



# Effect of Yoga Study on Academic Achievement for Secondary School Students

RAFIKBAHI A. UMATIYA  
Research Scholar,  
Bhagwant University, Ajmer  
Rajasthan (India)

## Abstract:

*In today's world all young man lives their life with stress, heard work, tension, fear of life & service safety, depression etc. In these circumstances we cannot give our time for physical exercises and stress less entertainment thus, the ideality of real life is far from the human. That's why the human wants love, to live peaceful and calm life, stress less work etc. If we want to live the natural life we must do such spiritual exercises like 'YOGA'. If our mind is in balanced situation, then we can keep much concentration in our all important work. Hence, one question was in mind of the researcher that Yoga increases the level of academic achievement of the students? Therefore, the researcher studied under the title effect of Yoga study on academic achievement for secondary school students.*

**Keywords:** *Academic Achievement, Effect, Yoga*

## 1. Introduction

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. It seems that our present education system has become more mechanical and is failed to nurture all round development of the personality of the student. 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 out best in child and man – body, mind and soul." In the view of this school, the highest attainment does not reveal the experienced diversity of the world to be illusion. The everyday world is real. Furthermore, the highest attainment is the event of one of many individual selves discovering it; there is no single universal self shared by all persons. After study of review of literature, researcher wants to examine whether there is an effect of yoga module on Academic Achievement of adolescent students. The investigator will also know how the effect of 'YOGA' touch the practice of Education & we will identify furthermore separate that which subjects provide the best effect as a result of 'YOGA'.

## 2. Objective of the Study

The main objective of the study was to assess the effect of yoga study on Academic Achievement of secondary school students.

## 3. Hypotheses of the Study

- Ho<sub>1</sub>** There will be no significant difference between Control group & Experimental group on the Mean score of Academic achievement pre test.
- Ho<sub>2</sub>** There will be no significant difference between Control group & Experimental group on the Mean score of Academic achievement post test.

#### 4. Limitations of the Study

1. The study was limited to Secondary school students of Gujarati medium of Banaskantha Districts, studying during 2012-2013 academic year only.
2. In this present study, the findings were depended upon the sample of 50 students of standard 9<sup>th</sup>.

#### 5. Variables of the Study

The following demographic variables used for this study by the researcher.

Sr.	Variable	Type of Variable
1	Yoga	Independent
2	Academic Achievement	Dependant

#### 6. Sample and Technique of Sample Selection

The researcher took the list of Banaskantha District's Secondary schools. Among this list, one school was selected purposively. After selection of school, the researcher used cluster sample selection technique for selection of whole class of 9<sup>th</sup> standard for equal group distribution.

#### 7. Method of the Study

To observe the effect of Yoga exercises on Academic Achievement of the students of 9<sup>th</sup> standard, thus this entire study is depended on Experimental Method. Among this Experimental Method, a "complete experimental simple equivalent group pre test-post test experiment design" was applied for data assortments.

#### 8. Tool Use for the Study

The researcher has made 50 marks and 1 hour's objective type Academic achievement test for 9<sup>th</sup> standard subject with the help of secondary school teachers. This test helps for to observe the effect of Yoga exercises on Academic achievement of 9<sup>th</sup> standard subject students.

#### 9. Statistical Tool

T-test was calculated to find out significance difference between mean score and testing of the hypothesis; with the help of SPSS package.

#### 10. Testing of Hypothesis

The result of the hypothesis is mentioned in table 2.

**Table 2 Result of Hypothesis**

Ho	Hypothesis	t-value	Significant level 0.05 & 0.01	Ho is Rejected or Accepted
Ho <sub>1</sub>	There is no significant difference of mean score between pre test and post test of Academic Achievement of students of control group.	0.22	Not Significant At both level	Ho <sub>1</sub> is Accepted at both level
Ho <sub>2</sub>	There is no significant difference of mean score between pre test and post test of Academic Achievement of the students of experiment group.	4.97	Significant At both level	Ho <sub>2</sub> is Rejected at both level
Ho <sub>3</sub>	There is no significant difference of mean score between control group and experiment group of Academic Achievement pre test of the secondary school's students.	1.53	Not Significant At both level	Ho <sub>3</sub> is Accepted at both level
Ho <sub>4</sub>	There is no significant difference of mean score between control group and experiment group of Academic Achievement post test of the secondary school's students.	5.19	Significant At both level	Ho <sub>4</sub> is Rejected at both level

## 11. Findings of the Study

1. The significant difference has been shown of mean score at 0.05 and 0.01 levels between pre test and post test of Academic Achievement of the secondary school's students of experiment group. It is indicating that; the Yoga exercises improve the Achievement of the students.
2. The significant difference has been shown of mean score at 0.05 and 0.01 levels between control group and experiment group of Academic Achievement post test of the secondary school's students. It is point out that; due to Yoga exercises on experimental group, the students are higher than the control group in Academic Achievement.

## 12. Conclusion

The most important objective of this study was; to examine the effect of Yoga on Academic achievement of the secondary school students. In this way, total 25-25 students were selected from two schools and "complete experimental simple equivalent group pre test-post test experiment design" was introduced for entire study. With the help of both group's pre and post test's score, t-test was used for calculation and testing of the hypothesis, with the help of SPSS package.

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