Management of the Libidinal Impulses in Adolescents to Improve their Quality of Life
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Abstract
Aim of the present study was to examine the effect of yogic practices in managing libidinal impulses among adolescents and improving their quality of life. Experimental and control group design was used. Eighty samples were collected through accidental sampling (40 in experimental group and 40 in control group) from Mother Teresa Public School, Delhi. The students those who had high levels of libidinal impulses were selected. The age of the subjects ranged from 14-19 years. The students in the experimental group were made to do yogic practices regularly for 40 days. Libidinal Impulses Scale and PGI General Wellbeing Scale were used. The obtained values of t-test for Libidinal Impulses and General Wellbeing are significant at 0.01 level of confidence. The result of the study shows that yogic practices are significantly effective in reducing the levels of libidinal impulses and improve the level of quality of life of adolescents.

Key words: Libidinal impulses, Adolescents and Yogic practices