



# A Study of Yoga on Educational Achievement

DR. MINA H. RATHOD  
Adhyapak Sahayak,  
Anand Education College, Anand

## Abstract:

*Academic performance is concerned with the quantity and quality of learning attained in a subject or group of subjects after a long period of instruction. Excessive stress on students' performance. Improvement in academic performance and alertness has been reported in several yogic studies. The main objective of the study was to assess the effect of yoga on academic performance in relation to stress. Experimental group and control group were given pre test in three subjects, i.e., Mathematics, Science, and Social Studies. A yoga module consisting of yoga asanas, pranayama, meditation, and a value orientation program was administered on experimental group for 7 weeks. The experimental and control groups were post-tested for their performance on the three subjects mentioned above. The results show that the students, who practiced yoga performed better in academics. The study further shows that low-stress students performed better than high-stress students, meaning thereby that stress affects the students' performance.*

---

**Keywords:** *Yoga, Achievement, Academic performance*

---

## 1. Introduction

Education is as old as the human being. It is never ending process of inner growth and development. 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. It is through education that man develops his thinking and reasoning, problem solving and creativity, intelligence and aptitude, positive sentiments and skills, good values and attitudes. It is through education that he is transformed into human, social, moral and spiritual being. Man learns something every day and every moment. His entire life is education. Hence education is a continuous and dynamic process. Therefore quality of life will be decided based on the national policies on education and its achievements.

## 2. Statement of the Problem

### A Study of Yoga on Educational Achievement

## 3. Objectives of the Study

The objectives of the present research is as under

1. To Construct the Yoga Programme.
2. To Study the effect of Yoga on educational achievements

## 4. Hypothesis of Study

The hypothesis of present research is as under

**Ho<sub>1</sub>:** There will be no significant difference between mean score of students of controlled group and experimental group.

## 5. Area of the research

The area of present research is yoga education.

## 6. Types of Research

The type of present research is applied research.

## 7. Importance of the Research

The present research is important to students, parents, school, teachers and society. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone.

Yoga helps students to increase their immunity and energy level. Yoga helps students to stay calm and fight mental health issues. Yoga helps to provide clearance and see get rid of unnecessary thoughts. Yoga help students to stay organised and help them get perform better.

## 8. Limitations of the study

The limitations of present research is as under

- 1.The present research is limited only to the students of standard 9<sup>th</sup>
- 2.The present research is limited to the students of GSEB of gujarati medium.

## 9. Population of the study

In present research all the students studying in secondary schools of Visavadar talukas are the population of the study.

## 10. Sample of the study

In present research the researcher has selected one school by random sampling technique. Two classes of standard 9<sup>th</sup> of same school were the sample of the study.

## 11. Research Method

In present research the researcher has used experimental research method. The researcher has used two group random method. First group is experimental group and the other group is controlled group. The researcher used traditional method for controlled group and the yog programme for experimental group.

## 12. Data Analysis

The researcher has used statistical techniques like mean, standard deviation and the t value to analysis the data.

## 13. Testing of Hypothesis

For testing the hypothesis the researcher has used statistical techniques.

**Table 1: The statistics of experimental group and controlled group**

Group	Numbers of students	Mean	Standard deviation	t value	Significance level
Experimental group	48	35.56	10.12	5.62	0.01
Controlled group	48	34.29	9.86		

From above table we can see that the total number of the students in controlled and experimental group is 48. The mean score of experimental group is 35.56 and for controlled group is 34.29. The standard deviation of both the group is 10.12 and 9.86. the t value is 5.62.

**H<sub>0</sub>** There will be no significant difference between mean score of students of controlled group and experimental group. is rejected the t value is 5.62 which is more than the table value so the difference is

significant at 0.01 level. The mean value of experimental group is more than the controlled group so the yoga programme is more success for academic achievements.

#### **14. Findings**

The yoga programme is success for academic achievements of experimental group.

#### **15. Educational Implications**

In school the yoga programme must organized regularly. Yoga promotes physical strength because children learn to use all of their muscles in new ways. ... As a result of this single focus to achieve a particular pose or stay balanced, yoga helps children to focus and concentrate in school and get better grades.

#### **References**

1. Aggrawal, J.C., (1966). "Educational Research and Introduction," New Delhi: Anya Book Dep.
2. Borg, Walter R. Education Research, Davik McKay Company, New York: Longman Green & Co.
3. Buch, M.B. (1988 – 92). Fifth Survey of Educational Research, Vol. – II, New Delhi: NCERT
4. Good, C.V. (1945). Dictionary of Education, McGraw Hill book Co.
5. Koul. Lokesh(1997). Methodology of Education Research (Third Edition), New Delhi: Vikas Publishing House Pvt. Ltd.
6. Pandey K.P. (1983). Fundamentals of Education Research, Delhi: Arnitash Prakashans
7. Sidhu, K.B.(1991). Methodology of Research in Education, New Delhi: Sterling Publishers Pvt. Ltd.