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The impact yogic, physicals exercises training and demographical variables on academic anxiety behaviour of secondary school students of Vijayapur district of Karnataka

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Abstract

The purpose of the study was intended to assess the effect of yogic and physical exercises on academic Anxiety behaviour among the school students, for this purpose hundred 300 students studying in various classes of Government high school Nagathan as (Rural sample) and Sri Sanganabasaveshawar international school as (Urban sample) of Vijayapura in Karnataka state in age group of 14-16 years were selected. They were divided into three equal groups, each group consist of hundred subjects, in which group-I underwent yoga practices, group-II underwent physical exercises and group –III acted as control group who swere not allowed to participated and receive any special treatment apart from their regular curriculum classes', The training period for this study was six days a week for twelve weeks, the before and after the training period, the subjects were tested for speed ability. The analysis of covariance (ANCOVA) was applied to find out which group has better in performance, whenever "F" ratio for adjusted test was found to be significant for adjusted post-test means Scheffe's test was followed, as a post hoc to determine which of the paired means differ significantly . it was drawn conclusions that after the training of yoga and physical exercise both training and rural set up has improved academic Anxiety behaviour significant decreases found in Anxiety behaviour performance among the rural group comparing their urban group , hence formulated hypothesis is rejected and alternative hypothesis is accepted.

Keywords: Rural, urban, yoga and physical exercise group

Introduction

Yoga is the art and science of maintaining physical and mental wellbeing that has its origin in India, is among the most ancient yet vibrant living traditions that is getting increasingly popular today. A potent stress buster, yoga is an instrument of self-evolvment and enlighten, through physical and mental well-being. Math-dimension it enhances the quality of our lives at so many levels. One aspect of yoga's benefits is to explore the bond between health and beauty.

The word Yoga derived from Sanskrit word "YUJ" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with mind with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme,

Physical exercise in any organised activity that involves continuous participation and effects on whole body. Exercise occupyes a leading role in keeping a person fit. It will be quite difficult to adjunct one's life in terms on stress, diet, and sleep and so on without proper exercise.

Regular practices of asana maintain the physical body in an optimum condition and promote health even in an unhealthy body. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life, yogasana have a deeper significance value in the development of the physical, mental, and spiritual personality, whereas pure exercise only have physical effect on muscles and bones

Physical exercises are performed quickly and with a lot of heavy breathing, yogasana are performed slowly with relaxation and concentration.

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The benefits of various yoga techniques have been professed to improve body muscular strength, performance, stress reduction, attainment of inner peace and self realizations Schools are dynamic setting for promoting health and wellness through various correlated areas such as physical education and sports. There is a growing awareness that the health and psycho-social wellbeing of young children is of paramount importance and schools can provide a strategic means of children’s health, self-esteem, life skills and behaviour.

Anxiety is a physiological response to a real or emarginated threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and tear and is frequently associated with failure, either real or anticipated. It often has to do with inter-personal relations and social situations. Feeling of rejection and insecurity are usually a part of anxiety. According to Frost (1971), anxiety is “an uneasiness and feeling of foreboding often accompanied by a strong desire to excel”. Hence, anxiety state arises from faulty adaptations to the stress and strains of life and is caused by over actions in an attempt to meet these difficulties.

Today ways (Goodstein and Lanyon).Generally, anxiety can be either the trait anxiety are state anxiety. A trait anxiety is a stable characteristic and trait of the person. A state anxiety is one which is aroused by some temporary condition of the environment such as examination, accident, punishment, etc .Academic anxiety is a kind of state anxiety which relates to the impending danger from the environments of the academic institutions including teachers ,cretin subjects like mathematics ,English anxiety, is a common phenomenon of everyday life. It plays crucial role in human life because all of us are the victim of anxiety in different etc. Hence scholar made an attempt explore the “The Impact Yogic and Physical Exercises Training on academic Anxiety behaviour Between Urban and Rural Secondary School Students of Vijayapur District of Karnataka “The present study was carried out in the background of the experimental method.

