



A Study Of Impact Of Yoga Practice On Examination Pressure Among Secondary School Students

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ABSTRACT

The aim of this study was to find out the impact of yoga practice on examination pressure among secondary school students. The nature of this study was experimental. A total of 100 secondary school students were included in the study. A self-made examination pressure scale is used to collect the data. As a mathematical technique, the mean, standard deviation, and t-test are used. From the analysis of the obtained data, it was discovered that the yoga practice significantly affect the examination pressure of secondary school students.

Keywords:- Yoga Practice, Examination Pressure.

INTRODUCTION

It is very well said by William Shakespeare, "We know what we are, but know not what we may be." Today's man is living in the web of pressures, tension and stress. Everyone is facing the menace of stress in one way or the other. The focus of our present education system is mainly on the production of mechanical intellectuals not on the creation of human beings, which is the ultimate aim of education and life.

As described in the Upanishads, 'Dharma, Artha, Kama, Moksha' or fourfold maxim of Wealth, Desire, Dharma and Moksha catering to the heterogeneous structure of the society can again give direction to set up holistic values system, to which Swami Vivekananda recommended for bringing spiritual socialism. In such a society, wealth and affluence are acquired and used not as an end but as a means to establish Dharma or the cosmic laws of nature, internal and external, in the society.

The philosophic school stresses time and again that curriculum must be oriented towards instilling pupils with humanism, empathy, socializing attitude, creativity, healthy and positive character, ethics, morality and philosophic bent of mind, secular and spiritual idea etc.

The last and present decades are showing two important changes (though negative in nature) in our social scenario and these require to be tackled on the priority basis. One; Indian students are suffering from high level of stress, anxiety, depression and frustration, which affect them and their families adversely. Second; deterioration of

healthy values system, due to which our adolescents are failed to discriminate between 'right and wrong' or 'do's and don'ts.

It seems that our present education system has become more mechanical and is failed to nurture all round development of the personality of the students. Therefore, an urgent need of the hour is to overhaul our education system, so that it fulfills the dreams of our Father of Nation "Mahatma Gandhi", who defines education – a system of an all-round drawing our best in child and man – body, mind, and soul. Any education system, which does not aim to develop the child in a holistic manner, will fail to produce true human being.

In the present day, each person including the students and the teacher face anxiety, frustration etc. Due to these factors, the students cannot keep must interests in their study, academic activity and their performance in the entire exam. Consequently, in this way it is very essential for the students to keep their eyes in their study and academic activity. For the outcome of this predicament, yoga is the recent and excellent way.

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 personality. 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. Various research studies concluded that yoga and meditation influenced education and personality.

REVIEW OF RELATED LITERATURE

A review of research report related to the present study that the research scholar could gather, is presented in this chapter in order to provide the back ground material to evaluate the significance of the study as well as to interpret its finding.

- 1 **Joshi, Dr. Kanchan and Bohra, Mr. Sanjay (2020)** studied on "A study of stress management on secondary students through pranayama and meditation" (Department of Yoga, S.G.R.R. University, Dehradun). The objective of this study was to study the stress level between the total boys and the total girls of class 9th & class 11. A questionnaire survey was adopted in this study. Participants in this study were the school students of a school (Shiksha Bharti Inter College) of khatima, Uttarakhand. We took 30 samples (14 boys and 16 girls) from class 9th and 30 samples (15 boys and 15 girls) from class 11th. The participants were of age group 13-18 years. There was regular practice of "PRANAYAMA AND MEDITATION" for 45 minutes for 30 days. Though there are many ways to cope up with stress, but pranayama and meditation is considered as the easy, simple and economical way with no negative effect on the individual. Pranayama and meditation not only helps in managing stress but also helps in maintaining positivity in the individual.
- 2 **Dauneria, Sadhana and Subramanian, Chitra (2019)** studied on "Effect of yoga on attention and concentration in primary school students (6 to 10 years)" (Yoga,

Department, Barkatullah University, Bhopal). The main objective of this study was to study the effect of yoga on attention, attention in level of work, attention in listing and concentration. The data was collected from primary school in Bhopal. One experimental group has been taken from CBSE School. 10 primary school students were randomly selected for the study between the age group of 6 to 10 years. The check list was developed for data collection. The finding revealed that there exists significant effect of yoga on attention and concentration in primary school students of experimental group. It was also found that yoga improve performance, health, achievement and progress of individual students.

