



"EFFECT OF YOGIC PRACTICES ON CONCENTRATION OF SECONDARY SCHOOL STUDENTS OF BANGALORE SOUTH"

KEYWORDS

Yogic practices, Concentration and Secondary School Students.

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ABSTRACT

Memory is the mental processes of acquiring and retaining information for later retrieval and the mental stores system that enables these processes. Concentration means wholeness unity, equilibrium. It is the focusing of attention upon a particular object. The processes of concentration of attention and memory are the main factor in learning. Studies have found that Yoga exercises benefits both concepts. The main aim of the present investigation was to examine the effects of Yoga practices on secondary school student's concentration. 150secondary school students (each 50 respondents from Government, Aided and Unaided Schools) were randomly selected. Yoga exercises consisting of Pranayama, prayer and value orientation programmers were administered on selected respondents for four weeks. The post-tested for their performance on concentration of attention and memory. Results showed that pre-test and post-test produced and exhibited higher concentration of attention and memory. It has been suggested on the basis of these observations that Yoga practices and exercises should be a regular part of the high school curriculum.

INTRODUCTION

Yoga is a fantastic system to maintain physical, mental, emotional and spiritual health. It is a "science", which provides a logical step-by-step process for a new understanding us and of the universe around. That is why our considered the ancient seers and including meditation as practice of part of educational process to keep the child sound in all aspects physically, mentally and spiritually.

Concentration means wholeness unity, equilibrium. It is the focusing of attention upon a particular object. Memory is an ability to recall or remember past events or previously learnt information or skills. The process of concentration of attention and a power of recalling (memory) are the major factors in learning. Improvement in concentration and memory has been reported in several yogic studies. Yoga is an ancient Indian science and way of life that includes not only physical movements and postures but also regulates breathing and meditation. It appears that following Yoga practice, the participants were better able to focus their mental resources, process information quickly, more accurately and also learn, hold, and update pieces of information more effectively.

The presence of Yoga in main stream in Indian culture has grown dramatically during past 15 years. Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditative practices, with the goal of unifying the physical, mental, and emotional selves. Research has proven that regular practice of yoga helps in the development of the body, mind, and spirit, leading to healthier and more fulfilling life (Ray, et al, 2001). A part from the achieving physical health, yoga can maintain cognitive control, specifically in the area of attention and memory (Heriza, 2004; Oken et al, 2006). Studies have been conducted to analyze the effect of yoga practices on attention – concentration and memory (Anantharaman&Kabir, 1984).

Yoga, which is a way of life, is characterized by balance, health, harmony and bliss. Yoga is becoming popular in different parts of the world. For the restless mind, it gives solace. For the sick, it

is a boon. Some use it for developing memory, intelligence and creativity. With its multiple advantages, it is becoming a part of education. The practice of yoga creates harmony in the physical, mental, psychological and spiritual aspects of the human personality.

The science of yoga is a powerful stream of knowledge, which enables the practitioners to achieve radiant physical health, serene mind and continuous spiritual uplift and creates the ability for harmonious social living. The processing of sensory information at the thalamic level is facilitated during the practice of pranyama. Yoga breathing through a particular nostril increased spatial memory scores. "OM Mediation has been shown to cause mental alertness. Meditation energizes the pre-frontal lobes of the human brain and in time, the limbic system becomes harder to arouse. This results in behavioral changes including better ego, integrity, fewer minor psychological problems, less depression and anxiety and better social skills.

OBJECTIVES OF THE STUDY

1. To study the effect of Yoga on the concentration of the secondary school students.
2. To study the effect of Yoga on the government, Aided and unaided secondary school students.

HYPOTHESIS OF THE STUDY

1. There is no significant difference between mean score of pre-test and post-test effect of yogic practices of concentration about Boys and Girls for secondary school students.
2. There is no significant difference between mean score of pre-test and post-test effect of yogic practices of concentration about Government, Aided and Unaided secondary school students.

POPULATION AND SAMPLE SELECTION

The Students who were studying in 8th and 9th standard Secondary School of Bangalore South District in the year of 2014-15 were the population of present study. The researcher makes a sampling frame for Secondary schools students. Then

researcher used random sampling technique for selection of students.

METHOD OF THE STUDY

To observe the effect of Yoga exercises on the concentration of secondary school students, this entire study was depended on Experimental Method. Among this Experimental Method, a "complete experimental simple equivalent group pre-test and post-test experiment design" was applied for data assortments.

DELIMITATIONS OF THE STUDY

1. The study was delimited to Bangalore South District Secondary School students.
2. The study was delimited to independent variable yoga (pranayama, meditation, suryanamaskar), dependent variable concentration.
3. The study was delimited to consider 150 samples randomly selected only.

IMPORTANCE OF THE STUDY

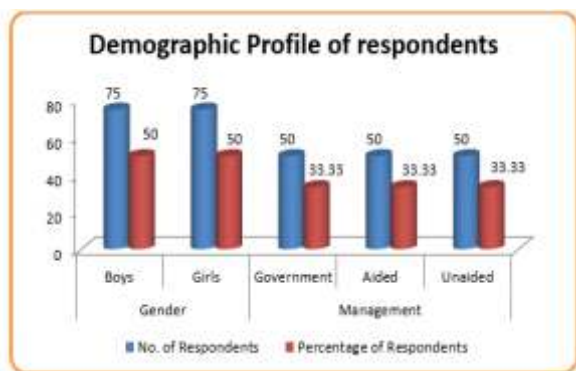
The benefits of yoga for students can be manifold. Yoga makes students limber and flexible, helping them remain fit. Some particular asanas like sun salutations or surya namaskars increase the blood flow to the brain, helping the brain to function better. Regularly practicing poses also helps students to concentrate better and train the body to do things unconsciously.

