



## EFFECTIVENESS SUPER BRAIN YOGA ON SHORT TERM MEMORY & SELECTIVE ATTENTION AMONG THE SCHOOL STUDENTS

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**ABSTRACT** **Background:** “Superbrain Yoga is a simple and effective technique to energize & recharge the brain. It is based on the principles of subtle energy & ear acupuncture.” (Master Choa Kok Sui, World Pranic Healing Foundation, India Research Centre). **Methods:** A Pre experimental research design was Undertaken with 50 Students (7-10 year) by using Non probability Convenient Sampling at Somanath Sikhya Niketan, Sameigadia, Bhubaneswar. Effectiveness of Super brain yoga on short term memory and selective attention among school students is assessed by using digit span test & six letter cancellation test respectively. Collected data were analyzed by using descriptive and inferential statistics. **Result:** Findings revealed that Majority 36% (18) of school students were in the age group of 8-9 years, 32% (16) of school students were in the age group of 7-8 years and 32% (16) of school students were in the 9-10 years of age. 52% (26) of school students were male and 48% (24) were female. Majority of school students 82% (41) were Hindu, Majority 38% (19) of school students are in Std IV, 34% (17) of school students are in Std III & 28% (14) of school students are in Std V. 52% (26) of school students belong to joint family, 48% (24) of school students belong to nuclear family. The maximum percentage 42% of school students had the monthly family income between 6327-18949, 36%. Highly significant difference was found between pre and post test score and no significant association was found between knowledge scores in relation to demographic variables. **Conclusion:** From the findings of this study super brain yoga was effective to improve score on short term memory & selective attention. There is no significant association between knowledge score of school students in posttest when compared to the demographic variables.

**KEYWORDS :** Super Brain Yoga, Short term memory, Selective attention

### INTRODUCTION

#### “YOGA MEANS ADDITION- ADDITION OF ENERGY, STRENGTH & BEAUTY TO BODY, MIND & SOUL.” (Amit Roy)

The human brain is a powerful and sophisticated organ. It becomes necessary to maximize its potential for better work output & holistic wellbeing. Constant research is undertaken in this area for the same reason.

“Superbrain Yoga is a simple and effective technique to energize & recharge the brain. It is based on the principles of subtle energy & ear acupuncture.” (Master Choa Kok Sui, World Pranic Healing Foundation, India Research Centre) Superbrain yoga (SBY) is initiated by squeezing ear acupuncture points by fingers with hands placed across the chest & involves 14 squets with recommended breathing. SBY rebalances the energy level in the body for optimal functioning of the brain.

When brain waves are alpha state we are usually at best at what we do & in this state the person is relaxed. It is observed that Alpha wave activity among students increases after practicing SBY for 30 days. (Dr Rames, MDS)

### Objectives

- To assess the effectiveness super brain yoga on short term memory & selective attention of student.
- To find out association between posttest score of short term memory & selective attention of student with selected demographic variable.

### METHODS

A Pre experimental research design was Undertaken with 50 Students (7-10 year) by using Non probability Convenient Sampling at Somanath Sikhya Niketan, Sameigadia, Bhubaneswar from 15.11.2018 to 15.12.2018

### Inclusion Criteria

- Students age between 7 to 10 year who are studying in Somanath Sikhya Niketan, Bhubaneswar, Odisha.
- The students willingly Participated in the study.

### Exclusion Criteria

- Student below 7 Year & above 10 year studying in selected school, Bhubaneswar, Odisha.
- Students age between 7-10 year who are not present at the period of data collection.
- Student who are contraindicated for yoga.
- Students who are previously attended super brain yoga class.

### Description of Tool

#### Section-A:

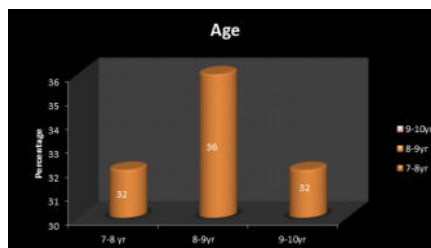
It consists of demographic variables that are age, sex, religion, education, family income, and family type.

#### Section-B:

It includes two tests Such as

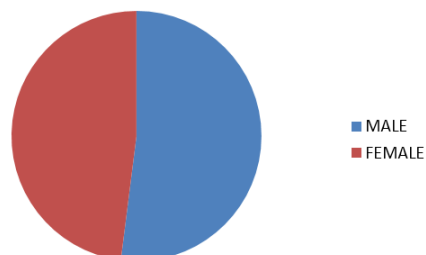
- Digit span test – It has been used to measure short term memory of individuals.
- Six digit cancellation Test- It has been used to measure short term memory of individuals.

Base line data are collected according to age, sex, religion, education, family income, and family type. Majority 36% (16) of school students were in the age group of 8-9 years, 32% (16) of students were in the age group of 6-7 years and 32% (16) of students were in the 10-11 years of age.



