

Effect of Yoga on Educational Achievement Mental Development and Physical Health of Secondary School Students: A Study

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Abstract:

In our ancient traditional education, vaidik knowledge was learnt by listening, recitation, reading etc. Yoga, music, yagya, tantra, literature, archery etc were taught by ‘Gurus’. The lessons of Vedas and yoga were main part of curriculum. Concept of yoga is difficult to understand easily in this era of science and technology. On other hand rustration, anxiety, restlessness, sadness, mental stress etc. psycho-diseases are found in our students. Some discussion on such psycho-motor diseases was made with other teachers. So he had intended to find out the effect of yoga on student’s health and development.

Introduction:

In our ancient traditional education, vaidik knowledge was learnt by listening, recitation, reading etc. Yoga, music, yagya, tantra, literature, archery etc were taught by ‘Gurus’. The lessons of Vedas and yoga were main part of curriculum. People were happy and satisfied. Today we can lead lives as modern and well cultured people, but really not with happiness. Some people have to take pills for sound sleep and tonic for energy.

The researcher himself is a teacher and he has constant contact with the pupils of secondary school. Some discussion on such psycho-motor diseases was made with other teachers. So he had intended to find out the effect of yoga on student’s health and development.

Statement of Study:

Effect of Yoga on Educational Achievement, Mental Development and Physical Health of Secondary School Students A Study.

Objectives of the Study:

The following objectives were decided for the study.

- 1) To study the effect of yoga on academic achievement of secondary school students.
- 2) To study the effect of yoga on academic achievement in reference to sex of secondary school students.
- 3) To study the effect of yoga on academic achievement in reference to area of secondary school students.
- 4) To study the effect of yoga on academic achievement in reference to standard of secondary school students.
- 5) To study the effect of yoga on mental development of secondary school students.
- 6) To study the effect of yoga on mental development in reference to sex of secondary school children.
- 7) To study the effect of yoga on mental development in reference to area of secondary school children.
- 8) To study the effect of yoga on mental development in reference to standard of secondary school children.
- 9) To study the effect of yoga on physical health in reference to sex of secondary school students.

10) To study the effect of yoga on physical health in reference to standard of secondary school students.

Variables for the Study:

As the researcher had to examine the effect of training of yoga on academic achievement, mental development and physical health of secondary school students, the following variables are decided for the study.

Table showing details of variables

No.	Variables	Type of variables	Level	levels
1	Yoga training	Independent	2	Experimental Controlled
2	Sex	Moderator	2	Boys-Girls
3	Area	Moderator	2	Rural-Urban
4	Standard	Moderator	2	Std. VIII-IX
5	Education level	Controlled	-	Secondary level
6	Academic achievement	Dependent	-	-
7	Mental development	Dependent	-	-

Field of the study:

As far as research field is concerned, this research can be in psychological field. Because effect of yoga on academic achievement, mental development and physical health of secondary school students was studied. It was a correlative study between yoga and academic achievement, mental development and physical health.

Method of study:

The experimental method of research was selected.

Universe:

The students studying in Std. VIII and IX during the year 2019-2020 in Gujarati medium secondary schools in Mehsana District were the population of the study.

Tools: Choice and Construction:

“Verbal-nonverbal intelligence test” by Dr. K.G. Desai was used as tools. The data of marks obtained in first and second test by students was collected to measure academic achievement. The researcher had used a self-constructed mental development test to examine mental development. The sheets showing components (heart beats, weight, blood pressure, etc.) were prepared with the help of interviews and observations.

Sample for the Study:

To select schools for experiment, the researcher had made a list of secondary schools of Mehsana District. Then schools in rural and urban areas were separated. Two schools having four classes in Std. VIII and the same in Std. IX were selected by stratified random sample method. The selected schools were Shri Vivekanand Experimental High School, Mehsana in urban area and Shri R.K.H. Vishvabharti High School, Vadu in rural area. Total 320 students were selected for the study. Among them 160 students were in experimental group and 160 students were in controlled group.

Statistical method:

After collecting the data of scores obtained in academic achievement and mental development test, record of heartbeats, weight and blood pressure before and after the experiment, the average score, standard deviation, co-relation, analysis and t-test were used to examine the hypothesis.

Conclusions:

- (1) The significant effect of yoga on academic achievement of students was found, means training of yoga can help to increase the academic achievement.
- (2) The academic achievement of students living in urban area was increased as a result of training of yoga.
- (3) The effect of yoga training on academic achievement of students studying in Std. IX.
- (4) Development level of students was increased after the training of yoga.

Recommendations related to this study:

1. Every teacher should have general information of yoga and its biological importance.
2. The training of yoga is necessary to increase the level of mental development and to remain healthy for happy life of girls.
3. The teachers should be trained to teach yoga. Yoga shibirs, workshops and seminars should be arranged.
4. Yoga should be included in prayer meetings.
5. A yoga room should be arranged to create atmosphere of yoga. (8) More books related to yoga should be bought in the library.
6. **Population Education**, New Delhi: NCERT.
7. **Population and Development**, New Concept, Gandhinagar, GCERT.
8. **“Yoga Mimansa”**, Gayatri Parivar, Haridvar.P-39.
9. **“Yoga Training”**, Anada Prakashan, Ahmedabad.P-42.