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**Chief Editor -**  
Dr. Dhanraj T. Dhangar,  
Assist. Prof. (Marathi)  
MGV's Arts & Commerce College,  
Yeola, Dist - Nashik [M.S.] INDIA

**Executive Editors :**  
Dr. Kamalakar Gaikwad (Guest Editor, English)  
Dr. Gajanan Wankhede, Kinwat (Hindi)  
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## Study of Aggression among Yoga & Pilates Students

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### Abstract:

The purpose of this study was to compare the aggression behavior of female Yoga & Pilates practitioner college students. In this study used comparative research method to compare the aggression. Yoga & Pilates female practitioner students were selected as sample by using simple purposive sampling technique from KRT Arts & Commerce College Vani Tal. Dindori, Dist. Nashik. They belong into, Yoga group (n=10) and Pilates group (n=10). Seven dimensional aggression inventories namely, assault, indirect aggression, irritability, negativism, suspicion, verbal aggression and guilt prepared by Sultania (2006) were administered to subjects on both the groups & collected data was analyzed by using Independent sample t-test. Result shown that aggressive behavior in term of negative aggression was not substantially different in female Yoga & Pilates practitioner student.

**Keyword:** Aggression Behavior, Yoga & Pilates Practitioner College Students.

### Introduction:

In student aggression has been viewed as actions that are beyond the rules & regulations of that particular practitioner. The pros & cons of aggression in college students have been widely discussed and researched by psychologists. Studies have shown that a certain amount of aggression is required for optional level of performance. In other words controlled aggression is beneficial in Yoga & Pilates practitioner performance (Cox: 2002). On the contrary negative aggression i.e. verbal abuse, physical challenges, resentment to decision by referee are often termed as negative aggression. Studies conducted by researchers such as (Grange & Kerr. 2010) concluded that aggressive behavior which is within the framework of college is positively associated with Yoga & Pilates practice. Hence aggression is a major psychological variable which determines optimum level of activities.

### Material and Method:

#### Sample of the study:

Yoga & Pilates female practitioner students were selected as sample by using simple purposive sampling technique from KRT Arts & Commerce College Vani Tal. Dindori, Dist. Nashik. They were equally divided into, Yoga group (n=10) and Pilates group (n=10). All the subjects, after has been informed about the objective and protocol of the study was give their consent and volunteered to participate in this study.

#### Selection of Tools:

To evaluate aggression among selected Yoga & Pilates female practitioner students. Seven dimensional aggression inventories namely, assault, indirect aggression, irritability, negativism, suspicion, verbal aggression and guilt prepared by Sultania (2006) were used. Since the nature of this inventory was to assess negative side of aggression. Higher score on this inventory means hostile aggression & lower scores denotes controlled aggression.



**Procedure of Study:**

Seven dimensional aggression inventory (Sultania 2006) was administered to 20 Yoga & Pilates practitioner subjects in a field like condition and convenience of the subjects. Scoring of data have been carried out according to author's manual, and independent sample 't' test was used to compare aggression between Yoga & Pilates female practitioner students. The result is presented in table no.1.

**Results of the study:**

The results pertaining to significant difference between Yoga & Pilates female practitioner students were assessed using the Independent sample 't' test & the results are presented in table no. 1.

**Table No.1:**

**Comparison of Aggression between Yoga & Pilates female practitioner students**

Variable	Yoga Female Practitioner College Students (N=10)		Pilates Female Practitioner College Students (N=10)		t-value
	Mean	SD	Mean	SD	
Aggression	32.08	4.83	33.20	5.46	1.08

\*Significant at 0.05 level

Table-1 indicates that level of negative aggression of Yoga & Pilates practitioner female college students was not found significantly from each other. The reported t = 1.08 which was did not met the statistical criterion for significance confirms above the result.

**Discussion of the study:**

The result of present study was interpreted on this ground that both Yoga & Pilates practitioner female college students perform at the same level. So the awareness of practice is similar in both the groups. In this study the influence of Yoga & Pilates belongs was nullified because although aggression tendencies do differ from students to students, practitioner have to abide by the practice of that particular exercise. Hence the level of aggression was almost same in Yoga & Pilates practitioner female college students.

**Conclusion of the study:**

It was concluded that negative aggression or hostile aggression was not influenced by Yoga & Pilates practitioner female college students.

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