



Comparative Study of the Effect of Dhyana on the Students of Higher Secondary School

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Abstract:

According to the Hindu Yoga Sutra, written by Patanjali, Dhyana (Meditation) is one of the eight limbs of Yoga, (the other seven being Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, and Samadhi). According to Patanjali, the founder of yoga philosophy, the final stage of meditation in Dhyana is considered to be jhana. At this stage of meditation, one does not see it as a meditational practice, but instead merges with the idea and thought. In this study the researcher wants to know the effect of Dhayana on the Academic Achievement of the Students of Higher Secondary School. In this study the researcher has build null Hypotheses according to the objectives and calculated t-value of the final score.

Keywords: Academic Achievement, Effect, Dhyana, Yoga

1. Introduction

Memory is an essential part of human being. Without memory there is no existence of human life. Everyone can meditate, no matter who they are. You should commit to daily meditation, no matter for how long. Until you sit down on a cushion or on a chair, meditation won't start. The most important point is to take a comfortable seat. If you practice meditation every day for fifteen or twenty minutes, after a while when you look back, there will be no doubt of its effectiveness. So, it is important to improve our memory. The researcher has read about Dhyana (Meditation) that it is only an easy way for it to meditate yourself on specific object some time every day. Therefore, the researcher wanted to study the Effect of Dhayana on Academic Achievement of the Students of Arts College.

2. Objectives

1. To study the effect of Dhayana on the Academic Achievement of the students of standard-11th.
2. To study the effect of Dhayana on the Sex of the students of standard-11th.

3. Hypotheses

- Ho₁:** There is no significant difference in the mean score between pre test and post test of academic achievement of the students of Experimental Group.
- Ho₂:** There is no significant difference in the mean score of academic achievement post test between male and female students of Experimental Group.
- Ho₃:** There is no significant difference in the mean score of academic achievement post test of the students between Controlled and Experimental Group.

4. Method

4.1 Sample

Out of total students of standard-11th 10-10 students were selected randomly from the Sunrise Higher Secondary School, Idar. In this way total 20 students were selected from one school for Experiment.

Among 20 students 10 female students were selected. The table-1 is mentioned below of sample selection.

Table 1: Selection of Sample
Sunrise Higher Secondary School, Idar

Controlled Group		Experimental Group		Total
Male	Female	Male	Female	
05	05	05	05	20
10		10		

4.2 Tools

An Achievement test of 50 marks was prepared by researcher, which have 20 objectives type questions were included to know the effect of Dhayana.

4.3 Experiment

The researcher created two equal groups on the first exam's result of the students and distributes 10-10 students to each group.

4.4 Statistical calculation

Statistical software package (Excel – Windows Version – XP) was used to analyze the standard parameters like mean, medium, standard deviation (S.D.) t-test were calculated for testing the hypothesis.

5. Data collection

In the present study, the researchers took pre test of both groups then collect the score of pre test. After that he gave treatment of Dhayana on the students of Experimental group continuously one week. After passed one day transition period Achievement post test was given to both groups. In this way the researcher collected the final data.

6. Data analysis

The researcher gave the Achievement test to the students. After collecting the data, the researcher has made frequency distribution. With the help of frequency distribution. The researcher found out that mean and standard deviation. 'T'-value were calculated for testing the hypotheses.

Table: 2 Statistic of Academic Achievement test of the Students of Experimental Group

Test	N	M	SD	t-value	Sig./N.S.
Pre test	10	33.00	4.57	2.85	Significant
Post test	10	38.50	4.03		

Table: 3 Statistic of the Post test of Academic Achievement of the Students of Experimental Group

Sex	N	M	SD	t-value	Sig./N.S.
Male	5	31.60	5.55	1.78	N.S.
Female	5	37.80	5.45		

Table: 4 Statistic of the Post test of Academic Achievement

Group	N	M	SD	t-value	Sig./N.S.
Controlled	10	32.40	1.58	2.35	Significant at 0.05 level
Experimental	10	36.9	5.84		

7. Hypothesis testing and findings

1. The null hypothesis H_{01} is Rejected at both the level (i.e. 0.05 & 0.01). It shows that the effect of Dhayana improves academic achievement of the students.
2. The null hypothesis H_{02} is Accepted at both the level (i.e. 0.05 & 0.01). It shows that the effect of Dhayana is not any favour of Sex of the students.
3. The null hypothesis H_{03} is Accepted at 0.01 level but Rejected at 0.05 level. It was in favour of experimental group. It shows that the effect of Dhayana improves academic achievement of the students.

References

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