your attitudes are negative, you can expect to be vulnerable to addictions and psychosomatic disorders, and the resulting lack of focus and concentration may degrade every area of your life. A positive attitude can be developed by monitoring and disciplining your thoughts on a moment-by-moment basis.*

**Keywords:** *yoga, attitude, psychology*

“Psychology Today” magazine, reports that the average person generates 25,000 to 50,000 thoughts per day. Beginning in 1952 with Norman Vincent Peale’s book, “The Power of Positive Thinking,” a large school of thought has developed around the idea that happiness and unhappiness are largely by products of thoughts and that “negative thinking” results in a variety of psychological and physiological disorders. The remedy, according to these thinkers, is to exercise control over your thoughts to achieve health, serenity, an enhanced sense of well-being and increased personal effectiveness at work and at home.

Attitudes are organized collections of thoughts about a particular issue. To think positively, you need to eliminate certain negative thinking patterns that nearly everyone indulges in at least some of the time. These include the four major types of negative thinking filtering, personalizing, catastrophizing and polarizing. Filtering refers to psychologically screening out the encouraging aspects of complex scenarios. Personalizing means automatically blaming yourself every time something bad happens. Catastrophizing is expecting the worst possible outcome in any situation, and polarizing is a type of black-and-white thinking that defines failure as any result short of perfection

Emotion is a common component in persuasion, social influence, and attitude change. Much of attitude research emphasized the importance of affective or emotion components. Emotion works hand-in-hand with the cognitive process, or the way we think, about an issue or situation. Emotional appeals are commonly found in advertising, health campaigns and political messages. Recent examples include no-smoking health campaigns and political campaign advertising emphasizing the fear of terrorism. Attitudes and attitude objects are functions of cognitive, affective and cognitive components. Attitudes are part of the brain’s associative networks, the spider-like structures residing in long term memory that consist of affective and cognitive nodes.

By activating an affective or emotion node, attitude change may be possible, though affective and cognitive components tend to be intertwined. In primarily affective networks, it is

more difficult to produce cognitive counterarguments in the resistance to persuasion and attitude change.

In terms of research methodology, the challenge for researchers is measuring emotion and subsequent impacts on attitude. Since we cannot see into the brain, various models and measurement tools have been constructed to obtain emotion and attitude information. Measures may include the use of physiological cues like facial expressions, vocal changes, and other body rate measures. For instance, fear is associated with raised eyebrows, increased heart rate and increase body tension. Other methods include concept or network mapping, and using primes or word cues in the era.

The effects of attitudes on behaviors is a growing research enterprise within psychology. Icek Ajzen helped develop two prominent theoretical approaches within this field: the theory of reasoned action and, its theoretical descendant, the theory of planned behavior. Both theories help explain the link between attitude and behavior as a controlled and deliberative process. Russell H. Fazio proposed an alternative theory called “Motivation and Opportunity as Determinants” or MODE. Fazio argues that motivation can modify our deliberative attitude-related behavior, only if the opportunity presents itself.

Yoga suggests attitudes to cultivate for removing the mental and emotional blocks that veil the joy of the true Self. Each of these can be the subject of meditation and contemplation as well as being practiced in daily life. Attitudes meditations are foundations for the subtler meditations. Correlations were obtained between scores on the Yoga Attitude Scale and improvement in a group of 20 psychoneurotic patients undertaking yoga therapy of 4-6 weeks duration. A significant positive correlation was found between the improvement in social and vocational disability and scores on the Yoga Attitude Scale at intake. However, during treatment and follow-up, there was a significant change in the attitude towards yoga - it became more positive.

Correlations were also performed between improvement and change in attitude over the 5-month study period. Significant positive correlation was seen only on personal distress.



Improvement in the other symptoms of neurosis i.e. anxiety, depression, features, vegetative symptoms of neurosis i.e. anxiety, depression, features, vegetative symptoms and the other neurotic features i.e. hysteria, obsessions-compulsions and phobia did not show any relationship with the patient's attitude towards yoga.

**Method**

The Subjects in study were taken from one month Residential yoga program and control Group. The subjects comprised of 50 participants. 25(Yoga Group) participants both male and Female aged 20 to 45 years. Control group comprised of 25 Participants Both Male and Female raged 22 to 45 Years.

**Measure**

Positive and Negative Affects Scale (PANAS) to assess these specific emotional states in one Month Residential Yoga Program Participants. It is taken in individuals before and after yoga.

