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## Analysis of yogasanas on effective academic performance

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### Abstract

The modern world is becoming more and more competitive everyday. The quality of performance has become the main factor for personal and individual progress. Every parent desires that his children climb the ladder of performance to as high a level as possible. The desire for a high level of achievement exerts a lot of pressure on students, teachers and schools in the educational system itself. It always appears as if the whole system of education revolves round the academic achievement of students, though various other results are also expected from the system. Any achievement is the end-product of all educational efforts. The major concern of all educational efforts is to see that the learner ultimately achieves something. All academic achievements are defined in different ways by different authors. This refers to any desirable learning that is observed in the students. As we are aware, any behavior that is learnt may come with in the scope of achievement. Learner achievement means the status of learner with respect to attained skill or knowledge as compared with other learners or with schools adopted standards. Similarly, Yoga helps the students in all the Academic Achievements. The art of Yoga is one of the ancient heritages of India. This is the greatest contribution of our country to the world and its inhabitants. The practice of Yoga would directly contribute to human resource development and improvement of an individual in the quality of life by developing their over all fitness (Physical, mental, emotional as well as spiritual). We are aware that Yoga is the art and science of maintaining physical and mental wellbeing which has its origin in India and is among the most ancient yet vibrant living traditions getting increasingly popular today in the whole world. Yoga is an instrument of self-evolvement and enlightenment and a potent stress buster through physical and mental well-being. This also enhances the quality of life by improving motor ability. The purpose of this study is to find out the analysis and effect of yogasanas on academic performance. The achievement of the purpose, a sample of 70 high school students were randomly selected from Jawahar Navodaya Vidyalaya, Ludhiana District. The students were divided into two groups of thirty five in each group. Out of these, one group was utilized as the control group and the other as experimental group. The experimental group was given yoga training for twelve weeks. Their academic performance of the subjects were collected from the office records. The collected data was analyzed statistically by computing mean, standard deviation and 't' test. The resultant hypothesis was tested at 0.05 level of confidence. Highly significant improvement was found in academic performance of the experimental group due to yoga training and its results were recorded.

**Keywords:** Yogasanas, academic performance

### Introduction

Needless to say, education is the process of developing the capacities and potentials and quality of the learner so as to prepare that individual to be successful in a specific society or culture. Education is serving primarily as an individual development function. Further, education begins at birth and continues throughout life. This is constant and an on going process. The activity of schooling generally begins some where between the ages four and six when children are gathered together for the purposes of specific guidance related to skills and competencies which society deems important. Once the formal primary and secondary schooling is completed, the process is finished. Yet, adults are quite often learning in informal setting throughout their working lives and even into retirement age.

The modern world is becoming more and more competitive every day. The quality of performance has become the major factor for personal progress. All parents desire that their children climb the ladder of performance to the highest level as possible. We know that this desire for a high level of achievement puts a lot of pressure on students, teachers, schools and

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in general, the educational system itself. It also appears as if the whole system of education revolves round the academic achievement of students, though various other outcomes are also expected from the system and its working. The achievements are the end-product of all educational endeavours. The major concern of all educational efforts is to see that the learner achieves. Further, academic achievement is defined in different ways by different authors. This refers to any desirable learning that is observed in the students. Again, any behaviour that is learnt may come with in the scope of achievement. The learner’s achievement means the status of pupil with respect to attained skill or knowledge as compared with other pupils or with schools adopted standard in general. We must be informed that the term academic achievement refers to the degree of success or level of attainment by learner in the scholastic or the curricular subjects prescribed within the syllabus. In short, academic achievement is the amount of knowledge derived from learning in the classroom as a deliberate learning act.

According to Thorndike and Hegen (1970) “Academic achievements are performance based to show what a pupil has already learnt to do”.

As we begin to analyse, we realise that 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. Any excessive stress hampers students’ performance. So the improvement in academic performance and alertness has been reported in several yogic studies.

