



## EFFECT OF YOGASANA ON SELECTED PSYCHOLOGICAL VARIABLE OF SCHOOL STUDENTS

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### Abstract

The study was conducted to examine the "Effect of Yogasana on Selected Psychological Variable of School Students". Eighty subjects in two groups' viz. Yogasana performers group and control group were administered as a measure of Memory. All the subjects are Female in the age range of 12 to 14 years. Data were analyzed by Mean SD, t-value and ANOVA. The level of significance was set at 0.05. The yogic practices had positive impact on Long term Memory of school students.

**Keywords:** Yogasana, Long term Memory, School Students.

### Introduction

The word "Yoga" is derived from the Sanskrit root "Yuj" which means union, joining, harnessing, contact, or connection. It is union between the individual self and the universal self. It is the fusion of a healthy body with a disciplined mind for the purpose of spiritual development. Yoga is also blissful contact with the supreme element, higher than the highest of the known elements. It is the harnessing of one's inherent inner power, as well as the wider natural forces from which one has emerged. Yoga is an inseparable part of the Indian life and culture. It has come down to us from antiquity with an unbroken tradition.

Integration encompasses putting together and controlling the same judiciously. This is consistent with the definition of Yoga in "Bhagavad Gita" which says, "Smatvameva Yoga Uchyate" that is equanimity is called Yoga. It means that yoga remains equipoised in success and failure, gain and loss, victory and defect etc. The term 'Samatva' may also be translated as equilibrium, which leads to harmonious development of the physical, mental and spiritual aspects of human personality. Equanimity and equilibrium are thus the essential traits of Yoga. They help in the skilful performance of an action.

Yogasana Asanas are one of the major tools of Yoga, Their benefits range from the physical level to the spiritual. Asanas is the positioning of the body in various postures with the total involvement of the mind and self, in order to establish communication between our external and internal selves (Swami Vivekananda).

Yogasana "Yoga is a way of life, an integrated system of education for the body, mind, and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but, since Yoga deals with universal truths, its teachings, are as valid today as they were in ancient times. Yoga is a practical aid, not a religion, and its techniques may be practiced by Buddhists, Jews, and Christians, Muslims, Hindus, and atheists alike. Yoga is union with all."(Sivananda Yoga Vedanta Centre, 1996).



## Hypothesis

- It was hypothesized that there would be a significant improvement between pre and post-test due to 8 weeks of Yogasana training on long term Memory of school students.
- It was hypothesized that there would not be a significant improvement between pre and post-test for control group on long term Memory of school students.
- It was hypothesized that there would be a significant difference between experimental and Control group on long term Memory of school student

## Delimitations

- The following delimitations are considered in this study 80 school students were selected randomly.
- The experimental group was given Yogasana training for a period of eight weeks.
- The subject's age group ranged from 12-14 years.
- The study was restricted to Long term Memory of school students.

## Methodology

The purpose of the study was to find out the “Effect of Yogasana on Selected Psychological Variable of School Students”. It was hypothesized that there would be significant differences on selected Psychological Variable due to the Effect of Yogasana on Selected Psychological Variable of School Students. For the present study the 80 school students from G.H.S. Chikkahattiholi, Khanapur Taluk, Belgaum District of Karnataka were selected at random and their age ranged from 12 to 14 years. For the present study pre test -post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of forty each and named as Group ‘A’ and Group ‘B’. Group ‘A’ underwent Yogasana training and Group ‘B’ has not undergone any training. The data was collected before and after eight weeks of training. The data was analyzed by applying dependent ‘t’ test and ANOVA. The level of significance was set at 0.05.

## Selection of Variables

### Yogasana training

- Halasana
- Chakrasana
- Janu sirasana
- Bhujangasana
- Saravangasana
- Dhanurasana
- Bakasana
- Yoga Mudhra
- Supta Vajrasana
- Pada Hasthasana
- Savasana



**Psychological variable**

- Long term Memory

Test Items	Criterion Variables	Measurement
Questionnaire Developed by Dr.B.B.Asthana	Long term Memory	By using card related to Questionnaire and the subject's Reponses within two minute recorded.

**Results**

The findings pertaining to analysis of dependent 't' test between experimental group and control group on selected Psychological variable of school students for pre-post test respectively have been presented in table I to II.