Watson, Clark, and Tellegen (1988) developed the Positive and Negative Affect Schedule (PANAS), which consists of two 10-item scales for PA and NA, Respectively in addition to the two original higher order scales the PANAS-X measures 10 specific affects: Fear, Sadness, Guilt, Hostility, Shyness, Surprise, Joviality, Self-Assurance, Attentiveness, and Serenity. PANAS-X provides for mood measurement at two different levels. That is personality and emotionality PANAS-X scales shows significant discriminate validity when correlated with peer-judgments.

**Procedure**

Om Meditation: a type of meditation using the syllable om chanting mentally to achieve a state of alert full rest (Telles, Nagarathna and Nagendra,(1995). The person seated in any comfortable meditative posture goes on repeating the syllable Om mentally leading to effortless flow of a single thought in the mind.

Yoga practice: yoga practices formulated based on the requirements of the patients developed by SVAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA YIC (One month residential Yoga Instructed Course).

Pranayama: Pranayama is a state of voluntarily regulated breathing while the mind is directed to the flow of breath to the flow of breath or prana.A typical cycle of the slow type breathing involves the phases of inhalation, exhalation; there are different kinds of pranayama varying according to the durations of the phases in the breathing cycles, and the nostrils used.

Cyclic Meditation: This has included a combination of both stimulating and relaxing or calming practices (Nagendra and Nagarathna 1997) its basis from traditional text. Studies on this meditation have shown that this technique, which is a combination of yoga postures interspersed with relaxation, reduces arousal more than relaxation alone

Trataka:One of theKriya (cleansing technique) mentioned in yogic texts to remove impurities of the ophthalmic tract and to attain mental stability (DHARANA).

**Results & Discussion**

**Table 1**

Means And SDs of Scores on The Measure of Emotional Competence by Yoga And Control Groups Before and After Intervention. This explains the comparison between pre and post assessment on negative attitude of Experimental Group.

Variable		Mean=+SD	% change of mean	P value
Afraid	Pre	2.231=+1.1066	15.93	085
	Post	2.654=+1.3840		
Scared	Pre	2.269=+1.1509	16.91	171
	Post	2.731=+1.4576		
Nervous	Pre	2.385=+1.2673	6.02	596
	Post	2.538=+1.2722		
jittery	Pre	2.231=+1.2746	0	689
	Post	2.423=+1.2385		
irritable	Pre	2.192=+1.2335	22.97	130
	Post	2.846=+1.6172		
hostel	Pre	2.731=+1.4016	4.43	697
	Post	2.615=+1.2985		
guilty	Pre	2.154=+1.3173	5.06	718
	Post	2.269=+1.4016		
ashamed	Pre	2.038=+.8237	19.70	260
	Post	2.538=+1.5028		
upset	Pre	2.577=+1.2704	10.67	307
	Post	2.885=+1.657		
distressed	Pre	2.577=+1.2704	23.87	001*
	Post	3.385=+1.3879		

**Note:** Wilcoxon Test showed that amongst 10 negative attitude, Yoga group showed significant reduction in distressed (p>0.05).

**Table 2 -** This explains the comparison between pre and post assessment on positive attitude of Experimental Group.

Variable		Mean=+SD	% change of mean	P value
active	Pre	3.038=+.9992	8.88	400
	Post	3.308=+1.1232		
alert	Pre	3.115=+.9089	6.16	380
	Post	2.923=+1.0554		
attentive	Pre	2.923=+.7442	2.63	783
	Post	3.000=+1.2000		
determined	Pre	3.192=+.7494	9.61	314
	Post	2.885=+1.1073		
enthusiastic	Pre	3.000=+.9798	6.4	445
	Post	3.192=+1.0961		
excited	Pre	3.000=+1.0583	3.83	.824
	Post	2.885=+1.2434		
inspired	Pre	3.000=+.9381	7.7	385
	Post	3.231=+1.1767		
interested	Pre	2.923=+1.0168	14.47	119
	Post	3.346=+1.2944		
proud	Pre	3.346=+1.0175	12.64	491
	Post	2.923=+1.0168		
strong	Pre	3.423=+.9454	7.85	309
	Post	3.154=+1.2229		

**Note:** In within group comparison (Yoga group) Wilcoxon test did not show any significant improvement in positive attitude

