



EFFECT OF YOGA ON MENTAL HEALTH AND ACADEMIC ACHIEVEMENT OF HIGH SCHOOL STUDENTS

Surbhi Sharma

Research Scholar,
MIER College of Education Jammu,
India

Dr. Bindu Dua

Assistant Professor,
MIER College of Education Jammu,
India

ABSTRACT

Yoga is a system of physical, mental and spiritual development, which originated in India at least 3000 years ago. Today's school life develops anxieties, tensions, frustration, agitated feelings, anger and emotional imbalance, conflicts, pressure anxiety and mental disturbance. Yoga has a lot to offer in this direction as each yogic practice is directed towards integrated harmonious optimal development of the individual. It is a most important source to coping stress. Yoga helps to maintain mental health of students. The present study focused on the effects of yoga on mental health and academic achievement of high school students. The sample consists of 150 students, 75 yoga and 75 non-yoga students of Jammu district selected through purposive sampling. Mental Health Checklist (MHC) developed by Pramod kumar (1992) and annual marks were taken from school office register to assess the academic achievement of the students. .

KEY WORDS: *Yoga, Mental Health, Academic Achievement*

INTRODUCTION

It is very well said by William Shakespeare, 'we know what we are, but know not what we may be'. Today's man is living in the web of pressures, tensions and stress. Everyone is facing the menace of stress in one way or the other. The focus of our present education system is mainly on the production of mechanical intellectuals not on the creation of human beings, which is the ultimate aim of education and life. As described in the Upanishads, 'Dharma, Artha, Kama, Moksha' are fourfold maxim of Wealth, Desire, Dharma and Moksha catering to the heterogeneous structure of the society can again give direction to set up a holistic value system, to which Swami

Vivekananda acquired and used not as an end but as a means to establish dharma or the cosmic laws of nature, internal and external, in the society.

The philosophical school stresses time and again that curriculum must be oriented towards instilling pupils with humanism, empathy, socializing attitude, creativity, healthy and positive character, ethics, morality and philosophic bent of mind, secular and spiritual ideas etc. The last and present decades are showing two important changes (though negative in nature) in our social scenario and these require to be tackled on the priority basis. One; Indian students are suffering from high level of stress, anxiety, depression and frustration, which affect them and their families

adversely. Second; deterioration of healthy value system, due to which our adolescents are failed to discriminate between 'right and wrong' or 'do's and do not's'. Daily newspapers report many of the abnormal tendencies of adolescents, such as, committing suicide, drug abuse, stealing, rape, murder etc. which exhibits their mental instability.

Present study is an effort in above mentioned direction in order to prepare a yoga module to create a holistic education system, which may help educators in developing body mind and spirit of the students, so that our education system enables all the individuals to create a balance between material prosperity and spiritual growth.

Yoga

Yoga is a system of physical, mental and spiritual development, which originated in India at least 3,000 years ago. It is not religion or creed and can be practiced by anyone of any age and by either sex. Yoga takes into consideration the entire man/woman, in every respect, nothing has been overlooked and the method of physical discipline need no improvement, as they comprise everything that man needs for the perfection of his health-correct breathing, posture exercise, diet, physical and mental relaxation and hygiene. The yogic succeeded in discovering how the body works and how they could consciously direct their energies towards sustaining health and vigor and the prolongation of their life span. Each asana (posture) is designed to have a specific, beneficial effect upon the functioning of the body. Sometimes it will simply be to regain or maintain the suppleness of muscle or joints, or it may be concerned with enriching the blood supply to certain glands to enable them to secrete more healthily, or a posture may, combined with certain breathing techniques, massage internal organs. However, the ultimate goal of yoga is to attain self-realization a total transformation within the individual consciousness involving an entirely different way of experiencing the world and oneself. Yoga is said to have originated in Indus Valley. Archaeologists working there have unearthed statuettes of men in yoga postures. These are said to be at least 5,000 years old. There is also a wealth of ancient literature on the subject. Many studies have shown the effect of Yoga intervention on anxiety and subjective wellbeing. It was found that there was a significant decrease in both state and traits anxiety levels and positive in the subjective wellbeing of the student (Jadhav and Havalappanavar (2008)

Mental Health

The great extraordinary development in science and technology has offered the modern man a dream come true in the form of luxuries, comforts, wonderful feeling of being the conqueror of unimaginable heights in every field. At the same time it has included new

miseries to his existence by taking away peace and solace from his life. In the recent years there has been a constant endeavour of researcher to explore the field of mental health and find ways of helping the modern man in maintaining it. Mental health is a state of complete physical, mental, social wellbeing and not merely absence of disease or infirmity. Mental health is a global term which refers to that condition of an individual which results from the normal organization and functioning of mind. Mental health is a combination outcome of five types of health: physical, emotional, moral, spiritual and social health. Mental health is an important aspect of the total health of a person because it is both cause

and effect of other aspects of health. It means three things of an individual: (1) right thoughts (2) right attitude (3) right action. a study entitled effects of yoga exercises on mental health and anxiety at B.Ed. level highlighted that yogic practice have positive effects on the mental and emotional state and that its physical therapeutic effects can be seen in comparatively shorter. Sharma (2001).