- 3 **Christal, Jeba N (2018)** carried a research on “A study on effects of yoga and academic achievement of high school” (Immanuel Arasar College of Education). The purpose of this study was to find out the effects of yoga on academic achievement of high school students on the basis of gender and locality. A descriptive survey method was used in this study. A sample of 300 students of class 11 from Kaniya Kumari district were selected by using random sampling technique. A self-made questionnaire was used for data collection. Data were analysed through t-test and f-test statistical technique. The study revealed that there is a significant difference between male and female high school students in yoga and there is no significant difference in urban and rural high school students in yoga.
- 4 **Kumar (2013)** conducted a study on effect of varied modes of yogic practices on selected physical fitness components among obese school girls. The aim of the study was to investigate the effect of varied modes of yogic practices on selected physical fitness components among obese school girls. To achieve the purpose of the present study, 570 girls in the age group of 14 to 17, studying in schools were selected as subjects, by using purposive sampling method. Initially based on the height and weight, the body mass index was calculated. Based on the BMI of selected subjects (N= 570) the subjects on or above 25 were further screened and totally 79 students were found as obese girls. From the selected subjects (N = 79, BMI<25) 60 subjects were randomly assigned into three groups equally. Each group was consisting of 20 subjects. The experimental group I underwent the training of asanas group (AG), the experimental group II underwent the training of suryanamaskar group (SNG). The group III acted as control group (CG). The two experimental groups were treated with their respective training for about 3 days a week for 12 weeks of training period. The three groups were statistically analysed by using analysis of covariance (ANCOVA). In case of significance of mean difference was observed on the criterion measure, as a post – hoc test, the Scheffe’s test was applied to find out which pair of group is high among the others. The asana group has showed better performance on flexibility and body weight than the other two groups. The suryanamaskar group also showed better performance

on abdominal muscular strength & endurance and cardio-respiratory endurance than the control group.

Methodology

To achieve the purpose, one hundred (100) secondary school students were randomly selected from Jaipur district. The students were divided into two groups. One group was considered as the control group and the other as the experimental group. Each group contains fifty (50) subjects. Experimental group was given yoga training for twelve weeks. The examination pressure of the sample was collected from the self-developed questionnaire. The Experimental group (yoga group) has been given the twelve (12) weeks yoga training in the school campus. The training schedule were fixed in the morning session as well as in the afternoon session minimum time duration 60-90 minutes per session with various types of Yogasanas including slow warming up, warm down and resting time between and set of exercises. On the other hand, Control group (Non-yoga group) has not given the yoga training. The Pre-test and post-test mean scores of the two groups have been taken and their scores are recorded.

The Independent Paired-‘t’ test was conducted for evaluate the data and the level of significance was fixed at 0.05 level of confidence. To get the final result Mean, SD, Mean Difference and ‘t’-test were calculated.

Hypothesis

- There will be no significant difference between the mean score of pre & post-test of experimental and controlled group’s students’ examination pressure.

Result & Discussion

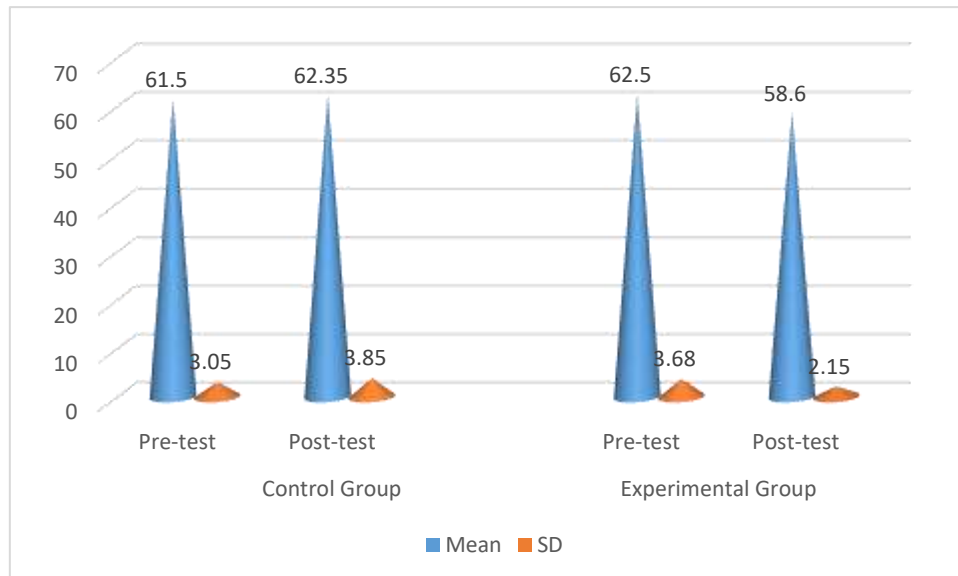
The result of the study is discussed under the following table with the graphical presentation.

Table-1 shows the significant difference between pre-test and post-test scores of the subjects in examination pressure among control group and experimental group.

Table 1: Significance Difference between Pre-test and Post-test on examination pressure

S.N.	Groups	Test	Mean	SD	t-value	Level of Significance
1	Control Group	Pre-test	61.50	3.05	1.47	0.05
		Post--test	62.35	3.85		
2		Pre-test	62.50	3.68	6.47	

	Experimental Group	Post--test	58.60	2.15		
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It is observed from the above table and figures that in the experimental group the examination pressure mean scores of pre-test is 62.50, which has decreased to 58.60 in post-test, whereas among control group the pre-test and post-test mean scores of examination pressure are 61.50 and 62.35 respectively. It is also evident from the above table that the calculated value (1.47) in the control group is less than the Table value (2.01) at 0.05 level of significant on Academic Performance. So the result was insignificant. On the other hand, calculated value (6.47) is more than the table value (2.01) at 0.05 level of significant on examination pressure in the experimental group. So the result was significant. The hypothesis is accepted since there was a significant improvement in the examination pressure of the experimental group due to 12 weeks of yoga training.

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