**Table No.1 (a) The Summary of Mean and Dependent 't' test for the pre and post tests on Long term Memory of Yogasana training Group and control Group**

Long term Memory	Yogasana Training Group-I	Control group-II
<b>Pre- test Mean</b>	24.8000	23.8800
<b>Post- test Mean</b>	28.8400	23.8400
<b>t-test</b>	4.344*	-1.000

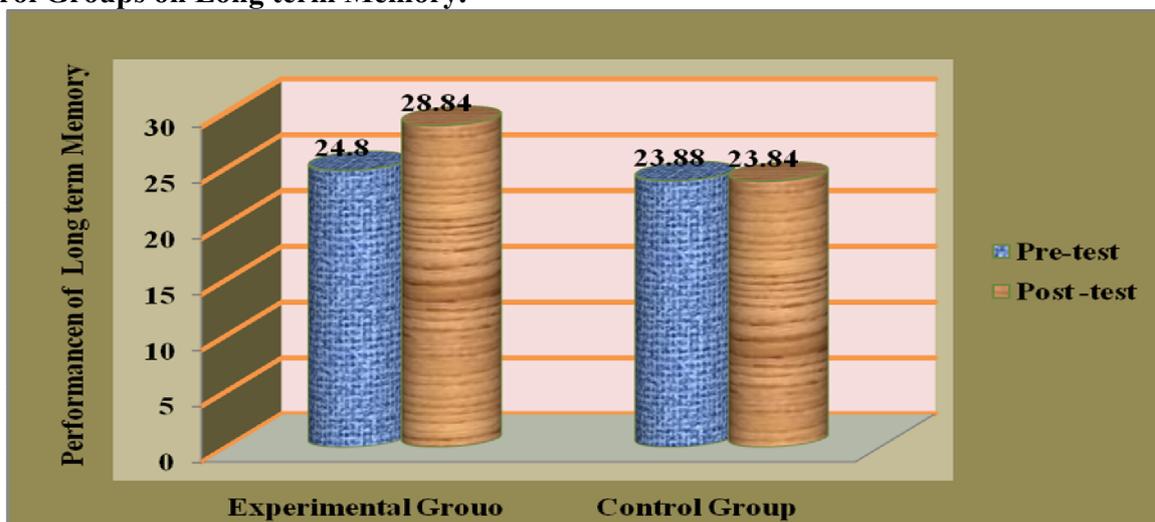
\* Significant at .05 level.

(Table value required for significance at .05 level for 't'-test with df 24 is 1.664)

From Table 4.1(a) the dependent 't' test values between the pre and post test means of Yogasana Training Group and Control Group are found to be 4.344 and 1.000 respectively. Since the obtained 't'-test values of Experimental groups are greater than the table value 1.664 with df 24 at .05 level of confidence, it is concluded that Yogasana Training Group had registered significant increased in performance of Long term Memory.

The Long term Memory Performance has been displayed in figure 4.1 (a).

**Figure no 4.1 (a). Bar diagram Showing the pre and post Means of the Experimental Group and Control Groups on Long term Memory.**





The above figure 4.1 (a) indicates that the post test values of Experimental group significantly improvement the performance of Long term Memory and also the post test values of Long term Memory were more than the pre test values due to 8 weeks of Yogasana training. The Control group pre- test and post- test performance of Long term Memory shows no improvement.

**Table no.4.2 Analysis of Covariance on Long term Memory of Yogasana training Group and Control Group**

Adjusted Post-test Means		Source of Variance	Sum of Squares	Df	Mean Squares	'F' Ratio
Yogasana Training group	Control group					
28.8219	23.8415	B.G	1471.423	1	1471.423	<b>66.366*</b>
		W.G	509.937	23	22.171	

\* Significant at .05 level of confidence

(The table value required for Significance at .05 level with df 1 and 23 is 1.664)

Table 4.1(a) shows that the adjusted post-test mean values of Long term Memory for Yogasana Training Group and Control Group are 28.8219 and 23.8415 respectively. The obtained F-ratio of 66.366 for adjusted post test mean is much greater than the table value of 1.664 for df 1 and 23 required for significant at .05 level of confidence.

The results of the study indicate that there are significant differences among the adjusted post-test means of Yogasana Training Group and Control Group on the development of Long term Memory. To determine which of the paired means had a significant difference.

**Figure no 4.2 (b) Post-test Means of the Experimental and Control Groups on Long term Memory.**





Figure 4.1 (b) Bar Diagram Showing the Adjusted post test Mean values of Yogasana Group and control Group significantly improved the performance of Long term Memory.

### Summary

The purpose of this study was to find out the “Effect of Yogasana on Selected Psychological Variable of School Students”. To achieve this purpose 8 weeks Yogasana training was given to selected school students. To know the yoga practices developed Long term Memory performance.

### Conclusion

The Yogasana training group had shown significant improvement in Long term Memory of school students. The control group had not shown any significant changes on Long term Memory.

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