Academic Achievement

Achievement is one of the most important goals of education. In the process of educating the young ones the stress and focus is on the measurement and evaluation of the subject. Academic achievement has been considered as an important factor in the education life of the student. Every parent sets high goals for the education of his child. Good academic record and its proper development to certain predicts future of the child. Ours is an age of competition at every step. It encourages the students to work hard and learn more. Also, it help the teachers to know whether teaching methods are effective or not and help them in bringing Improvement accordingly. In other words achievement may be defined as the competence which Children actually show in the school subjects in which they have received instructions. We can also say that achievement means the extent to which teaching and study has resulted in mastery. It is the outcome of general and specific learning experience. Academic achievement generally refers to the degree of success or that of proficiency attained in some specific area concerning scholastic or academic work.

NEED AND SIGNIFICANCE

Today's school life develops anxieties, tensions, frustration, agitated feelings, anger and emotional imbalance, conflicts, pressure anxiety and mental disturbance. Yoga has a lot to offer in this direction as each yogic practice is directed towards integrated harmonious optimal development of the individual. It is a most important source to coping stress. Yoga helps to maintain mental health of students. Academic achievement is important for student life. The researcher literature reveals that some

studies have been conducted on these variables, but separately on each of these variables and with different kinds of yoga exercises. The present paper is a humble attempt to investigate impact of yoga exercises on mental health and academic achievement of students.

OBJECTIVES OF THE STUDY

The study was conducted with the following objectives:

1. To study the significant relationship between mental health and academic achievement of yoga and non –yoga students.
2. To study the effects of yoga on mental health and academic achievement of yoga and non - yoga students on the basis of gender.
3. To study the effects of academic achievement on yoga and non-yoga students.
4. To study the effects of mental health on yoga and non-yoga students.

HYPOTHESES

The hypotheses of the study are:

1. There is no significant relationship between mental health and academic achievement of yoga and non-yoga students.
2. There is no significant difference on mental health and academic achievement of yoga and non-yoga students on the basis of gender.
3. There is no significant difference of academic achievement on yoga and non-yoga students.

4. There is no significant difference of mental health on yoga and non-yoga students.

RESEARCH METHODOLOGY

In this study descriptive survey method has been used in order to find significant effect of yoga on mental health and academic achievement of students studying at high school level

SAMPLE FOR THE STUDY

For the present study the sample comprised of students studying in class 9th and 10th of high schools of Jammu. The purposive sampling method has been employed to select 75 yoga students and 75 non-yoga students from both private and government schools.

TOOL USED

The tool namely *Mental Health Checklist* (MHC) developed by Pramod Kumar (1992) has been used in the present study.

RESULTS AND FINDINGS

The resulting data has been analyzed using statistical techniques. Findings based on research objective posed and followed by data analyzed are given below:

Study the significant relationship between mental health and academic achievement of yoga and non –yoga students.

Table 1

Mean, standard deviation and coefficient of relationship(r) between mental health and academic achievement of yoga and non-yoga students

Variables	N	Mean	SD	Correlation Coefficient (r)	Significance
Academic achievement	150	66.03	10.76	+0.05	0.05 level
Mental health	150	22.86	6.05		

Table 1 shows that the calculated value of Pearson’s correlation coefficient r is +0.05 which is significant at 0.05 level with df=148. Therefore, it can be inferred that there is significant relationship

between two variables i.e Academic achievement and Mental health of yoga and non - yoga students.

Table 2
Study the effects of yoga on mental health and academic achievement of yoga and non -
yoga students on the basis of gender.
Values of mean, standard deviation, standard error of mean, and t of yoga and non- yoga
students on the basis of gender

Variables	Gender	N	Mean	SD	SEM	df	t	Significance
Academic achievement	Male	86	70.29	9.22	0.99	148	6.29	NS
	Female	64	60.31	10.08	1.26			
Mental health	Male	86	22.23	6.46	0.69	148	1.47	NS
	Female	64	60.31	10.08	1.26			

Table 2 shows that ' t ' values have not been found significant at 0.01 and 0.05 levels of significance as the value for academic achievement of yoga and non-yoga students on the basis of gender is 6.29. Therefore, the calculated value of t is less than the table value of t at 0.05 level of significance. Therefore, the calculated value of t is not significant. We can thus, infer that there are no significant gender differences in academic achievement of yoga and non-yoga students.

The calculated value of ' t ' for the mean values of mental health of yoga and non – yoga students on the basis of gender is 1.47 . The table value to be significant at 0.01 and 0.05 levels are 2.60 and 1.97 respectively with $df = 148$. It clearly reveals that the calculated value of t is not significant. Therefore, it can be inferred that there are no significant gender differences in mental health of yoga and non-yoga students.

Study the effects of academic achievement on yoga and non-yoga students.