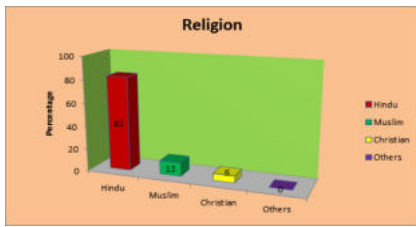
**Figure-1 Frequency and Percentage wise distribution of school students according to their age (n=50).**

Data represents (In Figure 2) 52% (26) of school students were male and 48% (24) were female.



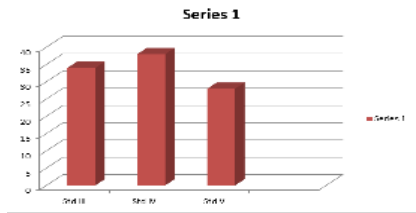
**Figure-2 Frequency and percentage wise distribution of school students according to their sex (n=50)**

Data represents (In Figure 3) Majority of school students 82% (41) were Hindu, 12%(6) were Muslim and 3% (6) were Christian.



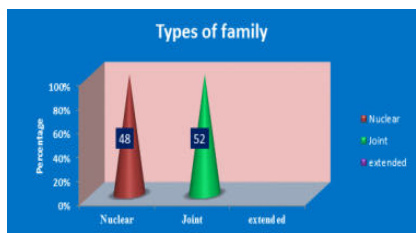
**Figure-3 Frequency and percentage wise distribution of school students according to their religion (n=50)**

Data represents (In Figure 4) majority 38%(19) of school students are in Std IV, 34% (17) of school students are in Std III & 28%(14) of school students are in Std V.



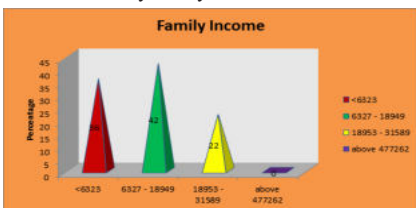
**Figure-4 Frequency and percentage wise distribution of school students according to their education (n=50)**

Data represents (In Figure 5) Majority 52%(26) of school students belong to joint family, 48% (24) of school students belong to nuclear family.



**Figure-5 Frequency and percentage wise distribution of school students according to their family type (n=50)**

Data represents (In Figure 6) The maximum percentage 42% of school students had the monthly family income between 6327-18949, 36% of school students had monthly family income between <6323,22% school students had monthly family income between 18953-31589.



**Figure-6 Frequency and percentage wise distribution of school students according to their family Income (n=50)**

Data reveals (In table 1) the mean, MD,SD, SDD & 't' value of selective attention & short term memory of the school students. The obtained pretest mean value is 20.02 & posttest mean value is 33 which is higher than pretest value. The mean difference between pretest & posttest was 12.8 & paired 't' value is 15.29 at 0.05% level of significance which was highly significance.

**Table 1 -Comparison of Mean, MD, Standard deviation, SDD between pre test & post test & t-value**

Score	Mean	MD	SD	SDD	t-value
Pre test	20.02	12.8	3.2	2.5	15.29
Pre test	33		5.7		

In table -2 It was found that there was no significant association between post test scores regarding short term memory & selective attention, when compared with age, sex, religion, class, family type, family income.

**Table 2- Association Between Post Test Scores Of School Students Regarding Short Term Memory & Selective Attention With The Selective Demo Graphic Variable.**

SL NO	DEMOGRAPHIC VARIABLES	CHI SQUARE VALUE (X <sup>2</sup> )	DF	TABLE VALUE	LEVEL OF SIGNIFICANCE
1	Age	1	2	5.99	Not significant
2	Sex	0.13	1	3.84	Not significant
3	Religion	0.56	3	7.82	Not significant
4	Education	5.3	2	5.9	Not significant
5	Type of family	0.2	2	5.99	Not significant
6	Family income	1.25	3	7.82	Not significant

**DISCUSSION**

The short term memory & selective attention score among school students was found by using digit span test & six letter cancellation test. The mean difference between pretest & post test was 12.8 & paired 't' value is 15.29 at 0.05% level of significance which was highly significance. Hence it can be easily interpreted that super brain yoga was effective to improve score on short term memory & selective attention. There is no significant association between knowledge score of school students in posttest when compared to the demographic variables.

**LIMITATION**

In this study the following limitation are drawn.

- It was limited to a 50 school students so generalization is not possible.
- The study was conducted among the school students from selected school at Bhubaneswar so generalization must be done with caution.

**CONCLUSION:**

From the findings of the present study it is concluded that effect of super brain yoga on short term memory & selective attention among school students. Prior to implementation of super brain yoga, school students had low score on short term memory & selective attention. The obtained pretest mean value is 20.02 & posttest mean value is 33. Hence it can be easily interpreted that super brain yoga was effective. There is no significant association between knowledge score of students when compared to the demographic variables.

**RECOMMENDATION**

On the basis of findings of the study, the following recommendation has been made for further study.

- A similar study can be conducted with a very large sample size for wide generalization and conclusion.
- An experimental study can be undertaken with control groups.
- A comparative study can be also conducted on effect of super brain yoga on short term memory & selective attention among school students.

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Conflict of interest: None declared

**Ethical approval:** The study was approved by the Institutional Ethics Committee

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