



The Impact Of Yogic Practices On Achievement Motivation Of Hearing And Hearing Impaired High School Students

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Introduction:

Now days, every student, whether disabled or normal, wants to do exceed in each and every sphere of life and also wants to touch the heights of success at global world. The changing situation of society at global level has forced the individuals, especially the disabled ones, to concentrate on their efforts on different dimensions of life. It is a matter of great concern that the abilities and potentials of disabled adolescents have not yet been fully explored and tackled, but practically it is a great loss of human resources, which, if discovered, matured, appropriately channelized and utilized could add a new force to the progression of the society. Children with disabilities are particularly prone to various physical, social, mental and emotional problems which are directly related to some limitations preventing them from enjoying normal life.

Education, in real sense, is to humanize humanity and to make life progressive cultured and civilized. It is very important for the progress of individual and society. In the present competitive world everyone desires for a high level of achievement. Achievement Motivation is a consistent striving force by which an individual achieve success to attain standard of excellence. In this modern competitive age achievement is considered to be a key factor for educational, personal and social progress of an individual. Motivation is one of the major concerns of teachers in the classroom and is the essential part of learning. By persuasion of affection, care, threat, reward and other actions and effects, motivation can be inculcated by the teacher. Causing fewer disciplinary problems. Motivating the student to learn to the best of their capacities is one of the basic requirement of classroom teachings. It is the motivation that provides force and direction to the behavior of students. Achievement Motivation is been found as one of the important components of education (Haertelet, al. 1981). There are number of factors which effect the academic achievement of students during their studies. These factors may be individual, home and school environment related factors like- self-concept, self- confidence, motivation, interest and anxiety etc. Yogic Practice has become an Universal need in all Professions. It may be because of its merits and easy to practice. yogic Practices refers to the system of practices that help to control the mind, body and soul. It helps in developing positive attitude, self-esteem, adjustment and emotional

maturity in young adolescence, whether normal or differently abled. Among Special children are very near to normal children.

Objectives of the study

- To study the impact of Yogic Practices on Achievement Motivation among Hearing High School Students.
- To study the impact of Yogic Practices on Achievement Motivation among Hearing Impaired High School Students.

Hypothesis of the Study

- There would be no significant difference between the Impact of Yogic Practices on Achievement Motivation among Hearing High School students.
- There would be no significant difference between the Impact of Yogic Practices on Achievement Motivation among Hearing Impaired High School students.

Methodology of the study:

In order to realize the objectives, Quasi - Experimental method was used for the study.

Tool used for the study:

- Achievement Motivation Scale developed by Prof. Prathibha Deo and Dr.Asha Mohan was adapted for the present research.
- Yoga Therapy to reduce anxiety in testing situations and to enhance Achievement motivation.

Population:

The investigator decided to conduct the study in S.V. School for the Deaf and S.P.J.N.M. School in Tirupati. The total population of Hearing and Hearing Impaired High School Students were 200.

Sample of the study:

The sample of the study consists of 50 Hearing and 50 Hearing Impaired High School Students studying in VIII, IX and X standards. The sample was selected from S.V. School for Deaf and S.P.J.N.M School located in Tirupati using simple random sampling technique.

Analysis and interpretation of the data:

Mean, SD and Paired t-values for the Pre-test and Post-test Achievement Motivation of Hearing and High School Students pertaining to yoga practices.

	Pair	N	Mean	SD	Mean Difference	t-value
Hearing	Achievement Motivation Pre Test	50	130.92	9.100	12.620	12.499**
	Achievement Motivation Post Test	50	143.54	8.972		

From the table the obtained the t-value is 12.499. It shows that , there exists significant difference between Pre-test and Post-test of Hearing High School Students with reference to Achievement Motivation. Hence, the formulated null hypothesis “There would be no significant difference impact of yogic practices on achievement motivation of hearing high school students” was rejected. The reason may be that the yogic intervention has made significant impact to improve the achievement motivation levels of hearing high school students. The above findings reveal that the exposure towards yoga and conduct of yogic exercises and practices helped to improve the achievement motivation levels.

Mean, SD and Paired t-values for the Pre-test and Post-test Achievement Motivation of Hearing Impaired and High School Students pertaining to yoga practices.

	Pair	N	Mean	SD	Mean Difference	t-value
Hearing Impaired	Achievement Motivation Pre Test	50	121.74	12.076	16.100	15.526**
	Achievement Motivation Post Test	50	137.84	6.554		

From the table also obtained the t-value 15.526. It shows that , there exists significant difference between Pre-test and Post-test of Hearing Impaired High School Students with reference to Achievement Motivation Hence, the formulated null hypothesis “There would be no significant difference impact of yogic practices on achievement motivation of hearing impaired high school students” was rejected. The reason may be that yogic intervention has

made significant impact to improve the achievement motivation levels of hearing impaired high school students. The above findings reveal that the exposure towards yoga and conduct of yogic exercises and practices helped to improve the achievement motivation levels.

Findings of the Study

The finding reveals that, there exists significant difference in the impact of Yogic practices in securing the better academic achievement among Hearing and Hearing Impaired students. It also indicates that, students Achievement Motivation level was improved after yoga intervention.

Conclusion

From the study the researcher also observed that, Hearing and Hearing Impaired High School Students have very low level of Achievement Motivation. This may be because of not having interest in the school, not having proper guidance, lack of internal motivation, obtaining less marks in Scholastics, not having proper care and supervision by the parents and teachers. But after yoga intervention , the researcher observed that this was totally changed. Hearing students had some what moderate level of Achievement Motivation after the intervention. When the researcher spoken to the Hearing students they were very enthusiastic to excel in scholastic subjects, this may be because of mentally stress relieved and controlling all their emotions and had good concentration in their studies. Hence the researcher recommended that for both parents and teachers should try to understand why to promote and encourage achievement motivation from an early stage. Early achievement motivation had significant implication for later academics careers. After intervention, the results concluded that practice of yoga and meditation techniques worked out on the Academics.

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