

# Role of Yoga on Mental Readiness in relation to Personality Development

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## ABSTRACT

The purpose of this thematic paper is to explain how Yoga and Yoga practice has their role in the development of mental readiness in relation to personality development. Yoga is important for an individual to develop their personality along with mentally preparedness. By performing daily Yogasana one individual can attain mental health which will further led to mental readiness, but it also creates a positive environment which will help an individual to develop their personality too. Concept of Yoga is a traditional term that prevails in different Yogic Scripts in India. They practiced yoga as an effective method of controlling their mind and bodily activities. In our Day to Day life yoga helps us in developing the areas of physical, mental, social and spiritual health which will combinely develop the personality factors. Personality is an important theme. As we all know that personality is a psychological factor which depends on several others psychological factors. In modern psychology, several approaches have been adopted to understand it. To understand the term Personality from the point of view of Yogic language, one have to understand the physical, emotional, intellectual, social and spiritual dimensions of personality of an individual. This theme tries to discuss personality from point of view of yoga. This paper clarifies how Yoga has its role in the interlinking relationship between mental readiness and personality development.

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## 1. Introduction

Yoga is an ancient art and science that aims for high-level wellness-physical, mental, and spiritual. Yoga is defined as the physical practice of yoga postures that is a form of exercise the word yoga means “yoke” or “union” and reflects its holistic approach. Yoga is an ancient Indian discipline that aims at developing an integrated personality, where the growth of physical, mental, social, and spiritual planes is equally focused. The term yoga is a spiritual term which helps an individual to develop his or her moral spiritual aspects. One can apply the yogic philosophy in his practical life and daily activities. Yoga has been documented to normalize physiological function and recent advances in the field of research have shown that it has sound scientific basis.

Yoga means integration at three levels: body, mind and soul. It aims at the positive control or suppression of mental activities in order to reach pure consciousness or chaithanya. Patanjali, the proponent of Ashtanga Yoga held that the yoga was for the transformation of mind into consciousness. Yoga is viewed as a system of holistic life. It encompasses all facets of human life such as physical, mental, social and spiritual. Yoga deals with all these elements into a seamless whole. Bhagavad Gita has elaborated the significance of yoga as a powerful tool in practical life situations. Yoga in olden times understood as a state of union of opposite pairs, which formed part of the human system and psychic system. In this modern period, Yoga is chosen as a form of transformation of personality of a human being.

In this modern condition of sedentary life style everyone is trying to develop his or her personality by making themselves mentally ready. Because in each and every aspects of this sedentary and advanced technological lifestyle mental

readiness is one of the factor that's firstly deals with personality of an individual first and them deals with the whole psychological state of one's. Different psychologist says that's mind, mental setup and mental readiness is a complexly constructed state of mind. Literally the word mental readiness has two values- one is to think or to set the mental status to think something voluntary and the second to create a state of mind in which everything is ready and prepared to implements some decisions. In psychology mental readiness is commonly known as Psychological readiness which helps an individual to be mentally prepared and to develop the ability of making changes and adaptations in one's personality.

Mental readiness is a psychological factor which doesn't stable and its stability depends up on the internal and external different psychological factors which further led to the development of the individual personal quality – intellectual, emotional, spiritual, and social and finally it stress on the development of personality of and individual. There is always a saying that if someone is mentally ready and prepared for the personality development then only the personality can be developed. On the basis on mental readiness of a person, a person can be predict but on the basis of feeling, emotion, sociability, thoughts and intentions to characterize the persons personality collectively. A good level of metal readiness can be achieve through Yoga practices which develops personality which is a combination of positive qualities of an individual which includes openness, emotional stability, consciousness.

Daily Yoga practice leads to highly significant improvement in the health and psychology of subjects. Practice of yoga creates harmony in the physical, mental, psychological and spiritual aspects of the human personality which can be developed. It seems that our education system has become

more mechanical and is failed to nurture all round development of the personality of the individual that's why Yoga is the best process of developing personality which is mentioned in different aspects of Yoga.

