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Effect of Yoga Exercise on Memory and Academic Achievement

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ABSTRACT

Now, we are existing in the world of 21st century which is known as the world of 'Mental Stress' in these condition, knowledge increase day by day. There is a Knowledge blast in the world, hence each and every person tries to get this Knowledge by new and most recent Medias and they also use it. In this direction there is a qualitative proceed in the person for in acknowledgment of Knowledge and its use by applaud. In the same way, we notice the qualitative enhancement in the Educational institution, teachers, and the students, which are going to get Knowledge. In these condition, teachers and students feel a agitation. So there is a question against us that, this growth in the education organization, teachers and in the students will have no proper direction for the Academic achievement of students. If we get an positive answer of this question, we must do the basic change in the teaching learning process of Education. In the present day, each person including the students and the teachers face anxiety, frustration, etc. Due to these factors, the students cannot keep much interest in their study, academic activity and their execution in the whole exam. hence, in this way it is very important for the students to keep their eyes in their study and academic activity. For the result of this situation, Yoga is the nowadays and classic way. That is why the investigator has found a research gap, to know the Effect of Yoga Exercises on Academic Achievement, Short-term memory .

Introduction

The more practical linguistic erudition of the term "yoga," describing a system of meditation or speculation with the objective of the expiry of mental activity and the attaining of a "topmost state" arises with early Buddhism. In Hindu scripture, this sense of the term "yoga" first appears in the middle Upanishads, such as the Katha Upanishad. Shvetashvatara Upanishad mentions, "When earth, water, fire, air and akasa arise, when the five attributes of the elements, mentioned in the books on yoga, become revealed then the yoga's body becomes authentic by the fire of yoga and he is free from illness, old age and death." More importantly in the following poetry it mentions, the "progenitor of wholeness in yoga", namely lightness and healthiness of the body, absence of intent, clear temperament, sweetness of voice, sweet smell and little defecation.

Significance of the Study

Today Frustration, Anxiety, Mental Stress etc. Mental related diseases are increasing in our society. Due to these diseases each persons including the students feels Segregation, Anger, doubt, Depression, Mood disorders, Attention deficit-hyperactive disorder, Obsessive disorder, Adjustment disorder etc. Under the effect of on top of Mental related disorders the level of students' Exam's Achievements are much low. The training of yoga will give the proper direction for the betterment in Exam's achievements and much give positive effect for living peaceful life, the violent competition, peace less and rude tries for the betterment of this circumstances and for going on the top. This study will provide something to the Arts students like as a proper way, keeping meditation in teaching learning process, and Adjustment for healthy, quiet, productive

and qualitative life. It will also helpful to solve study related problems. The investigator will also know about the difference between the achievement of boys and girls students through this study. The investigator will also know how the effect of Yoga touch the practice of Education and we will identify even separate that which subjects provide the best effect as a result of Yoga.

Objectives of the Study

The objectives of this study are as under.

1. To study the effect of Yoga on the Memory of the student of U.P. Board and C.B.S.E. Board.
2. To study the effect of Yoga on the Academic Achievement Memory of the student of U.P. Board and C.B.S.E. Board.

Hypotheses of the Study

The following Major hypotheses were formulated for the present study.

1. There is no significant difference between in Yoga on the Memory of the student of U.P. Board and C.B.S.E. Board.
2. There is no significant difference between in Yoga on the Academic Achievement of the student of U.P. Board and C.B.S.E. Board.

Delimitation of the Study

The delimitations of the current study are as follows.

1. The study was delimited to CBSE Board Senior Secondary School students only.
2. The study was delimited to U.P. Board Secondary Schools' students.
3. The study was delimited to students of standard 11th standard of U.P. Board and C.B.S.E. Board Students.
4. The study was also delimited to the student studying during 2017-18 academic year only.

Variable of the Study

Following Variables will be taken for the present study.

Independent Variable

Yoga

Dependent Variable

Academic Achievement,
Memory

Population and Sample

In this present study, the findings were depended upon the sample of **100** students of standard 11th of U.P. Board and C.B.S.E. Board. Researcher took the list of Moradabad Districts' Senior Secondary schools. Among this list, two schools were selected purposively. After selection of schools, the researcher used cluster sample selection technique for selection of whole class of 11th U.P. Board and C.B.S.E. Board for equal group distribution.