The art of Yoga helps the students in the Academic Achievement. So, Yoga is one of the ancient heritages of India. It is the greatest contribution of our country to the world. At the same time, practice of Yoga would directly contribute to human resource development and improvement in the quality of life by developing their fitness (Physical, mental, emotional as well as spiritual). the art and science of Yoga in 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. Yoga is an instrument of self-evolvement and enlightenment, through

physical and mental well-being as well as academic performance. The initiation of Motor Ability, Self-Perception and Academic Achievement complement each other. These activities are interdependent. So better Motor Ability means high level physical fitness, which helps in positive self perception and improved academic performance of an individual.

Hence it is increasingly necessary to promote Yoga among children. The learners of today are exposed to far greater stress and trying times than previous generation. So Yoga will help them cope and emerge stronger and more fit physically, mentally and emotionally. The purpose of the researcher was motivated to take up the present study. The present study examines whether there is an effect of yoga on academic performance of high school students.

**Methodology and procedure**

The motivation and purpose of the study was to find out the effect of yoga in improving academic performance of high school students.

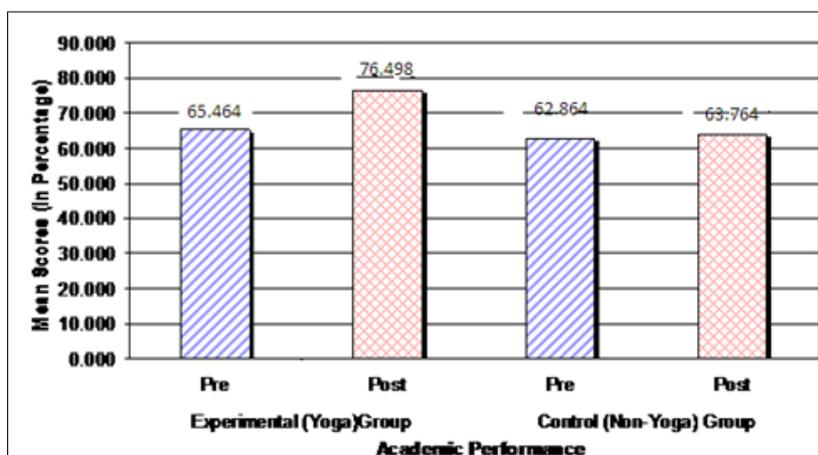
To achieve the purpose 70 high school students were randomly selected from Jawahar Navodaya Vidyalaya, Ludhiana District. These students were divided into two groups of thirty five in each group. The first group was utilized as the control group and the other as experimental group. The experimental group was given yoga training for twelve weeks. Their academic performance of the subjects were collected from the office records. The data was put to analysis and statistically by computing mean, standard deviation and ‘t’ test. The hypothesis was tested at 0.05 level of confidence. The presumption that yoga improves concentration and mental peace is accepted, it was hypothesized that yoga training will help the subjects in improving academic performance.

**Results and findings**

The result of the study is discussed under the following table and graphical presentation.

**Table 1:** Table showing significance of difference between pre test and post test scores of subjects in Academic Performance among experimental and control groups (N=30).

Group	Test	Mean	Standard Deviation	‘t’ value	Level of Significance
Experimental (Yoga) Group	Pre	65.464	5.435	6.951	Significant at 0.01 level
	Post	76.498	6.779		
Control (Non-Yoga) Group	Pre	62.864	7.164	0.567	Not Significant
	Post	63.764	4.873		



**Fig 1:** The Bar graph showing comparison mean scores of Pre test and Post test scores of Academic Performance among Control and Experimental groups

This can be observed from the above table and figure that in experimental group the Academic Performance mean scores of pre test is 65.466, which has increased to 76.500 in post test, whereas among control group the pre and post test mean scores of Academic Performance are 62.866 and 63.766 respectively.

Further, it is also evident from the above table that the obtained 't' value 0.569 is less than Table value 2.05 even at 0.05 level of significance on Academic Performance in control group and 6.953 is greater than Table value 2.76 at 0.01 level of significance on Academic Performance in experimental group. Our hypothesis is accepted since there was a significant improvement in the academic performance of the experimental group due to 12 weeks of yoga training. It is in confirmation with the findings of Kauts and Sharma (2009) <sup>[1]</sup> who found that those students who practiced yoga performed better in academics.

### Conclusion

We can conclude on the basis of the findings that significant improvement was found in the academic performance of experimental group after 12 weeks yoga training.

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