Yoga, in its ancient Indian philosophy, has a direct focus on the integrated development of the personality of an individual. Yoga is the method which is used for the growth of an individual towards divine soul, which includes different techniques useful for therapeutic applications in making an individual healthier. Regular practice of yoga helps in the personality development at its all levels, i.e. physical, intellectual, social, spiritual and emotional, in a normal individual. Personality development is a multi-dimensional process. There are several factors or dimensions which are to be including in the development of personality in an individual but, if any one of the dimensions is not present in an individual then the personality of an individual remains incomplete. Yoga is the best and easiest way to develop the dimensions which are mentioned above for the purpose of personality development in a human being or in an individual. Each of the dimensions are different in nature and have different specific activities and process which starts making little changes in an individual which further led to the personality development. All the dimensions are interlinked with each other and except one of them other dimensions are useless for the purpose of personality development. So, yoga has its important role and can be used in the development of holistic personality of an individual.

## 2. Purpose of this Thematic Paper

The main purpose of this thematic paper is to explain the role of Yoga and Yoga asana practice on mental readiness in relation to personality development. To infer general information how yoga is helpful in the development of mental readiness and personality development of an individual. How, Yoga is important in the linking of mental readiness and personality development of an individual.

## 3. Contribution of Yoga on Mental Readiness and Personality Development

Yoga has its positive effects on mental readiness through yoga practice or by indulging in Yoga by oneself. Through yoga one's mind can be controlled and modification can be done, so that one can mentally be ready to perform the tasks and also to control those psychological factors which help one in the development of personality. Yoga is the branch of science which aim is to deals with mental readiness and personality development in relation to each other. This thematic paper is an attempt to inform the people of the modern civilization is that only yoga can bring the changes in mind, mental readiness, personality and behavior of an individual.

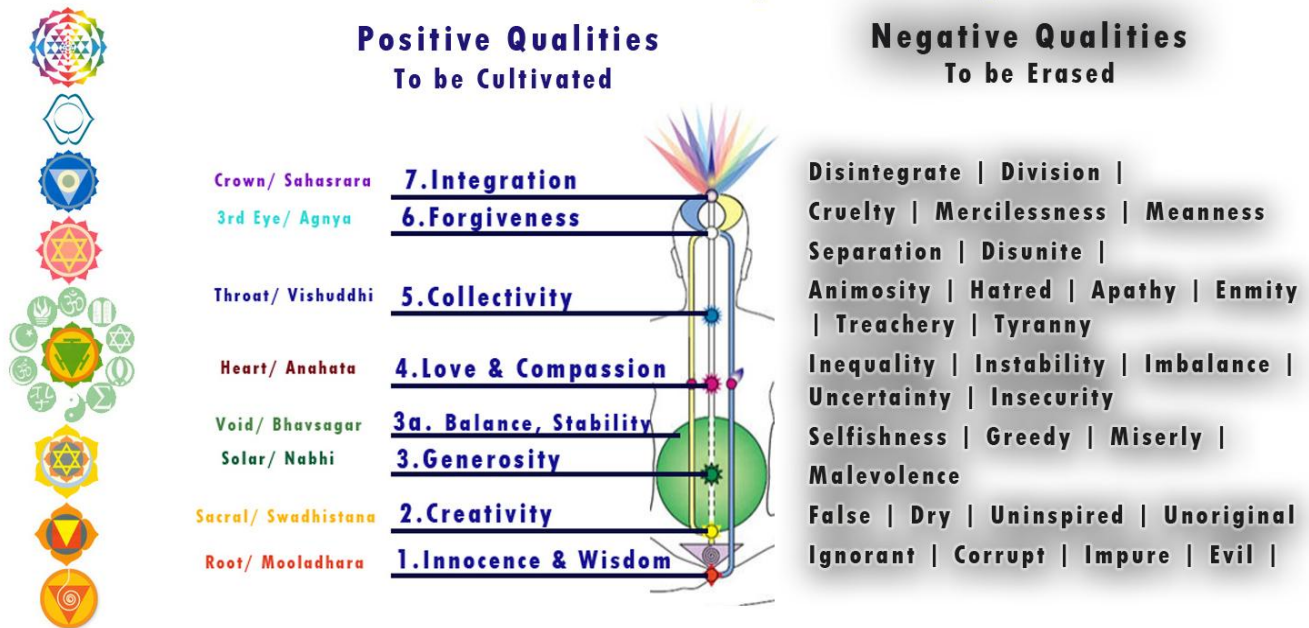
Yoga's significant role is to make someone mentally ready. It is stated in different article and writing of Yoga by different yogis is that if, an individual is mentally ready and present in Yoga activities then only one will be able to perceive the sayings of Yogic sutras that control mind which will increase the ability of mental readiness relating personality of an individual but, if an individual is not mentally prepared and present then that individual shows his inability to perceive the

