

# **Impact of Self Management of Excessive Tension on Emotional Intelligence and Emotional Competence**

Thesis submitted by

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Towards the partial fulfillment of

**DOCTOR OF PHILOSOPHY (YOGA)**

**NOVEMBER 2014**

Under the Guidance of

**H. R. NAGENDRA M.E., Ph.D.**



**SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANAM**

(Declared as Deemed-to-be University under Section 3 of the UGC Act 1956)

**Bangalore, India**

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## **CERTIFICATE**

This is to certify that rabindramohan acharya who has been given Ph.D. registration with effect from September 1<sup>st</sup>, 2009 by the Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University under the Division of Yoga and Management has successfully completed the required 'training' in acquiring the relevant background knowledge in management related to Yoga and has completed the required 'course of research' for not less than two years to submit this thesis entitled "**IMPACT OF SELF MANAGEMENT OF EXCESSIVE TENSION ON EMOTIONAL INTELLIGENCE AND EMOTIONAL**" as per the regulations of the University.

We also declare that the subject matter of this thesis entitled "**IMPACT OF SELF MANAGEMENT OF EXCESSIVE TENSION ON EMOTIONAL INTELLIGENCE AND EMOTIONAL**" has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

**H. R. Nagendra M.E., Ph.D.**

Chancellor

(Guide)

Date:

Place: Bengaluru

## **DECLARATION**

I, hereby declare that this study was conducted by me at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru, under the guidance of **Dr. H. R. Nagendra**, Chancellor, S-VYASA Yoga University, Bengaluru and I also declare that the subject matter of my thesis entitled “**IMPACT OF SELF MANAGEMENT OF EXCESSIVE TENSION ON EMOTIONAL INTELLIGENCE AND EMOTIONAL**” has not previously formed the basis of the award of any degree, diploma, associate-ship, fellowship or similar titles.

Date: 29 November, 2014

Place: Bengaluru

**Rabindramohan Acharya**

(Candidate)

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Finally, I thank the God for providing this right atmosphere to execute this work.  
Date: 29 November, 2014

Place: Bengaluru

**Rabindramohan Acharya**

**STANDARD INTERNATIONAL TRANSLITERATION  
CODE USED TO TRANSLITERATE SANSKRIT WORDS**

a	=	अ	ṅa	=	ङ	pa	=	प
ā	=	आ	ca	=	च	pha	=	फ
i	=	इ	cha	=	छ	ba	=	ब
ī	=	ई	ja	=	ज	bha	=	भ
u	=	उ	jha	=	झ	ma	=	म
ū	=	ऊ	ñ	=	ञ	ya	=	य
ṛ	=	ऋ	ṭa	=	ट	ra	=	र
ṝ	=	ॠ	ṭha	=	ठ	la	=	ल
e	=	ए	ḍa	=	ड	va	=	व
ai	=	ऐ	ḍha	=	ढ	śa	=	श
o	=	ओ	ṇa	=	ण	ṣa	=	ष
au	=	औ	ta	=	त	sa	=	स
m̐	=	अं	tha	=	थ	ha	=	ह
ḥ	=	अः	da	=	द	kṣa	=	क्ष
ka	=	क	dha	=	ध	tra	=	त्र
kha	=	ख	na	=	न	jña	=	ज्ञ
ga	=	ग	gha	=	घ			

# **Impact of Self Management of Excessive Tension (SMET) on Emotional Intelligence (EI) and Emotional Competence (EC)**

## **ABSTRACT**

*Objective:* Previous studies have shown the positive impact of Self Management Of Excessive Tension (SMET) on Emotional Intelligence (EI) and Emotional Competence (EC). The present study aims to explore the impact of SMET training on manager's psycho-emotional health benefits, mood state, personality growth, and self-esteem.

*Methods:* Eighty ONGC participants underwent the 5 days intense residential SMET training programs in the campus at Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA). The participants were assessed before and after the training by using five self reported psychological questionnaires: Vedic Personality Inventory (VPI), Penn State Worry, Profile of Mood State (POMS), Positive and Negative Affect Schedule (PANAS) and Rosenberg Self-esteem Scale.

*Results:* The results showed that there were significant improvements in sub-scale of Vedic Personality Inventory (VPI), Penn State Worry, and five negative sub-scale of Profile of Mood State (POMS), sub-scale of Positive and Negative Affect Schedule (PANAS), and Rosenberg Self-esteem Scale.

*Conclusions:* SMET program had enhanced the psycho-emotional well-being of ONGC participants in a residential set up free from any work related stress, showing SMET is a very powerful tool, of lesser investments (time, money, and resources). Hence S-VYASA recommends that SMET practice introduction in industrial commercial setups to ensure better psycho-emotional health of managers and to prevent work place stress affecting them adversely.

**Key words:** SMET; ONGC; Managers; Yoga;