Summary and Suggestions
The youth gifted with the most powerful force in the world to shake and change the mind and outlook, and being one third of the population everywhere will be able to causes changes in every direction, way of thinking, behavioral attitude, social and personal acts should be towards the progress of a society (Balan, 1985). The youth power is supreme in the life of a nation for it is the energy, the fire of enthusiasm, the discipline and dedication of youth will protect today's society and builds up better tomorrow.

Sometimes we do not utter a single word, and yet we are able to communicate a lot. It is because our body parts especially our facial expressions combined with various other gestures speak a language which we call a body language.

Body language, to a great extent is being influenced by expressiveness, an ability of express one self, personal effectiveness, is an attitude that allows an individual to be happy and express our feelings without guilt and control emotional expressions according to the requirement of the situation.

**Body language:** Body language plays a big role in intuition as it gives us the message about the other we can interpret at an intuitive level. We are always communicating verbally or non-verbally (Garry, 1999).

**The five main elements of body language are:**

Postures, gestures, body movement, facial expression, eye contact etc. Good posture enables us to breathe properly and project our voice effectively. Similarly, use of gestures can add power to the message and can tremendously enhance our words.
Summary and Suggestions

**Personal effectiveness:** Effectiveness of behavior with regards to one's own self and the ability to understand others and to combine both of these portray a balanced personality which can be termed as personal effectiveness. We all have feelings, thoughts, emotions and an inner-self and outer self, inner behaviour and outer behaviour all of which need to be properly looked after by a person to produce a balanced self.

**Happiness:** Happiness is a journey, not a destination. Happiness is to be found along the way not at the end of the road, for then the journey is over and it's too late. The time for happiness is today to tomorrow (Dunn, 1987). Happiness is our ultimate reason for living.

**Expressiveness:** Expressiveness may be defined as a thought communicated by language or a verbal and non-verbal behaviour that communicates emotions. People's expressions of emotion can be more or less expressive. Expressiveness is a part of extraversion is characterized as being outgoing, talkative, high on positive affect (feeling good), and in need of external stimulation.

**The present study was carried out with the following objectives:**

- To assess the body language of youth (20-22 yrs.) from the three faculties (Arts, Science and Commerce) of University of Rajasthan
- To study the level of personal effectiveness of youth (20-22 yrs.) from three faculties (Arts, Science and Commerce) of University of Rajasthan
- To see the level of happiness of youth (20-22 yrs.) from three faculties (Arts, Science and Commerce) of University of Rajasthan
- To find out the level of expressiveness of youth (20-22 yrs.) from three
faculties (Arts, Science and Commerce) of University of Rajasthan

- To plan and expose the youth to an intervention package for enhancement of body language, personal effectiveness, happiness and expressiveness
- To find out the impact of intervention package on body language, personal effectiveness, happiness and expressiveness of youth belonging to three faculties (Arts, Science and Commerce) of University of Rajasthan
- To study the gender difference if any in the body language, personal effectiveness, happiness and expressiveness of youth from three faculties (Arts, Science and Commerce) of University of Rajasthan
- To see the relationship among body language, personal effectiveness, happiness and expressiveness of youth from three faculties (Arts, Science and Commerce) of University of Rajasthan
- To find out the difference (follow up) in long term impact of intervention package on body language, personal effectiveness, happiness and expressiveness among youth belonging to three faculties (Arts, Science and Commerce) of University of Rajasthan

**Participants:**

The present study was conducted within the premises of Jaipur city. A baseline proforma containing background information about the participants like name, age, gender, family type, education etc. was given to approximately 450 post graduate students from three faculties (Arts, Science and Commerce) of affiliated colleges of Rajasthan University. Those youth who fulfilled the following selection criteria were taken for the present study.
• those participants who are within the age range of 20-22 years
• those who belongs to nuclear families
• those youth who are from upper-middle class were taken

Finally, a total of 240 participants who fulfilled the above selection criteria constituted as the sample for the present study. They were equally categorized according to gender i.e. 120 boys and 120 girls.

Measures

Baseline Proforma: A base-line proforma was used to gather the background information of the participants like, name, class, gender, education, family income type of family etc

Body Language Measure (BLM)

To measure the body language of the participants 'BLM' developed by Koradia and Mehra (2010) was used. It is a 27 item three point scale which has to be responded as Poor, Dominant and Perfect. The subjects were required to tick the option best suited to their feelings.

Personal Effectiveness Scale

To assess the personal effectiveness of the participants, "PES" scale developed by Pareek (2001) was used. It is a 15 items scale based on its three dimensions:

• Self-disclosure
• Feedback
• Perceptiveness.
Happiness Scale

The standardized tool developed by Sinha and Sharma (1990) was used to assess the level of happiness. The scale consists of 21 items and the subjects were required to answer all the items. It is a seven point scale i.e. absolutely disagree, very less disagree, disagree, ordinarily, much agree, very much agree, absolutely agree.

