



Innovative Integration Of Yogic Practices And Sujok Therapy For The Holistic Development Of School Children: An Experimental Study

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Abstract

This study investigated the effects of a four-week integrated program combining yogic practices and Sujok therapy on the holistic development of school students aged 14–17 years. A total of 50 medically fit participants were selected through random sampling and were equally assigned to an experimental group, which received the intervention, and a control group, which did not. The intervention's impact was assessed across three domains: physical fitness, mental ability, and academic performance. Data were collected using standardized tools and analyzed using a paired t-test. The findings revealed statistically significant improvements in all three domains among the experimental group compared to the control group, thereby supporting the alternative hypothesis.

Key words: Yoga, Sujok, Physical Fitness, Mental Ability, Academic Performance.

Introduction

In the fast-paced modern educational environment, students face increasing challenges to their physical health, mental well-being, and academic performance. Holistic development—encompassing physical, cognitive, and emotional growth—is widely recognized as essential for overall student success. Yogic practices, including asanas, pranayama, and meditation, have long been associated with improvements in mental and physical health, while Sujok therapy, a Korean-based acupressure system, is gaining recognition for its simplicity and effectiveness in promoting overall wellness.

This research examined the synergistic impact of combining Yoga and Sujok therapy over a four-week intervention period on school children, focusing on physical fitness, mental ability, and academic performance.

Objectives

1. To study the impact of Yogic and Sujok practices on the physical fitness of school children.
2. To assess the influence of these practices on students' mental ability.
3. To evaluate academic performance outcomes after the intervention.
4. To compare the results between the experimental and control groups.

Hypotheses

Alternative Hypothesis (H₁): There is a significant impact of yogic and Sujok practices on the holistic development of school children.

Research Design

A pre–post experimental research design was used to assess the combined impact of Yogic and Sujok practices on the holistic development of school children.

Participants

Fifty medically fit students, aged 14–17 years, were selected through random sampling. They were equally divided into:

- Experimental Group: 25 students (received the intervention)
- Control Group: 25 students (no intervention)

Variables

- Independent Variables: Yogic practices (asana, pranayama, meditation) and Sujok therapy (basic acupressure application on palms and feet)
- Dependent Variables:

Physical Fitness — measured through the SAI Khelo India Fitness Test

Mental Ability — assessed using the Mental Health Inventory (MHI-38)

Academic Performance — evaluated using the Academic Performance Scale

Tools for Data Collection

1. SAI Khelo India Fitness Test (Physical Fitness)
2. Mental Health Inventory (MHI-38) (Mental Ability)
3. Academic Performance Scale (Academic Performance)

Intervention Protocol

The intervention combined both Yoga and Sujok practices, conducted over four weeks (five sessions per week, 45 minutes per session). Each session comprised:

1. Sukshnavyayam (warm-up exercises)
2. Surya Namaskar (six sets)
3. Twist gymnastics/therapy (Sujok)
4. Mudras with mantras (positive affirmations)
5. Control point activation (Sujok)
6. Deep breathing and relaxation with music therapy

The control group continued their regular school activities without exposure to the intervention.

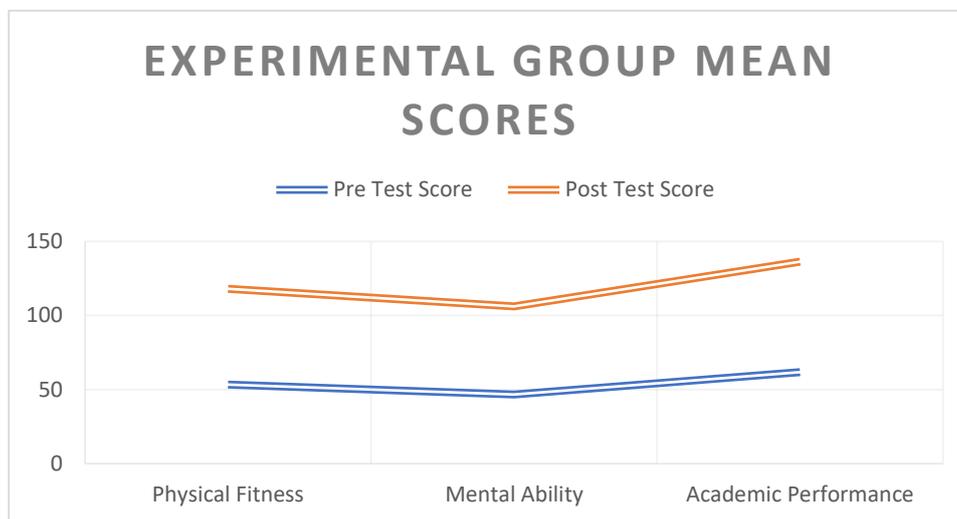
Data Analysis

Baseline (pre-test) and post-intervention scores were compared using a paired t-test. Statistical significance was set at $p < 0.05$.

Results

Analysis showed that the experimental group demonstrated significant improvements in Physical Fitness, Mental Ability, and Academic Performance, whereas the control group did not show significant changes.

Domain	Group	Pre-test Mean ± SD	Post-test Mean ± SD	t- value	p- value
Physical Fitness	Experimental	53.4 ± 7.6	64.5 ± 9.2	14.66	<0.05
	Control	52.2 ± 5.3	52.0 ± 6.4	-0.4	>0.05
Mental Ability	Experimental	46.6 ± 6.0	59.5 ± 7.0	19.21	<0.05
	Control	46.3 ± 4.9	45.8 ± 5.3	-1.26	>0.05
Academic Performance	Experimental	61.8 ± 8.6	74.5 ± 8.6	22.64	<0.05
	Control	63.1 ± 7.4	62.6 ± 7.7	-0.75	>0.05



Discussion

The findings of this study indicate that the integration of Yogic practices and Sujok therapy can significantly enhance multiple dimensions of student's development. Improvements in Physical Fitness may be attributed to the structured physical movements and breathing exercises in Yoga, which improve muscle strength, flexibility, and endurance.

The gains in Mental Ability align with previous research highlighting Yoga's role in improving concentration, emotional regulation, and cognitive performance. Sujok therapy's stimulation of specific acupressure points may further aid in stress reduction and mental clarity.

The observed Academic Performance improvements could be a result of the combined effects of better physical health, increased focus, and reduced anxiety. The intervention's non-invasive, low-cost nature makes it feasible for implementation in school wellness programs.

Conclusion

A four-week integrated program of Yogic practices and Sujok therapy significantly improved Physical Fitness, Mental Ability, and Academic Performance in school children aged 14–17 years. This approach offers a practical, cost-effective, and holistic method to enhance student well-being and performance.

Recommendations

1. Schools should consider incorporating Yoga and Sujok therapy into regular extracurricular or wellness activities.
2. Future research should investigate long-term effects and explore variations in intervention duration.
3. Larger-scale studies across different educational settings could validate and generalize the findings.

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