



# Journal of Interdisciplinary Cycle Research

An UGC-CARE Approved Group - II Journal

An ISO : 7021 - 2008 Certified Journal

ISSN NO: 0022-1945 / web : <http://jicrjournal.com> / e-mail: [submitjicrjournal@gmail.com](mailto:submitjicrjournal@gmail.com)

## Certificate of Publication

This is to certify that the paper entitled **“To comparative Study in Effect of Yoga On Mental Health: Level Male And Femall Student in Jalgaon Destrict.”** Certificate Id: JICR/4834

Authored by :

**Dr. Pratibha .T.Patil**

From

**SES Bed College Jalgaon**

Has been published in

**JICR JOURNAL, VOLUME XIII, ISSUE VII, JULY- 2021**



Dr. R. Rezwana Begum, Ph.D Editor-In-Chief  
JICR JOURNAL

<http://jicrjournal.com>

*P.Patil*

Co-ordinator IQAC  
Sadguru Education Society's  
College of Education, Jalgaon

*U.Ku*

Acting Principal  
Sadguru Education Society's  
College of Education, Jalgaon

*P.Patil*

**સત્ય જિજ્ઞાસુ**  
**સત્ય જિજ્ઞાસુ**

To comparative Study in Effect of Yoga On Mental Health: Level  
Male And Femail Student in Jalgaon Destruc.

Dr. Pratibha .T.Patil

Department of Education

SES Będ College Jalgaon

**Abstract :**

The purpose of this study was to find out the effect yoga on mental health in college level male and femail Student The Yoga has become very popular throuth out theword as it help man to develop his mind and intellect leading to realization of ultimate reality in this morden era strss as become an intagrall part of human life.Stress is considred to be any condition which resulth in percturbation of bodys Homestasis. Todaymale and Female are constantly under stress to balance between Home& College work place.yoga aims at an integrated and harmonious development of all the potentialities of man however to put yoga on a film scientific pedestal ,we plan to undertaken a comparative study between the male and female to evaluated the effect on yoga on mental health .25 male and 25 female participant were selected yogic group and 25male and 25female participant were selected for non yogic group

In this look normal volunteers of both groups they were divided in to the two group yogic group and non yogic groups. A sample of 100 college student, [ age 18 - 25 years] was selected purposely Jalgaon district . data were collected using by Pramod kumar mental health check list was used to measure the mental health . to paired mean ,SD's' test is used to data analysis selected individual were selected to 90 min of yoga classes once or twice a week of month

**Introduction:**

Yoga work to create solution for excessive stress, panic and anxiety from with tension, anxiety ,stress and worry and are unnatural part of daily life but yoga allows us to decipher the real from of imaginary . today working male and female student is constantly under stress to maintain balance between home and college work .this stress affect their physical and mental health .but stress is necessary for life .we need stress for creativity ,learning and for survival





# Journal of Interdisciplinary Cycle Research

An UGC-CARE Approved Group - II Journal

An ISO : 7021 - 2008 Certified Journal

ISSN NO: 0022-1945 / web : <http://jicrjournal.com> / e-mail: [submitjicrjournal@gmail.com](mailto:submitjicrjournal@gmail.com)

## Certificate of Publication

This is to certify that the paper entitled

Certificate Id: JICR/3640

"The study of the effect of Emotional Intelligence on Academic stress in college level student KBC NMU Jalgaon"

Authored by :

**Dr. Pratibha Tukaram Patil**

From

**Sadguru Education College Jalgaon**

Has been published in

**JICR JOURNAL, VOLUME XII, ISSUE XII, DECEMBER- 2020**



**Dr. R. Rezwana Begum, Ph.D** Editor-In-Chief  
JICR JOURNAL



<http://jicrjournal.com>

*Patil*

Co-ordinator IQAC  
Sadguru Education Society's  
College of Education, Jalgaon

*Patil*

**SELF ATTESTED  
TRUE COPY**

*Patil*

Acting Principal  
Sadguru Education Society's  
College of Education, Jalgaon



102

### The study of the effect of Emotional Intelligence on Academic stress in college level student KBC NMU Jalgaon

Dr. Pratibha Tukaram Patil  
Sadguru Education College Jalgaon

#### Abstract -

The objective of the study is the student emotional Intelligence to relationship between academic stress in college level student in KBCNMU Jalgaon. The investigator has taken emotional intelligence as very important independent factors to see it effect on academic stress on male and female student. The study was a sample of 200 students (male student 100 and Female student 100) in various colleges in KBCNMU Jalgaon. The sample in selected of randomly data was collected using by survey methods of employed. Data collected in student academic stress questionnaires in self made trait and Emotional Intelligence Test Inventory Dr. Anita Sony and Dr. Ashok Sharma this inventory contains 40 items and each item has three alternatives. This inventory explained the 5 emotional components. The collected data were analyzed using mean, Standard Deviation, "t" value. The finding are established and tabulated from the analyzed data. The finding shows that there is no significant difference between emotional intelligence and academic stress of college level student. Further it was found that emotional intelligence or student has got significant with low emotional intelligence reported higher academic stress as compared to the student with high emotional intelligence.

#### Introduction -

Emotional intelligence is essential for inter personal relationship at school at home at work many people with high emotional quotient are expected to progress more quickly through the abilities designated and to master more of them. It is the capacity to create positive out comes which includes joy optimism success in school and life. Increasing emotional intelligence has been correlated with better result in leadership, academic performance marriage life friendship and health emotional intelligence has been defined by better selves and John Mayer as the ability to monitor one own and the other people emotional to discriminate between different emotional information to guide thinking and behavior and manage and adjust emotion to adult to environment or achieved goals "emotional intelligence also reflect abilities to join intelligence empathy and emotions to enhance thought and understanding to inter personal dynamics.- Goleman (1995).

Stress is an over arousal situation that emerges in physical and psychological aspects as a result of evaluating internal and external factors as dangerous of harmful stress may be derived from traumatic life events continuous troubles and problems in daily life. The strength and effect of stress resource can change from person to person and case

*Patil*  
SELF ATTESTED  
TRUE COPY