The maximum score one could obtain is 147 while minimum is 21. Higher the score (more than 85), higher would be the level of happiness while less than 84 score would be indicative of low happiness.

Expressiveness measure

To assess the level of expressiveness among youth, a measure developed by Eysenck in 1972 was used. It consist of 31 items, each item score either one, half or zero point. If a item was check yes* (i.e. with*), then allot one point. If checked "May be" then half a point, if you check yes or no (without*) then allot zero point. Enter the scores after each item and then add up the total for that trait. It is the way how Eysenck explains his tool.

Procedure for Data Collection

First of all, the permission was taken from head of the departments and the purpose of the study was explained. A rapport was build with all the participants. A baseline proforma was given to approximately 450 youth (Boys and Girls). Those who fulfilled the selection criteria were taken as participants for present study.

Finally 240 youth (120 boys and 120 girls) were taken as participants. These participants were treated through following phases of the study:
Phase-I (Pre-Intervention Phase)

To assess the body language, personal effectiveness, happiness and expressiveness, pre-testing was done on 240 youth (120 boys and 120 girls) by using the above mentioned tools. The participants were contacted in a group of 10 each and the measures were arranged in random order. They were given these tools and ask to completed it as soon as possible. Though, there was no time limit but they were asked to fill it up quickly to avoid any alteration. In this way, the responses of all the participants were gathered on all four measures under study.

Phase-II (Intervention Package)

a) Development of Intervention Package:

Intervention Package was developed to enhance the body language, personal effectiveness, happiness and expressiveness of the participants. The data collected through pre-test was utilised for the development of intervention package. Eminent experts from related field were contacted and explained the purpose of the present study.

The following steps were taken for the development of intervention package:

• For Body Language

Along with the theoretical orientation, various games and workshops were planned. Games like 'Opposites', "Let us introduce ourselves," "Building blocks" etc. were prepared to improve the communication skills of the participants.
• **Personal Effectiveness:**

Various simulation exercises were planned. SWOT analysis was planned for self evaluation of the participants. Ice breaking sessions, "Right hand game", introduction and role plays etc.

• **Happiness:**

Mainly two dimensions of happiness were taken, time management and stress management. Along with the theoretical sessions of the experts various yoga steps and meditation exercise were planned with an expert in this field, video clips, strategies and techniques of time management and stress management were prepared in form of PPT. Few games like memory game, ping pong game etc. were prepared along with few tips of time management and stress management.

• **Expressiveness:**

Various games and exercises were planned for the participants like Dumsharaj, Extempores, brain storming exercises like "get out of different" situation etc. were planned and required materials were prepared.

b) **Implementation of Intervention Package**

The total number of participants in the intervention group were 240 (120 boys and 120 girls). They were divided into six groups, each group composed of 40 students, and every group attended two sessions of each measure on every alternate day of the week. Each session spanned about 2 hours concluding with an open discussion and FDGS.
Phase-III Post Intervention Phase - (Post Testing)

Evaluation of the effect of the developed Intervention Program was done after a gap of two months. Participants were approached once again and given the same measures used in pre-testing phase in random order in a group of five each in the presence of investigator.

Phase-IV (Follow-up)

To see the relatively permanent effect of intervention programme, follow up (feedback) testing was done after a gap of two months of post-intervention phase. To observe the retention of Intervention programme the participants were again contacted and all the selected measures were given to them. They were asked to fill them up as soon as possible in front of investigator, to avoid or copy other's responses. Tools were collected and tabulated for analysis.
Time Plan of Study

(1 month)

Phase-I
Pre-Intervention (2 months)

Phase-II
Intervention (4 months)

After a gap of 2 months

Phase-III
Post-Intervention (2 months)

After a gap of 2 months

Phase-IV
Follow-up
RESEARCH DESIGN

Total Sample
(n=240)

\[ n_1 = 120 \]  \( (P.G. \text{ Boys}) \)

\[ n_2 = 120 \]  \( (P.G. \text{ Girls}) \)

\[ n_1^a = 40 \]  \( (\text{Arts}) \)

\[ n_1^b = 40 \]  \( (\text{Science}) \)

\[ n_1^c = 40 \]  \( (\text{Commerce}) \)

\[ n_2^a = 40 \]  \( (\text{Arts}) \)

\[ n_2^b = 40 \]  \( (\text{Science}) \)

\[ n_2^c = 40 \]  \( (\text{Commerce}) \)

Measurement of

- Body language
  - ‘BLM’ developed by Koradia & Mehra in (2010)

- Personal Effectiveness
  - Personal effectiveness specially developed for student by Pareek (2001)

- Happiness
  - Happiness scale developed by Sinha & Sharma (1980)

- Expressiveness
  - Expressiveness scale developed by Eysenck (1972)

One way ANNOVA and Coefficient of correlation (Pearson's "r") was computed to derive the findings of the present study.
Summary and Suggestions

Statistical Analysis:

In the light of objectives set for the investigation, data was analysed in the following means:

- Difference in pre-testing and post-testing was taken in terms of percentage
- Z-test computed to see the gender differences
- Pearson's coefficient, correlation was used to see the correlation among different variables
- One way ANNOVA was used for the study

Limitation of Study:

- Only those youth were taken who belonged to upper-middle class
- Only those who were from nuclear families
- Only those participants who were within the age group of 20-22 years
- Only those participants who were doing post graduation in three faculties (Arts, Commerce and Science) of Jaipur city at the time of present study were taken.

