



A comparative study of behavioural deviance among yoga practitioners and non yoga practitioners

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Abstract

The purpose of the present is to find out the differences between yoga practitioners and non-yoga practitioners on behavioural deviance. 200 high School students of Panchkula district within the age range of 14-18 years. The result of the study revealed that statistical significant difference was seen on behavioural deviance between yoga practitioners and non-yoga practitioners (** $p < 0.01$).

Keywords: Behavioural deviance, yoga-practitioners and non-yoga practitioners

Introduction

Physical inactivity and sedentary lifestyle are among the risk factors for the accumulation of various diseases related to the physical and mental health of individuals. Adolescence, in particular, is an age when adolescents face many physical, mental, emotional and social changes and yoga can be a useful method of coping with these changes. This. Deviant behavior includes those that are generally considered incompatible with the culture, customs, values, and norms of society (Atkinson, M., & Young, K. 2008 and Prus, R. C., & Grills, S. (2003) ^[1,4]. Deviation of behavior is perceived as a negative emotion.

Methods

The survey method was used for carried out the present research work.

Selection of subjects

The sample selected from the study was consisted of 200 high School students of Panchkula district. Out of these 100 students were Yoga practitioners and 100 were non-Yoga practitioners.

Tools used in the study

Bahavioral Deviance Scale by NS Chauhan and Saroj Aurora (1989) ^[2].

Results

Table 1: Shows yoga practitioners and non- yoga practitioners

Variables	Yoga Practitioners (n=100) Mean \pm SD	Non- Yoga practitioners (n=100) Mean \pm SD	t-value	df	Level of Significance
Behavioural Deviance	25.70 \pm 14.74	18.11 \pm 14.50	3.171	198	Significant at 0.01 level

The results of the study revealed that the significant difference was found between Yoga practitioners and non-yoga practitioners in the variable of behavioural deviance.

Conclusion

Therefore, a yoga session in school is very helpful in bringing many benefits to the individual. Yoga can be helpful in managing an individual's impulsive and hostile behavior.

References

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