DATA ANALYSIS AND INTERPRETATION

Table-1: Demographic profile of the respondents.

Variable		No. of Respondents	Percentage of Respondents
Gender	Boys	75	50.00
	Girls	75	50.00
Management	Government	50	33.33
	Aided	50	33.33
	Unaided	50	33.33

Graph-1: Demographic profile of the respondents.



The above table-1 and graph shows that demographic profile of the samples. This profile can be classification of two components. The first component Gender can be classification Boys and Girls. Out of 150 students 75(50%) of boys and 75(50%) of girls. The second component type of school management, out of 150 students 50(33.33%) of government school students and 50(33.33%) of Aided school and 50(33.33%) of students in private unaided school students to be selected for collection of primary data.

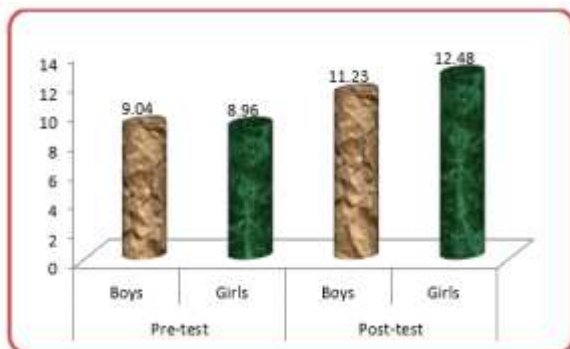
HYPOTHESIS TESTED

H₁ : There is no significant difference between mean score of pre-test and post-test effect of yogic practices of concentration about Boys and Girls for secondary school students.

Table-2: Mean, Standard Deviation and t-values of pre-test and post-test of boys & girls.

Variable		Gender	No .of respondents	Mean	SD	t-value
Yogic Practice of Concentration	Pre-Test	Boys	75	9.04	2.04	3.81
		Girls	75	8.96	1.24	
	Post-test	Boys	75	11.23	1.96	7.26
		Girls	75	12.48	2.33	

Graph-2: Mean, Standard Deviation and t-values of pre-test and post-test of boys & girls.



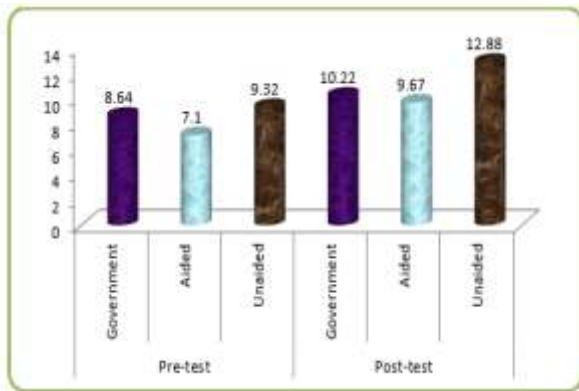
The above table-2 depicts mean, standard deviation and t-values of pre-test and post-test for boys and girls for secondary school students. Pre-test mean score of boys 9.04 and 8.96 of girls. In post-test mean scores boys & girls of 1.96 and 2.33. So therefore rejected by the null hypothesis. Therefore there is significant difference between mean score of pre-test and post-test effect of yogic practices of concentration about Boys and Girls for secondary school students.

H₂ : There is no significant difference between mean score of pre-test and post-test effect of yogic practices of concentration about Government, Aided and Unaided secondary school students.

Table-3: Mean, Standard Deviation and t-values of pre-test and post-test of Government, Aided and Unaided secondary school students.

Variable		Type of Management	No. of respondents	Mean	SD	t-value
Yogic Practice of Concentration	Pre-Test	Government	50	8.64	2.36	4.41
		Aided	50	7.10	0.68	
		Unaided	50	9.32	1.46	
	Post-test	Government	50	10.22	1.96	6.49
		Aided	50	9.67	2.01	
		Unaided	50	12.88	0.87	

Graph-3: Mean, Standard Deviation and t-values of pre-test and post-test of Government, Aided and Unaided secondary school students.



The above table-3 and graph depicts mean, standard deviation and t-values of pre-test and post-test for government, aided and unaided secondary school students. Pre-test mean score of government, aided and unaided 8.64, 7.10 and 9.32. In post-test mean scores government, aided and unaided of 10.22, 9.67 and 12.88. So therefore rejected by the null hypothesis. Therefore there is significant difference between mean score of pre-test and post-test effect of yogic practices of concentration about government, aided and unaided secondary school students.

RESULTS OF THE STUDY

1. There is significant difference between mean score of pre-test and post-test effect of yogic practices of concentration about Boys and Girls for secondary school students.
2. There is significant difference between mean score of pre-test and post-test effect of yogic practices of concentration about government, aided and unaided secondary school students.

EDUCATIONAL IMPLICATIONS OF THE STUDY

1. The present study has a great importance to parents, teachers, educationists, counselor, therapists and all those who are 202 concerned with the well-being of secondary school students.
2. It provides direction to teachers and taught both in solving the problems of students regarding concentration.
3. The present study develops interest among educationists, researchers and teachers to implement yogic practices at each level of education and scheduling of such training in the curriculum.

CONCLUSION

It is evident from the results that the students who were exposed to yoga practices exhibited enhanced improved Concentration. After analyzing the data by carrying out the statistical treatment and the findings, the following conclusions can be drawn:

Significant difference was shown between pre-test and post-test between 9th and 10th standard students, between yogic practices to improve the concentration of curricular and co-curricular activities for secondary school students.

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