Major findings of the study:

1. A highly significant difference was found in body language, personal effectiveness, happiness and expressiveness of male respondents, both in pre and post phase.

2. A highly significant difference was observed in body, language, personal effectiveness, happiness and expressiveness of female respondents in pre and post test phase.
3. A highly significant difference was seen in the body language, happiness and expressiveness of male and female respondents in pre-testing. No such significant difference was observed in personal effectiveness variable. Females possessed good body language, whereas males were more happy and expressive.

4. A highly significant difference was found in personal effectiveness, happiness and expressiveness of male and female respondents in post-testing. No such difference was observed in body language variable. Males were more happy, effective and expressive.

5. Respondents of the science faculty were found to have high personal effectiveness level as compared to arts faculty in pre-testing, while no such significant difference was seen in other variables.

6. A highly significant difference was found in the body language of male and female respondents of science and arts faculties, whereas no such significant difference was observed in other variables.

7. Respondents of the commerce faculty scored higher on happiness as compared to arts, faculty, in case of all other variables no such significant difference was observed in pre-testing phase.

8. A highly significant difference in body language and significant difference happiness the participants of arts and commerce faculty. Respondents of commerce faculty scored higher on body language and happiness as compared to arts faculty in post-testing phase.

9. Respondents of commerce faculty scored higher on happiness as compared to science faculty in pre-testing phase.
10. Respondents of commerce faculty were observed to score higher on body language as compared to science faculty in post-testing phase.

11. No such significant difference was observed in body language, personal effectiveness, happiness and expressiveness of the respondents from all three faculties (Arts, Science and Commerce) in follow-up phase.

12. A highly significant correlation of happiness was found with personal effectiveness, significant correlation was seen among happiness and body language of all the respondents.

13. In female participants, a significant inter correlation was found among personal effectiveness and body language.

14. In male respondents no such inter correlation was observed among all variables.

15. A highly significant correlation was observed among happiness and personal effectiveness of all the respondents of arts faculty.

16. A highly significant inter correlation was found among happiness and personal effectiveness, and significant relationship of body language and happiness was observed among the respondents of science faculty.

17. A significant correlation of happiness was found with personal effectiveness and expressiveness of all the respondents of commerce faculty.

18. A highly significant impact of gender on body language, happiness and expressiveness was seen in pre-test and post-test phase, whereas a significant impact of gender on body language was observed in post-test phase.

19. A highly significant impact of faculty on happiness of all the respondents was observed in pre-testing phase.
20. A significant impact of faculty on body language of all the respondents was seen in post-testing phase no impact of faculty was found in case of personal effectiveness and expressiveness of the respondents in both pre-test and post-test phase.

**Implications:**

The present investigation has great importance for the post graduate students of different faculties and parents. Some practical implications derived from the present studies are as follows:

- In the present study, males are found to be more expressive as compared to females. It is very important to change the mind set of families and societies. On the basis of equality rights and performance of both the gender, females should also need to be trained to become expressive.

- It is very encouraging to see that females found to possess better body language as compared to males as they are more conscious towards their physical appearance and social acceptance.

- The participants of the commerce faculty are found to have high level of happiness and better body language. Other faculties should also impart some training courses to enhance the communication skills and confidence of their students.

- The students from the arts faculties are found to have low level of happiness and expressiveness, since they are busy in preparing for competitive exams or engaged in some private jobs. The students should need to be more interesting and close to heart as it has been observed mostly students prefer these subjects to prepare for competitive exam.
Parents need to be more active in their children's future career selection and help them to enhance these traits i.e. proper body language, personal effectiveness, happiness and expressiveness.

Suggestions:

Following are some of the suggestions for further researches:

- The present investigation was designed to study the effect of intervention program on body language, personal effectiveness, happiness and expressiveness among youth (20-22 years) of different affiliated colleges of Rajasthan university, Jaipur. Similar investigation may be undertaken by inclusion of different age groups, socio-economic status, family type etc.

- Present investigation was undertaken to study body language, personal effectiveness, happiness and expressiveness. Further studies selecting the other variables like self confidence, personal efficacy, assertiveness or other aspects of personality may be undertaken.

- Body language of males and females is one of the important concerns in present days. Further study could be planned to investigate different dynamics of body language like gestures, postures and facial expressions etc.

- The present investigation was done with the post graduate students of three faculties. Further study may be planned with the graduate students, middle aged people or working males and females etc.

- The study covered the sample only from Jaipur. Further researches could be undertaken from other cities or states. Thus, a comparative study on wider population may provide richer and valuable information.