

Effect of Yogic Practices on Adjustment Enhancement in School Students

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Abstract:

The aim of this study was to observe the effect of Yoga practices on Adjustment enhancement of school students with age group 13-18 years more specifically. The sample of 50 students covered for the purpose of the present study. The subject has been selected by using convenient sampling technique. The time duration for yogic practice 30 days and exposure time for yogic practice 40 minutes daily. Tool used to measure the variables of this study. Mental Health Battery design by Arun Kumar Singh & Alpana Sen Gupta. In this study t-test has been used for statistical analysis. Result of the present study shown that there is a significant changes ($p < 0.01$). Hence Yogic Practices cause a significant positive effect on adjustment of the student.

Key words: Asana, Pranayama and Adjustment.

Introduction:

Adjustment is a process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs. Adjustment is harmonious relationship with the environment involving the ability to satisfy most of one's needs and most of the demands, both physical and social that are put upon one (Anonymous, 1968).

Yoga helps children to cultivate conscious awareness and increases adjustment and improves performance in all areas of life including school work and relieves stress by providing a greater sense of general well-being

Subramanyam, 1986, Most of the problems centering children are physical appearance, health and physical development, marks scored, relationship with members of their families, their teachers, and home adjustment. This maladjustment may lead to absenteeism, truancy, low achievement and other unworthy habits of children.

Sharma and Mehta (1988) investigated the effects of need for achievement upon adjustment and academic achievement. A sample of 156 students higher

Secondary science students from government higher secondary schools for boys in Jaipur were administered on Murray's need achievement need abasement item and Sinha and Singh's adjustment inventory. The results showed the students having high need for achievement were found to have significantly higher adjustment (total as well as individual areas of emotional and educational adjustment) in comparison to students having low need for achievement.

Mythili *et al.* (2004) investigated the adjustment problems of intermediate students. Samples of 150 students were selected randomly from government and private management colleges in Vijayawada. A Telugu version of the 'Mooney problem checklist' was administered. The data was subjected to 't' test. Results revealed that students of private Colleges had more problems than those of government colleges.

B. Bhagaban. R. Nagaratha. H.R. Nagendra (2003) a comparative study of three different yoga modules. On concentration and adjustment in normal children (9-12) year. Study conducted on 338 children of English medium school whose age ranged from 9 to 12 year. They were taught yoga posture and breathing exercise, mediation and found integrated yoga modules help in improving concentration and adjustment among the children's."

Objective:

This study has aimed to study the effect of Yogic Practices on Adjustment. After going through aforesaid related literatures, it seemed that practice of Yogic Practices may be helpful to enhance the adjustment and hence the researcher's hypotheses were set directional.

Hypothesis:

1. Practice of yogic practices on adjustment enhancement of the school students.

Research Methodology:

The sample of 50 students covered for the purpose of the present study belongs to age group between 13-18 years and are from Jawahar Navodaya School, Chandigarh. The subjects have been selected by using convenient sampling technique.

Total Sample	-	50
Yogic intervention for the present study		
Time duration	-	30 days
The exposure time for Yoga Asanas	-	30 minutes
Practice of Nadishodhana Pranayama	-	10 minutes

Tool used: Tool used to measure the variables of this study is Mental Health Battery constructed by Arun Kumar Singh & Alpana Sen Gupta.

Result:

Table: Adjustment: (Students)

	Control	Experimental
Mean	29.73	35.22
Variance	16.40111	11.56727
Observations	100	100
Hypothesized Mean Difference	0	
df	192	
t Stat	-10.381	
P(T<=t) one-tail	1.27E-20	
t Critical one-tail	1.652829	
P(T<=t) two-tail	2.53E-20	
t Critical two-tail	1.972396	

Discussion:

It is obvious fact from Table that yogic practice has significant effect on adjustment level between (Experimental Group) and (Control group). As the post mean values of experimental group is 35.22 & control group is 29.73. According to Statistical analysis, adjustment t value -10.38 has been observed which is significant on 0.01 level of significance.

Subramanyam, 1986; Most of the problems centering children are physical appearance in school, health and physical development, marks scored, relationship with members of their families, their teachers, and home adjustment. This maladjustment may lead to absenteeism, truancy, low achievement and other unworthy habits of children.

Singh and Sen Gupta, 1987 Adjustment is harmonious relationship with the environment involving the ability to satisfy most of one's needs and most of the demands, both physical and social that are put upon one.

Sharma and Mehta (1988) investigated the effects of need for achievement in school going children upon adjustment and academic achievement. Adjustment is a state in which the needs of the individual on the one hand and the claims of the environment on the other are fully satisfied. The concept of adjustment at any level is that which reflects the fruits of the normal overall

adjustment development. However, when adjustment level is elevated it may believe to have beneficial yoga practices effect in the body.

Mahesh Dani, 1999 suggests that the effect of teaching Yoga to children helps them with a better understanding with others, increase the adjustment. Thus children with yogic education absorb these skills into their daily routine, which ensures good health. Children have good adjustment power; it is the art of yogic education that helps to improve the 'adjustment' in their life. However, when adjustment level is elevated it may believe to have beneficial yoga practices effect in the body.

However, when adjustment level is elevated it may believe to have beneficial yoga practices effect in the body. Table shows a significant change in the adjustment level between the yoga practitioner and non practitioner group of school going children during the study. It can be concluded that Yogic intervention increased the adjustment level. However yogic education helps to improve the 'Adjustment'.

Conclusion:

This result met after data analysis conducted that the practice of Yoga Practices is quite effective to enhance the adjustment of school students from this further it can be concluded that yoga package with Yoga Practices caused significant memory enhancement of school students.

The previous researchers concluded that yogic practices like Yogasanas, Pranayama, and Yoga-Nidra act as a tonic for the body and this help to enhance the adjustment. With continuous yogic practice improves the adjustment in student life, whole personality and behavior an almost miraculous change in life.

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