saying which will help the individual to be mentally ready to develop his or her personality. It is because in all the Indian scriptures it is said that mind is an unstable entity which also hamper the most important psychological component that is personality. Yoga through mental readiness clears one's perception regarding personality and how to develop it.

It is observed that yoga practices develop the different dimensions of personality which is a sum of behavior which includes attitude of a person, emotions, thoughts, habits and traits. Yoga develops personality which can be better understood by understanding the different dimensions of personality such as-

- **Yoga and Physical Dimension of Personality:** The physical development of one's. If the whole body organs work properly then only the body will work properly to develop and function properly without presence of disease. If someone's physical functioning of the body develops then only physical development of an individual personality occurs. Yoga through its asana, pranayama, and Bandha principles develops physical personality.
- **Yoga and Emotional Dimension of Personality:** Yoga develops the emotional stability of an individual by controlling both the positive emotions and negative emotions. Yoga brings emotional stability in an individual to develop personality. It creates the sense of thinking rationally. Personality development depends always on positive emotions because if an individual have stability and positive emotions in him or her then one can create a good level of personality. Yama, Niyama, Asana, Pranayama, Pratyahara and Meditation principles creates emotional personality of individual.
- **Yoga and Intellectual Dimensions of Personality:** Intellectual is related to our mental abilities. To develop personality, development of intellectual is very important because it helps us in thinking critically, to percept something, to make correct decisions, imaginative and creativity. This factors combine helps the individual to develop personality. Asana, Pranayama, Dharana and Dhayan principles of yoga develops Intellectual personality.
- **Yoga and Social Dimensions of Personality:** Socialization of an individual starts from his or her birth and continues to his death. One is socialized by depending on the approval and disapproval of the whole society. Feeling, politeness, honestly etc are the factors of socialization. Yoga creates the sense of sociability in one's mind to develop his personality. Principles of Yama include key elements and are very important as these help us in the betterment of our relationships with our friends, parents, teachers and others which create and develop socialization and social personality.

# All Round Personality Development



The picture shows positive qualities which is to be cultivated and negative qualities which is to be erased. Above picture shows how yoga is the only process in this modern civilization which can help an individual in all round development of personality which encompasses Social, Emotional, Physical, Spiritual and Intellectual of an individual.

## • Yoga and Spiritual Dimensions of Personality:

Spiritual dimension of personality deals with individual values. It develops the sense of self-actualization, self-imagination and self-esteem. It helps an individual to know his potential that is in him to develop his or her personality. Yoga helps the individual to know his or her true identity and himself which led to the mental setup of developing personality. Yoga's Yama and Niyama help to develop our moral values while pranayama and meditation help us to realize our true self.

