

EFFECT OF YOGA ON THE MEMORY AND ATTITUDE OF STUDENTS.

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Abstract

The study adopted an evaluative approach with pre-experimental one-group pretest posttest design to assess the effectiveness of selected yoga practices on the memory and attitude towards academic activities. 40 students studying in class 11th selected purposively from selected CBSE School. Memory and attitude were measured by 'memory test' and structured attitude questionnaire. Practice of selected yoga asana was done for four weeks for one hour each day, 6 days in a week. Post test was taken after four weeks.

The mean pretest memory score of students was 17.38 and mean post test memory score 21.73 with the mean difference (4.35) and ' t_{39} ' was 11.88. Mean Pretest attitude of students was 68.48 and mean posttest attitude was 69.35, computed ' t_{39} ' was 7.27 which was significant at the level of $p \leq 0.01$. There was significant improvement in the memory scores and attitude scores towards academic activities among the students.

Key words: Yoga Practices, Effectiveness, Memory, Attitude

Background

Adolescence is the developmental period during which growing persons makes a transition from childhood to adulthood.

Yoga is one of the six orthodox system of Indian philosophy developed by Patanjali in his Yoga-Sutras. The true purpose of yoga is to eliminate the verities of the mind and integrate it with the ever-present universal consciousness. It plays a positive role in the development of an individual into an integrated personality. Proper training in asana and pranayama helps in the process of improving concentration and calming the mind through meditation. Most of the students face problems in adjusting with their studies and the teachers.

Need of the Study

Pushpavati (2001) conducted a comparative study to assess the effect of three different yoga modules on verbal memory in school children at Bangalore. 300 school children selected by stratified random sampling,

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aged between 13-16 years and assigned into three groups IQ specific yoga module (IQ), Creativity specific Yoga modules (CV) and physical stamina specific yoga module (PS). All the three groups practiced their specific yoga modules for 10 days. Verbal memory was assessed using a paper pencil test of Wechsler's scale test (1950). All the three groups showed a significant improvement (Paired t test, $P=0.001$) Physical stamina group showed a better performance compared to other two groups. Comparison between three groups was done by ANOVA test, followed by post-hoc analysis by Tuckey test. Result showed significant difference between Creativity group (8.84%), physical stamina group (17.59%) at $P= 0.05$. The percentage change based on gender between groups showed that Physical stamina group has shown more significance when compared to other groups. (IQ male group= 9.05%, IQ female group= 13.635 and Creativity group male= 1.31% Physical stamina group male = 16.35% and female group= 19.69%)

Present study is an attempt to evaluate the effectiveness of selected yoga practices on memory and attitude towards academic activities among students of a selected school of Indore.

Problem Statement

A study to assess the effectiveness of selected yoga