

Effect of Pranayama on the Educational Achievement of under Graduate Students

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ABSTRACT

The purpose of the student was to find out the effect of pranayama on the educational achievement of under graduate students. The subject of the study were delimited only to the under graduate students of Subharti University, Meerut. The age of the subject ranged between 18-25 years. The sample consisted of 50 students. There are divided two groups. First [25 students from control group and 25 students from experimental group] The students considered as a experiment group who is regularly participated in a same kind of Pranayama till six month and the control group who is not participated in pranayama activities. The educational achievements are measured by sessional marks of students, before pranayama activities and post pranayama activities. The result showed that there was an increase in the educational achievement when compared between experimental group and control group after pranayama activities.

INTRODUCTION:-

Now a day's yoga is becoming more and more popular. It attracts the attention of the whole world. Thousands of people both men and women, who are aware of the importance of personal growth has adopted yoga as a part of their life. Gradually yoga is becoming a life style, almost a fashion of the modern world. People adopted yoga as a tool to keep the body and mind fit, to cure diseases by improving the functions of vital organs of the body. Yoga is practiced for peace of mind and also to improve beauty.

Yoga is capable to bring about natural changes in every single individual in the world and that would be a great revolution indeed. It offers us a conscious process to solve such problems as depression, unhappiness; rest lessens, emotional conflicts, hyper activity etc. It helps to evoke the hidden potentialities of human beings in a systematic and scientific way so that the human being can rise intellectually. It makes the mind and the body so disciplined that one can effectively face the challenges of the modern technological era with its hectic speed and live happily without frustrations.

According to MANU, a great Indian seer and Philosopher "water purifies the parts of our body, truth purifies our mind, knowledge and penance purifies our soul, Gain of Knowledge, purifies and develop our intellect. It is yoga which purifies us externally as well as internally".

Our concentration power improved by the help of the "tratak' if we regularly practice 'trataka' our concentration power increases day by day. Today our life is very busy and everybody wants to beat each other, So everybody needs more concentration for better memory to develop their work capacity.

The literature which found relevant to the present study has been abstracted to provide valuable background material, which have been described below.

Singh and Udupa (1977) conducted a series of comparative psychobiological studies on a apparently normal educated males who were practicing certain meditative and cultural asanas and pranayamas. One hour every day for six months. They found that six months. They found that six months of yogic practices induces a feeling of wellbeing, reeducation in body weight and increased vital capacity. On the other hand psychological studies revealed an improvement in memory and performance, A lowered

mental fatigue rate, a reeducation in neuroticism index and a lowered incidence of physiological and psychological complaints.

Chatukar (1988) conducted a study with a purpose to determine the effect of certain yogic asana on the mental power to win. It's like there's this energy out there and it's suspended in mist or cobwebs (thoughts, K.K.) you have to collect that energy to win, Physical fitness of the women who are in service. The data were collected from the randomly selected 40 in service women between the age groups 18 to 30 years divided in two equal groups. The experimental group of 20 women performed nine selected yogic asanas for six weeks.

He concluded that non-significance improvement in the physical fitness was observed between the yogic asana-practice group and the control group.

Method:-

The data were collected from the randomly selected 50 subject between in the age groups 19 to 25 years divided in two equal groups. The experimental group of 25 students performed selected some kind pranayama for one hour everyday of six month. The subject of the study were delimited only to the under graduate student of Swami Vivekanand Subharti University, Meerut. The educational achievements are measured by sessional mark of students before pranayama activities and post pranayama activities.

The present study has three separate parts- pre-test, the specific training programme and the post-test. Pre-test was conducted in a single day before and the post-test. Pre-test was conducted in a single day before the onset of a planned exercise programme of six months. All the subject of the experimental group were brought under a common training programme which consists of specific pranayama training i.e., vashika, kapalabhati, Anuloma-viloma, Bhramri for 45-60 Minutes of different intensity, sets and repetitions, for six months. After the completion of six months planned programme the post test was conducted in the similar fashion with that of pre-test.

To compare the educational achievement among the control group and experimental group 't'-test was used to test the hypothesis. The level of significance for the 't'-test was set at 0.05.

Results:-

The scores of comparison of educational achievement of control group and experimental group are presented in the following tables:-

Group	N	M	S.D.	T Value	Tabulated 't'
Experimental Group	25	611.440	63.015	-0.714	0.021
Experimental Group	25	614.560	63.821		

Significance at 0.05 levels

Table-1 Indicates that the obtained 't' value of -0.174 between experimental group and control group in educational achievement was found to be significant at 0.05 level of confidence as we obtained value of 2.021 with 48 degree of freedom.

Table-2: Significance difference of educational achievement between experimental group and control group after the pranayama exercise.

Group	N	M	S.D.	T Value	Tabulated 't'
Experimental Group	25	725.200	63.989	5.968	2.021
Experimental Group	25	61.00	64.211		

Significance at 0.05 level

Table-2 Indicates that the obtained 't' value of 5.968 between experimental group and control group in educational achievement was found to be significant at 0.05 level of confidence as we obtained value of 2.021 with 48 degree of freedom.

DISCUSSION & SUGGESTION:-

In the present study, the educational achievement increased after attending the pranayama exercise. On the basis of present study we can some suggestion that:-

1. Yoga course/activities may be included in syllabus in studies.
2. Teachers and coaches/ Head of the yoga educational institutes institutes should be guided about promotion of yoga education/activities.
3. Government should employ more number of yoga teachers with regard to student population, qualified instruction personals should be appointed in schools.
4. Keeping in view the loss number of female according to male doing yogic activates. More awareness about the importance of yogic activities is required and media can play an important role in fulfilling these requirements which may be in the form of T.V., Radio, Newspaper, Poster and Video Classes.
5. Moe resource may be exerted for Yoga excellence in India.

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