Hypothesis

1. There would be significant effect of yoga and physical exercises training on improvement in academic anxiety behavior variables between Rural and Urban secondary school students of Vijayapur District
2. There would be significant influence of demographical variable on academic anxiety behavior of secondary school students
3. The is no significant difference of yoga and physical exercise training in improving Academic Anxiety Behavior among rural and urban students of Vijayapura district

Objectives

To assess the influence of yoga and Physical exercises training and demographical factors on Academic anxiety behaviour variables of secondary school students

Methodology

The purpose of the study was to find out Effect of yogasana and Physical exercise training on Academic Anxiety behaviour variable between Rural and Urban group, to achieve the purpose of the study 300 students studying in the Government Rural High School Nagthan and Sri Sanganabasaveshawar urban international school of Vijayapur district of Karnataka has selected randomly as subject for the experiment, they were divided into two equal groups, each group consists of the 100 students. Group I and Group II underwent yogasana and Physical; exercises training for six days per week for twelve weeks. Group III Acted as control that did not undergo any special training programme apart from their regular physical education classes programme. The Academic Anxiety behaviour variable selected as criterion variables. All the subjects of two groups were tested by administering Academic Anxiety scale constructed by Prof A.K. Singh (Patna) Dr A. Sen. Gupta Questionnaire at prior to and immediately after the training programme. The analyses of covariance were used to analyze the significant difference, if any among the groups. The 0.05 level of confidence was fixed as the level of significance to test the ‘F’ ratio obtained by the analysis of covariance, which was considered as an appropriate

Discussion and Interpretation of Data

The demographic variables represent the socio-demographic factors of the subjects. They are the dominant factors which act as independent variable and have the ability to influence on the other factors of life. Therefore, understanding them has something to do with understanding the studied phenomenon holistically. In this connection the influence of Demographical variables becomes vital on Psychological variables among rural and urban of students of yoga and Physical exercises group.

It was hypothesised that rural students have more Academic anxiety than their counter part because they were less exposed to mass media and science technology information due to not available the facilities in the rural setup and low socioeconomic condition of parents, whereas the urban students have more exposure to the activities of science, computer and information technology and academic activities, because of available facilities and good socioeconomic condition of the parents, this may leads to have the less academic anxiety.

Table I: Showing the Mean difference between Rural and Urban in their Anxiety Behaviour

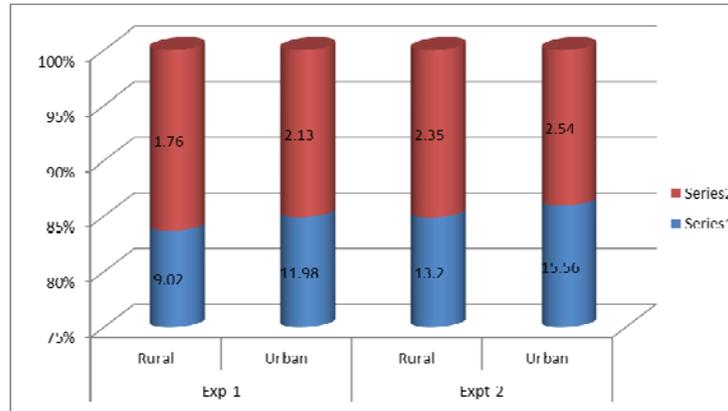
| Sample Group | Demographical Variables | Mean | Sd | t-value | P | Remarks |
|--------------|-------------------------|-------|------|---------|-------|---------|
| Exp-1 | Rural | 11.98 | 2.13 | 7.566 | 0.000 | S |
| | Urban | 9.02 | 1.76 | | | |
| Expt-2 | Rural | 15.56 | 2.54 | 4.816 | 0.000 | S |
| | Urban | 13.20 | 2.35 | | | |

The mean score of rural is 11.98 and urban 9.02 in the yoga group and Sd score is 2.13 and 1.76 respectively and mean score of rural and urban belonging to Physical exercises is 13.20 and 15.56 respectively, it clearly shows that rural students have lesser academic anxiety comparing to their counter group, and calculated’ value is 7.56 and 4.816 for

their respective group is greater than table value at 00.5 level significant. it is assumed that urban students were motivated by their educated parents and competitive nature of academic set up, exposed to mass media and scientific environment of rural school might be influenced in the eliciting more academic anxiety in the both experimental group comparing

the rural subgroups, hence formulated hypothesis that is rural students would poses higher level of academic anxiety was rejected and alternative hypotheses was accepted.

The graph-showing the Mean, Sd score of Anxiety behaviour of Rural and Urban students of secondary school



Conclusion: The study reveals that various personality factors could be improved by the regular practice of Yogic exercise. Because yoga exercises have large potentiality to produce positive abilities, emotional competence and traits among the practitioners, school curriculum should taught regularly yoga to children to develop harmonious personality and demographical variables did not influence on the academic anxiety behaviour of secondary school students those were involving inn the physical exercises and yogic exercises

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