Method of the Study

To observe the effect of Yoga exercises on Academic Achievement, and Memory of the students of U.P. Board and C.B.S.E. Board thus this entire study is depended on Field Experimental Method.

Construction of Tools

The entire study is based on two tools (1) Academic Achievement test (2) Short Term Memory (STM) test).

Analysis and Interpretation

Current study was carried out with four Null Hypothesis, which are shown in the following table.

Table 1**Effect of Yoga Exercise on Memory level of the student of U.P. Board and C.B.S.E. Board.**

Group	N	Mean	SD	t-value	Significance
UP Board	50	168.06	1.906	6.97	Significant at 0.01
CBSE Board	50	171.28	3.13		

Table no. 1 shows that The mean score of UP board students is 168.06 which is lower than CBSE board students which is 179.28. The obtain value of t-value is 6.97 which is greater than both level at 0.01 and 0.05. The first null hypothesis is rejected that There is significance difference between the memory level of UP board and CBSE board students. Thus we can say the yoga exercise has a greater impact on the Memory level of CBSE board students.

Table 2**Effect of Yoga Exercise on Academic Achievement of the student of U.P. Board and C.B.S.E. Board.**

Group	Total	Mean	SD	t-value	Significance
UP Board	50	188.5	20.86	0.256	Not Significant at both level
CBSE Board	50	189.38	22.75		

Table no. 2 shows that The mean score of UP board students is 188.5 which is lower than CBSE board students which is 189.38. The obtain value of t-value is 0.256 which is less than both level at 0.01 and 0.05. The second null hypothesis is accepted that There is no significance difference between the academic achievement of UP board and CBSE board students. Thus we can say the yoga exercise has a greater impact on the academic achievement of CBSE board students.

Findings of the Study

The major findings of this present study are as follows.

About the effect of Yoga exercises on Memory of the students of U.P. Board and CBSE Board Students

There is significance difference between the memory level of UP board and CBSE board students. It is point out that due to Yoga exercises on CBSE boards students are higher than the UP Board students in Memory level . It is indicating that the Yoga exercises improve the Memory of the students.

About the effect of Yoga exercises on Academic Achievement of the students of U.P. Board and CBSE Boards Students

There is no significance difference between the academic achievement of UP board and CBSE board students. It is point out that due to Yoga exercises on CBSE Board the students are higher than the UP Board in Academic Achievement. It is indicating that the Yoga exercises improve the Academic Achievement of the students.

Implication of the Study

(1) Yoga improves fitness, lowers blood pressure, promotes relaxation and self-confidence, reduces stress and anxiety. People who practice yoga tend to have good coordination, posture, flexibility, range of motion, concentration, sleep habits, and digestion. Yoga is a supplementary therapy that has been used with traditional therapies to help bluster a wide range of health problems, but it is not a cure for any particular disease.

(2) All branches of yoga mentioned above use three major techniques: breathing, exercise, and meditation. These three techniques have been shown to improve memory and health.

- **Breathing lessons:** In yoga, breath work is known as Pranayama. Pranayama increases blood circulation and reduces oxygen consumption. That brings more oxygen to the brain, and improves the way your body uses oxygen. That brings more oxygen to the brain, and improves the way your body uses oxygen. Breathing exercises can also increase how much air you can draw into your lungs. Getting lots of air into your lungs helps you feel alert and focused.
- **Asana (postures):** Asana provide a gentle-to-intense workout that increase strength, flexibility, and balance.
- **Meditation:** Meditation quiets the mind and brings on both physical and emotional relaxation, which helps reduce blood pressure, chronic pain, anxiety, and cholesterol levels.

(3) This study helps to the students for doing Yoga exercises daily life.

(4) Government should encourage the research projects to enhance Memory, Reasoning ability and Yoga of the students.

(5) Schools should use the materials related to Yoga exercises, Short-term memory test, and Verbal Reasoning ability test for

the students who have lower memory and lower academic ability.

(6) The Yoga exercises is also helpful for schools curriculum an student's physical and Psychological issues and mood disorders.

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