## 4. Definitions of the Terms Used

### • Yoga:

Maharshi Patanjali has given a new dimension to the orthodox yoga philosophy. He collected, coordinated and illustrated the basic principles of yoga in his classical work Yoga Sutras. He explained and defined yoga as- "**Chitta Vritti Nirodhah**" which means to free mind from any kind of modifications- **Maharshi Patanjali**.

### • Mental Readiness:

Mental Readiness refers to the ability of a person to create a balanced psychological state in which they can perform at an optimal level- **Mark Hodgson**.

### • Personality Development:

Personality is the sum total of all the biological innate disposition, impulses, tendencies, appetites and instincts of the

individual and the acquired dispositions and tendencies- **Morton Prince**.

## 5. Conclusion

Yoga makes dynamic changes in the mental setup of an individual to develop personality. This paper aims to inform the peoples how yoga can be chosen as a medium of developing personality in relation to mental readiness. Yoga provides the opportunities to an individual to develop- physical, social, emotional, intellectual and spiritual dimensions of personality to build a harmonious personality. Yoga firstly start developing the mental health of an individual so that he or she can be mentally ready to modify their behavior pattern to develop personality according their life style which is an important factor in life in this modern life. If someone follow the yoga eight limbs principles then an individual within due course of time develops a good personality which makes him socialized. Yoga develops the mental readiness ability in one, even when he or she has an imbalanced mental setup and mental readiness too because it degrades the personality level in one individual. Yoga develops the sense of behaving a good behavior towards others which shows the personality because personality is all about behavior and behaving pattern. As, personality of each individual differ from one to another because behavior pattern and mental status of each individual is unstable in each and every aspects of life. So, by the help of supporting reviews of Nazia Tabassum, Arndt Bussing and Shripriya Krishnan, yoga can be helpful to us in personality development in relation to mental readiness which is a part of our mental health, which is further related to our psychological readiness.

**Nazia Tabassum (2017)** stated in her article that Personality is an important theme. In modern psychology, several approaches have been adopted to understand it. However, from Yogic point of view, personality can be understood from a different perspective. A holistic personality comprises physical, emotional, intellectual, social and spiritual dimensions. This article tries to discuss personality from Yogic point of view.

**Arndt Bussing (2012)** investigated and stated in his report that effects of yoga interventions on various components of mental and physical health, by focusing on the evidence described in review articles. Collectively, these reviews suggest a number of areas where yoga may well be beneficial, but more research is required for virtually all of them to firmly establish such benefits. The heterogeneity among interventions and conditions studied has hampered the use of meta-analysis as an appropriate tool for summarizing the current literature. Nevertheless, there are some meta-analyses which indicate beneficial effects of yoga interventions, and there are several randomized clinical trials (RCT's) of relatively high quality indicating beneficial effects of yoga for pain-associated disability and mental health. Yoga may well be effective as a supportive adjunct to mitigate some medical conditions, but not yet a proven stand-alone, curative treatment. Larger-scale and more rigorous research with higher methodological quality and

adequate control interventions is highly encouraged because yoga may have potential to be implemented as a beneficial supportive/adjunct treatment that is relatively cost-effective, may be practiced at least in part as a self-care behavioral treatment, provides a life-long behavioral skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects.

**Shripriya Krishnan (2006)** investigated the effect of simplified kundalini Yoga on personality development of adolescents. The study using devised standardized questionnaire, was conducted on 450 students from government, government aided and private schools situated in Chennai. Training consisting of simplified physical exercise, meditation and introspection, was imparted to the experimental group of 250 students. 't' Tests were used to study the impact of the yoga on the various aspects of personality and the academic achievement of the students. Variance analysis was done to find out the difference in the aspects of personality and improvement, if any, in the academic achievement of the practitioners with respect to type of school, sex, and subject studied. Result of ANOVA highlighted that sex and the subjects studied have no significant bearing on the effects of simplified kundalini yoga. Results of the training showed significant effect on the personality and the academic achievement of the students.

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