**Table 3 -** This explains the comparison between pre and post assessment on negative attitude of group.

Variable		Mean=+SD	% change of mean	P value
Afraid	Pre	3.542=+1.3181	21.17	023*
	Post	2.792=+1.2151		
Scared	Pre	3.125=+1.4540	5.34	655
	Post	2.958=+1.5737		



Nervous	Pre Post	3.500=+1.4446 3.375=+1.6101	3.57	758
jittery	Pre Post	2.708=+1.5737 2.708=+1.3667	0	951
irritable	Pre Post	3.333=+1.3726 3.292=+1.4590	1.23	828
hostel	Pre Post	3.000=+1.3831 2.875=+1.5126	4.16	704
guilty	Pre Post	3.167=+1.4646 3.458=+1.4136	9.18	542
ashamed	Pre Post	3.167=+1.4646 2.917=+1.6659	7.89	639
upset	Pre Post	3.708=+1.2676 3.167=+1.2039	14.59	172
distressed	Pre Post	2.583=+1.529 2.667=+1.6594	3.25	947

**Note:** Within group comparison was done by using Wilcoxon Test where the result showed significant improvement in the attitude afraid in Control Group.

**Table 4 -** This explains the comparison between pre and post assessment on positive attitude of group.

Variable		Mean=+SD	% change of mean	P value
active	Pre	2.917=+1.2129	1.38	.048*
	Post	2.958=+1.3345		
alert	Pre	2.958=+1.5458	20.22	088
	Post	3.708=+1.2676		
attentive	Pre	3.375=+1.2091	14.09	207
	Post	2.958=+1.3667		
determined	Pre	2.625=+1.2790	21.24	073
	Post	3.333=+1.4039		
enthusiastic	Pre	3.083=+1.2129	8.65	307
	Post	3.375=+1.3126		
excited	Pre	2.917=+1.1757	4.47	750
	Post	2.792=+1.2151		
inspired	Pre	2.958=+1.5737	14.45	263
	Post	3.458=+1.3181		
interested	Pre	3.250=+1.1516	1.30	935
	Post	3.208=+1.4136		
proud	Pre	3.042=+1.3667	4.28	809
	Post	2.917=+1.4116		
strong	Pre	3.250=+1.3593	3.70	649
	Post	3.375=+1.2091		

**Note:** Within group comparison was done by using Wilcoxon Test where the result showed significant improvement in the attitude active in Control Group.

**Table 5 -** This explains the comparison between the group (Yoga and Control).MannWhitney (Between group)

Variable	P value	Variable	P value
Afraid pre	.614	active pre	.268
Afraid post	.006*	Active post	.580
Scared pre	.713	alert pre	.037
Scared post	.073	Alert post	.837
Nervous pre	.103	attentive pr	.796
Nervous post	.017*	Attentive post	.066
Jittery pre	.527	Determined pre	.270
jittery post	.638	Determined post	.064
irritable pre	.263	Enthusiastic pre	.618
Irritable post	.016*	Enthusiastic post	.684
Hostel pre	.487	excited pre	.723
Hostel post	.959	Excited post	.533
guilty pre	.019	inspired pre	.535
Guilty post	.053	Inspired post	.886
ashamed pre	.480	interested pr	.695
Ashamed post	.027*	Interested post	.318
upset pre	.329	Proud pre	.332
Upset post	.020*	Proud post	.561
Distressed pre	.220	strong pre	.693
Distressed post	.420	Strong post	.737

**Note:** In between group comparison Yoga group showed significant improvement in the negative attitude such as afraid, nervous, irritable, ashamed and upset.

In a previous, open-armed observational study on 312 participants of a weeklong free yoga camp for promotion of positive health through integrated yoga practices showed significant reduction in negative affect and increase in positive affect scores on modified version of PANAS questionnaire; The current study reveals that in a within group comparison Yoga Group showed a significant reduction in negative attitude, distressed ( $p > .001$ ) whereas no changes was observed in positive attitude.; In control group negative attitude afraid was reduced significantly ( $p > .023$ ) and positive attitude active, increased significantly with  $p > .05$ .; In between group comparison yoga group showed significant reduction in negative attitude such afraid ( $p > .05$ ), nervous ( $p > .05$ ), irritable ( $p > .05$ ), ashamed ( $p > .05$ ), and upset ( $p > .05$ ); In positive attitude result between group did not show any significantly improved in yoga group after one month of intervention.; Yoga intervention has shown significant change in reducing negative attitude an improvement in positive attitude in healthy volunteers.

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