

Influence of Sky Yoga And Nine-Center Mediation on Academic Among School Students

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Abstract-

Purpose:

This study was conducted to see the effect of Sky yoga and Nine-center mediation for the academic performance of school students.

Methodology:

For the study,60school students of both gender from Bengaluru schools were selected as subjects. Their age ranged between 14 to 17 years. The subjects have been divided into three groups each consisting of equal members of both gender. Experimental Group I went on Sky yoga training; Experimental Group II went on only Nine-Center Mediation training for 10 weeks. Controlled Group were not given any kind of exercise through the training period.

Results:

The results of study revealed a substantial improvement in the academic performance of the Experimental Groups I, II subjects than the Controlled group. Through the practices of sky yoga, the students were able to performance very well in their academic performance and it has been increased a lot.

Conclusion:

It has been recognized that Sky Yoga helps in improving the academic performance of the students and improve the confidence level among the students.

Keywords- Sky Yoga, Nine-center mediation, Academic performance.

I. INTRODUCTION

Yoga is a scientific exploration of the inner self that eventually brings about a metamorphosis in the seeker and leads to self-realization. It is a practical holistic philosophy

designed to bring about profound state of well is an integral subject, which takes into consideration Man as a whole. The aim of yoga is to devise ways and means of helping the better emotional and intellectual concentration. Yoga is a timeless pragmatic science evolved over thousands of years dealing with the physical. Moral, mental and spiritual wellbeing of man as a whole. Yoga for children is certainly one way to ensure that our children grow up healthy and happy.

II. OBJECTIVES OF THE STUDY

This study was conducted to assess the influence of Sky yoga and Nine-Centre mediation among the school students of both boys and girls which helps increases their academic performance.

III. STATEMENT OF THE PROBLEM

In the current technological world, the students are getting distracted to many technological gadgets and communication devices. The problem is that students are not able to focus on their academic properly. The performance in their study is getting affected and it is not getting improved in this recent times.

IV. HYPOTHESIS

There were substantial differences in the subjects on selected variable of academic performance due to the practices of sky yoga than the Nine centre mediation group and the Control group.

V. LIMITATIONS

This limitation has been derived bases on the thesis and research propose

- 1) The heritable difficulties were not taken into the consideration.
- 2) The nutrition habits, life style, sleep etc., were not controlled.

3) The other extracurricular activities of the students are not taken into considerations.

VI. METHODOLOGY

For the study, 60 school students of both gender from Bengaluru were selected as subjects. Age of the subject range 14 to 17 years. They underwent pre-test on psychological variable of academic performance. The subjects have been divided into three groups each consisting of equal members of both gender. Experimental Group I went on SKY yoga training; Experimental Group II went on only Nine centre mediation for 10 weeks. Controlled Group was kept in active rest.

SELECTED VARIABLES FOR EXPREWOMENT

DEPENDENT VARIABLES:

Psychological variables

Academic performance in the examinations

INDEPENDENT VARIABLES

Yoga practices of

- i. Sky Yoga
- ii. Nine Centre mediation

VII. RESULTS AND DISCUSSIONS ONDEPRESSION

For statistical analysis the data collected from the pre-test and the post test on academic performance in the exam of experimental groups and control group have been presented in Table I

Table I Investigation of Covariance for the pre and post test data on Academic performance

TEST	GR1	GR2	GR3	Df	SS	MOS	F value
Pre	70.23	66.56	68.7	2	135.92	67.96	2.16
				57	8370.05	146.84	
Post	77.65	70.79	69.48	2	770.53	385.26	2.58
				57	8498.57	149.09	
Adjusted	75.97	72.66	69.28	2	446.37	223.18	18.72
				56	667.40	11.91	

**Significance at 0.05 level*

Table value required for significant at 0.05 level with df 2 and 57 and 2 and 56 are 3.16 respectively.

Table I shows that the adjusted post-test means values of academic performance for Sky Yoga Group, Nine-Center Mediation Group and Control Group are 75.97, 72.66 and 69.28 respectively. The obtained F-ratio of 18.72 for adjusted posttest mean is much greater than the table value of 3.16 for df 2 and 56 required for significant at .05 level of confidence this indicate that there are substantial differences among the adjusted post-test means of Sky Yoga Group, Nine Center Mediation Group and Control Group on the academic performance.

To determine which of the paired means had a significant difference, the Scheffe’s test was applied as Post hoc test and the results are presented in Table II.

Table II Scheffe’s test for the differences between the adjusted post-test paired means on depression

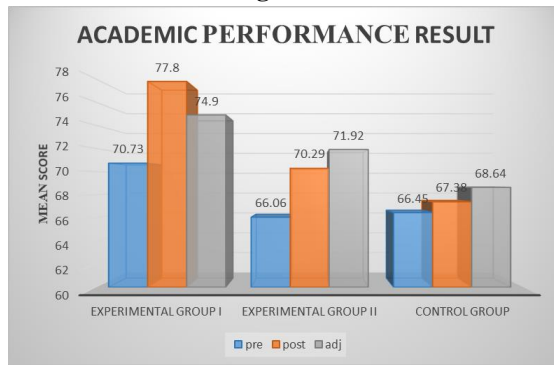
Groups			Mean	CD
GR 1	GR 2	GR 3		
75.97	72.66		3.31	3.42
75.97		69.28	6.69	
	72.66	69.28	3.37	

** Significant at .05 level of confidence*

Table II shows that the adjusted post-test means differences on Sky yoga and Nine-center mediation Group, Sky yoga Group and Control Group, Nine-center mediation Group and Control Group are 3.31, 6.69 and 3.37 respectively. The value 3.42 which shows significant differences at .05 level of confidence.

However, the improvements of academic performance were expressively higher for Sky yoga group than Nine-Center Mediation Group and Control Group. The mean and adjusted values of pre and posttest of Sky yoga group with Nine-center mediation Group, SKY Group and Control Group on academic performance are graphically represented in the Figure -I.

Figure –I



VIII. CONCLUSIONS

Based on the result of the study the following conclusions were drawn.

1. There was a significant difference between Sky yoga group and Nine-center mediation group when compared to the control group on psychological variables of academic performance.
2. Sky yoga practice was found to be better than Nine-Center mediation group and control group in psychological variables of academic results.

IX. RECOMMENDATIONS

1. A similar study may be piloted by selecting other psychological variables as criterion variables.
2. A related study may be conducted by selecting Performance related variables as criterion variables.
3. Ana like study can be conducted for other age group as subjects.
4. A similar study can be undertaken to analyze the other Physical and Hematological parameters.

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