

CHAPTER 4

4.0 AIMS AND OBJECTIVES

4.1. AIM OF THE STUDY

The present study is aimed at assessing the role of yoga on psychological factors related to emerging adults, including implicit and explicit attitude towards technical education, parental influence, and intrinsic psychological attributes.

4.2. OBJECTIVES OF THE STUDY

Objectives of the current research are the following

- 1) To study the role of yoga on psychological variables like self-concept, personality, and dimensions of emerging adults, and parental influence, among yoga and sports groups.
- 2) To study how internal attributes influence inherent interest of engineering students towards engineering course, among yoga and sports groups.

4.3. RESEARCH QUESTION

- 1) Can inherent interest of engineering students towards engineering be evaluated?
- 2) Can psychological attributes governing their interest towards engineering be understood?
- 3) Can the role of SKY in psychological variables in engineering students be known?

4.4. HYPOTHESIS

H1: There is a correlation between implicit and explicit attitudes of students towards engineering.

H2: There is a correlation between yoga practitioners and non-yoga practitioners towards engineering choice.

H3: There will be positive changes in EEG after the intervention of SKY Meditation and introspection techniques.

H4: Yoga group may show higher scores in perceived competency for learning, *guṇas* and dimensions of engineering students compared to the sports group.

H5: Yoga group may show higher scores in attachment styles, *guṇas* and dimensions of engineering students compared to the sports group.

4.5. NULL HYPOTHESIS

NH1: There is no correlation between implicit and explicit attitudes of students towards engineering.

NH2: There is no correlation between yoga practitioners and non-yoga practitioners towards engineering choice.

NH3: There will not be positive changes in EEG after the intervention of SKY Meditation and introspection techniques.

NH4: Yoga group may not show higher scores in perceived competency for learning, *guṇas* and dimensions of engineering students compared to the sports group.

NH5: Yoga group may not show higher scores in attachment styles, *guṇas* and dimensions of engineering students compared to the sports group.