



EFFECT OF SUPER BRAIN YOGA TECHNIQUE ON ACADEMIC PERFORMANCE AND PSYCHOLOGICAL WELL BEING AMONG NURSING STUDENTS.

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ABSTRACT

Super brain Yoga (SBY) is an exercise that consists squatting while holding the ear lobes while concentrating on breathing. The Super brain Yoga improves the academic performance and psychological wellbeing. This study tested the effect of Super brain Yoga on academic performance and psychological wellbeing among 60 nursing students. SBY was introduced to the students which included ear acupressure, kechari mudra and squats along with normal breathing pattern. Responses from students were collected using a self-reporting checklist for academic Performa and a Likert scale for psychological wellbeing based on SMAAS (State Mindful Attention Awareness Scale).The results were significant.

KEYWORDS : Super brain yoga, Academic performance, psychological well being

INTRODUCTION

Yogic squats with specific hand position (Thoppukaranam), a physical act of worshipping the deity, are practiced throughout India. In Indian Ayurveda, earlobe is believed to contain energy meridians which correspond to the head. Auricular therapy, ear is believed to correspond to whole body in shape of an inverted fetus curled in womb and the earlobe stands for the head. Super brain Yoga is a simple and effective technique to energize and recharge the brain. It is based on the principles of subtle energy and ear acupuncture. The process includes ear acupressure: Holding the left earlobe and then right earlobe with opposite hands, Kechari mudra: touching the tongue to pallet and fifteen squats along with normal breathing pattern.

It is a simple and effective technique to energize and recharge the brain. A study to assess the effectiveness of Super Brain Yoga technique on academic performance and psychological wellbeing among nursing students of selected College of Nursing was conducted.

OBJECTIVES:

To assess the academic performance & psychological wellbeing of nursing students before and after Super Brain Yoga technique from selected College of Nursing.

MATERIALS AND METHODS

The study is single group pretest & posttest quantitative design. The study population is all nursing students. Sample comprises of 60 female nursing students ranging from age group of 17-19 years, studying in First Basic BSc and Second Basic BSc Nursing from selected college. Purposive sampling technique was used. SBY was introduced to the students for a period of 3 months on regular basis which included ear acupressure, kechari mudra and 15 squats along with normal breathing pattern. After three months, responses from students were collected using a self-reporting checklist for academic Performa and a Likert scale for psychological wellbeing based on SMAAS (State Mindful Attention Awareness Scale) to measure attention, concentration and confidence. Ethical permissions from IEC was taken, Written informed consent was taken from all participants, confidentiality of data was maintained all throughout the study. Challenged, students diagnosed with behavioral, emotional issues. Students who are known case of psychological illness, heart disease, renal failure, recent surgery, severe joint pain were excluded from the study.

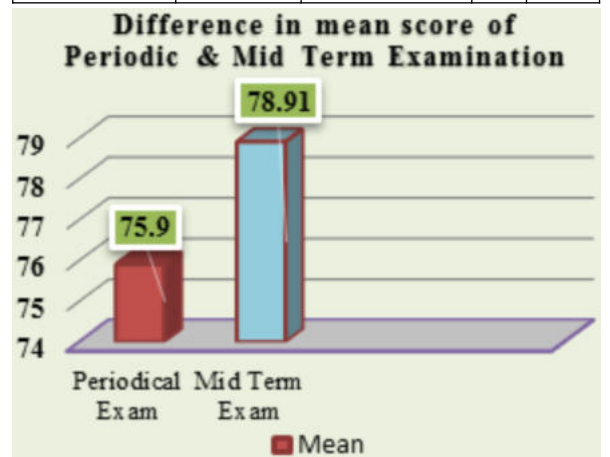
RESULTS AND ANALYSIS

After the implementation of SBY, the scores were analyzed using paired t test, difference between mean score of periodical & midterm examination was significant, since p value 6.19, H_{01} is rejected (Table 1). Difference in mean score of pre & posttest at 0.05 level was 38.23, hence H_{02} is rejected

(Table 2). 90% of the students reported, SBY has helped them to face examinations more confidently, their memory has improved by 80% and concentration by 75%. The researcher also observed that the students are benefited with this technique in University examinations. The improvement in various parameters such as better sense of wellbeing, feeling of relaxation, improved concentration, self-confidence, good interpersonal relationship, increased attentiveness, were some of the beneficial effects enjoyed by the students indicated by feedback score.

Table 1

	Mean score	Average of differ	SD	t value
Periodic Exam	75.9	3.016	3.770	6.196
Mid Term Exam	78.9			



Graph 1

Table 2

Sr No.	Mean score	Average of differences	SD	The value of t
Pre test	36.41	5.083	1.029	38.231
Post test	41.5			

These findings indicate Super brain Yoga results in enhancement of academic performance & psychological wellbeing. SBY was found to be beneficial for the students as it increases their concentration, attention, and confidence.

DISCUSSIONS

Examinations of SBY practitioners with EEG and brain maps show that brains are fully synchronised, balanced. Alpha waves are much more active.(Ramesh D. Superbrain yoga – a research study : In Prana world, 2007.) According to Gottman, children stay calm under stress, it helps them to pay more attention, concentration, solve problems, be creative, learn

and remember. (Gottman J, Raising an emotionally intelligent child.(Newyork. 1997)

Educational institutes can implement SBY to improve the academic performance of students. Literature Review reports benefits for teens and children suffering cognitive disorders, such as ADHD and autism. Elderly persons are able to cope with dementia when they practice SBY. The similar study can be done with larger population and among different age groups. Randomized control trials also can be done with long term duration. Future studies could measure psychological parameters using other techniques to understand the mechanism and fallout period of the effects. It is also recommended to include comparison of unguided individual practice across various age groups with varying needs such as students in primary, secondary, or tertiary level educational institutes as well as those with special needs, developmental and behavioural disorders.

CONCLUSION

It is observed that students are more confident, with improved concentration levels after the practice of SBY. There is positive effect of SBY in improving attention, cognitive performance. This balance of energy in the brain contributes to the enhancement of the physiological and psychological well-being of a person. Examinations of SBY practitioners with EEG and brain maps show that brains are fully synchronized, balanced. Alpha waves are much more active.

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