Table 3
Values of mean, standard deviation, standard error of mean and t of yoga and non-yoga
Students for academic achievement

Variables	Yoga/non Yoga	N	M	SD	SEM	df	t	Significance
Academic achievement	Yoga	75	74.01	6.28	0.72	148	13.51	Significant at 0.01 level
	Non-yoga	75	58.05	8.07	0.93			

The calculated value of t came out to be 13.51 for academic achievement of yoga and non yoga student which is significant at 0.01 level with $df=148$. Therefore, this indicates that yoga students have higher gain on academic achievement as compare to non-yoga students. It can be thus inferred that there is

significant difference in academic achievement of yoga and non-yoga students.

Effect of mental health on yoga and non-yoga students.

Table 4
Values of mean, standard deviation, standard error of mean and t of yoga and non-yoga students for mental health

Variables	Yoga/non Yoga	N	M	SD	SEM	df	t	Significance
Mental health	Yoga	75	22.77	6.14	0.70	148	1.75	Not significant
	Non-yoga	75	22.94	5.99	0.69			

The calculated value of t came out to be 1.75 for mental health of yoga and non-yoga student which is less than the table value of t for $df=148$. The table value to significant at 0.01 level with $df=148$. The table value to be significant at 0.01 and 0.05 levels are 2.60 and 1.97 respectively. It clearly indicates that the calculated value of t is not significant.

DISCUSSION AND CONCLUSION

Following conclusion has been drawn:

1. The present study revealed that the calculated value of correlation coefficient is 0.05. The relationship between mental health and academic achievement of yoga and Non-yoga students is found to be 0.05, which is significant at 0.05 level of Significance.

2. The present study reveals that there is no significant difference between mental health and academic achievement of yoga and non-yoga students on the basis of gender.

3. The present study also reveals that there is significant difference between academic achievement of yoga and non-yoga students at 0.01 level of significance. Yoga helps the students in their academic achievement.

1. The present study also reveals that there is no significant difference between mental health of yoga and non-yoga students.

EDUCATIONAL IMPLICATIONS OF THE STUDY

On the basis of conclusions and inferences drawn the following are the implications of the present study.

1. Yoga helps to improve the mental health of students, so yoga as a treatment must be included in the school level program.
2. As students are full of energy, their energy should be properly used. Yoga helps in positive channelization of energy, which further leads to improved anxiety and stress.
3. Yoga helps to control and decrease conflict, academic pressure and frustration of students. The school programme cannot be diluted with a fear of stress, if yoga is part of school curriculum.

REFERENCES

1. Annakilli,(1993) *Effects of asana and gymnastics in selected physical, physiological and psychological variables*. M.Phil Alagappa University
2. Indirani (1993) *The effect of Yogasanas on selected physical, Physiological and Psychological variable among school boys*. Unpublished M.Phil. Physical. Education Deptt. Alagappa University, India.
3. Kochar, H.C. (1976) *Influence of yogic practices on Mental Fatigue*. Yoga Mimanca, Vol. 28 (2) 3.
4. Kumar,P. *Development and standardization of mental health checklist (MHC)*. Psychological studied. 1991, 36, 1, 215-217.
5. Kumar, P. Mori,J.B. & Patel,Nayana,M. *Consequences of Marital maladjustment: Study of mental health*. Journal of personality & clinical studies. 1989,5,1,61-63.
6. Kumari, M. (2003-2004) *Effects of yogic exercises on mental health and academic health and Academic achievement of secondary school students*, M.Ed. Dissertation, Punjab University, Chandigarh
7. Kumari, S. (2001) *Learning Strategies achievement motivation and academic performance of high school students*. Med. Dissertation, P.U., New Webster's Dictionary and Thesaurus (1992). Bartholomen, World Inc. Publishers.
8. Lakhanpal, A. (2003) *A study of yoga training of academic stress and achievement of secondary students*. M.Ed. Dissertation Punjab University Chandigarh.
9. Lazarus, R.S., (1984) *Psychological stress and the coping processes*. U.S.A Mc. Graw – Hill Book Company pp. 147.
10. Mall, N.N. (1982) *Cardiovascular responses of Active, Passive and yogic recovery postures and maximum work output*. Ph.D. Thesis Deptt. of Physical Education Library.
11. Mall, N.N. (1982) *Cardiovascular responses of Active, Passive and yogic recovery postures and maximum work output*. Ph.D. Thesis Deptt. Of Physical Education Library.
12. Grewal (1990) *Impact of yoga practices on the self-concept of secondary students*.
13. Annakilli,(1993) *Effects of asana and gymnastics in selected physical, physiological and psychological variables*. M.Phil Alagappa University
14. Indirani (1993) *The effect of Yogasanas on selected physical, Physiological and Psychological variable among*

school boys. Unpublished M.Phil. Physical. Education Deptt. Alagappa University, India.

15. Kumari, M. (2003-2004) *Effects of yogic exercises on mental health and academic health and Academic achievement of secondary school students, M.Ed. Dissertation, Punjab University, Chandigarh.*
16. Rani, T. (2003-2004) *Effects of yoga exercise on mental Health and Adjustment of Hostel Girls. M.Ed. dissertation deptt. Of Education Punjab University Chandigarh.*