

RESEARCH ARTICLE

Effect of 2-week yoga and meditation on emotional quotient

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ABSTRACT

Background: With the current demand for enhanced performance in all walks of life, stress is present universally. **Aims and Objectives:** The present study is to study the effect of yoga and meditation on emotional quotient (EQ). **Materials and Methods:** A total of 60 subjects both male and female were asked to fill the questionnaire before and after the yoga training for 2 weeks. **Results:** The results showed that all the EQ dimensions were increased after training of 2 weeks. **Conclusion:** Practicing the yoga way of life may bring about a complete transformation of one's personality, on the physical, mental, emotional, and spiritual levels.

KEY WORDS: Yoga; Meditation; Emotional Quotient

INTRODUCTION

Yoga has the potential to provide physical, mental, and emotional health benefits. Multitasking and competition have increased in all walks of life, which may manifest as psychological and physiological stress. This leads to mental and emotional drain. Dissatisfaction and frustration are leading to depression and more incidence of suicide in the society. Emotional quotient (EQ), also called emotional intelligence (EI), assesses the emotional stability of the person and also tells us the ability of the person to handle different stressful situations. EI is "a form of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate between them, and to use this information to guide one's thinking and action."^[1] Goleman identifies five components of EI self-awareness, self-regulation, motivation, empathy, and social skill.^[2] An alternative framework as defined by the Consortium for Research on EI.^[3]

Objective of the Study

This study is undertaken to know the effects of yoga and meditation on emotional quotient.


MATERIALS AND METHODS

Source of Data

In this study, we included 60 adults (males and females) in the age group of 20–45 years. Written informed consent was obtained before recruitment into the study. Subjects were asked to fill the questionnaire before and after yoga training of 2 weeks in Mandya Yoga Centre. EQ is assessed by EQ questionnaire "The Quick EI Self-Assessment" developed by Dr. Singh and Dr. Chadha. This test has 22 real-life situations based on 4-point scale rating. This test is useful to measure emotional dimensions such as emotional competency, emotional maturity, and emotional sensitivity. The subjects will be asked to fill the questionnaire before and after the yoga training.

Inclusion Criteria

- Age between 20 and 45 years (males and females), physically and mentally fit, normal health as declared

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Table 1: Comparison pre- and post-test score

| Parameters | Before yoga training | After yoga training | P value |
|--------------------------|----------------------|---------------------|---------|
| Emotional sensitivity | 91.24±13.87 | 95.80±10.97 | 0.0481 |
| Emotional maturity | 113.24±17.21 | 119.32±15.92 | 0.0468 |
| Emotional competency | 159.18±28.23 | 170.11±23.01 | 0.0218 |
| Total emotional quotient | 352.28±39.98 | 370.17±40.12 | 0.0159 |

by the physician. All of them taking high-fiber low-fat vegetarian diet and no caffeinated drinks, alcohol, or tobacco in any form.

Exclusion Criteria

- Taking medication, using any other wellness strategy.

RESULTS

Statistical analysis of the data was done using paired *t*-test before and after yoga training. The score of the subject in emotional competency, emotional maturity, emotional sensitivity, and total emotional quotient was increased significantly after 2 weeks of training [Table 1].

DISCUSSION

Our study showed significant increase in emotional sensitivity, emotional maturity, emotional competency, and total emotional quotient after undergoing yoga and meditation training for 2 weeks. This indicates the necessity of yoga and meditation in our daily life.

A study conducted by Adhia *et al.*, who studied EI of managers, found that there was significant enhancement of EI score in the yoga-practicing group compared to the control group which practiced physical exercise.^[4] Ganpat and Nagendra did a study which assessed emotional intelligent quotient in managers undergoing yoga-based self-management of excessive tension (SMET) program. The study showed 72.02% significant increase in EQ and may have implications in “executive efficiency.”^[5] Singh *et al.* studied the effect of Sahaj Marg Raja Yoga on physical health, psychological health, and EI and found that there was an enhancement in the parameters they studied.^[6] EI was significantly improved in managers who practiced SMET program in the study conducted by Kumari *et al.*^[7]

Yoga and meditation bring out balanced between sympathetic and parasympathetic system, meditative experience causes a sensation of normal and even increase in alertness along with a state of complete mental silence. This can be the cause for increase EQ score where there is tolerance to self and also others.^[8]

The molecular basis and what exactly happens at the cellular level cannot be explained in this study. Further studies can be done by correlating with biochemical reactions.

CONCLUSION

Based on a review of the literature, we hypothesize that practicing the yoga way of life may bring about a complete transformation of one’s personality, on the physical, mental, emotional, and spiritual levels.

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