

# **Application of Super Brain Yoga for Academic Anxiety Management in Adolescence**

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## **Abstract:**

**Introduction:** The college going students experience a lot of stress, which increase when they prepare for the examination. Yoga as an anxiolytic tool in anxiety reduction has been practiced over centuries in India. [1] According to the World Health Organization, one out of four (25%) persons is affected with some kind of mental illness. [2] The prevalence of mental disorders is higher in developed countries, but the global burden of untreated mental disease is higher in developing nations.[2,3] Eighty percent (80%) of the population suffering with mental illness lives in low-and middle-income (LAMI) countries.[2,4,5]and anxiety is a well known as well as very common mental problem in modern school going children due to competitive era.

**Aim:** The present study aims to assess the effect of super brain Yoga over academic anxiety level among adolescence.

**Procedures:** A pre- post research study was conducted at a inter college of Haridwar town of Uttarakhand. Fifty students were selected through random purposive sampling for the Yogic intervention and were exposed to yogic practice daily for half an hour for thirty days. Intervention continues during Sundays and holidays.

**Results:** The statistical analysis showed a significant reduction in the academic anxiety level of the adolescence. As well as they were feel very happy too.

**Conclusion:** Academic anxiety is one of the major problems with the young generation especially during their examination facing now a days, a yogic intervention was found to reduce the academic anxiety level of the practitioner.

**Keywords:** Super Brain Yoga, Academic anxiety, Adolescence

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## **Introduction:**

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World Health Organization, one out of four (25%) persons is affected with some kind of mental illness. [2] The prevalence of mental disorders is higher in developed countries, but the global burden of untreated mental disease is higher in developing nations.[2,3]

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Currently, yoga is widely used to improve health and to attenuate or cure diseases. Asana, Pranayama and meditation as yoga practice emphasize in controlled breathing, meditation, and physical posture, respectively [6]. Asana uses various postures to develop physical strength, flexibility, and endurance [7], and can be used as a moderate-intensity exercise for patients with limited aerobic capacity or restricted ability to exercise [8]. Furthermore, yoga has been shown to decrease hypertension and cardiac inflammation, stabilize the sympathetic nervous system, and improve psychological health and cardiac function [9-11].

Meditation, asana, Pranayama through its own technology to manage stress in adolescents yields a positive effect. A study of Yogasanas and care for a 4 week program to reduce student's aggressive behavior is found. In another study note ( a ) maladaptive behaviors associated with fewer problems , ( b ) , have reported increased emotional and physical health and psychological well- being, ( c ) thought to reduce substance abuse the frequency , ( d ) low, and ( e ) generally improved quality of life (Dua J. 1998).

Bakshi, A. ET. Al. (2009) observed the effect of Practicing Yoga among Adolescents and found a significant change on the level of Subjective Well Being and

Academic Performance. [13] Jadhav, S.G. (2009) also found a significant change as the effect of Yoga Intervention on Anxiety and Subjective well-being level. [14] Venkataramana, H.L. (2008) having the similar observation during their study and they find a significant effect of Yoga on Academic Stress of High School Students. With this background the present study examines whether there is an effect of yoga on the academic anxiety level of college going students. [15]

With the use of regular Super brain Yoga, the children are calmer and more focused. Overall improvement is shown in all areas including function and behavior; interacting with the environment with more success. [16]

#### **What is super brain yoga?**

1. Remove any jewelry. Face east, if you know where it is.
2. Roll your tongue in the inward direction and press it firmly towards the roof of your mouth.
3. Raise your left arm in front of you. Important, left arm first.
4. Fold at the elbow and reach for your right earlobe.
5. Hold your right earlobe with your left hand so that the thumb is on the outside and two fingers are on the inside, behind the ear.
6. Extend your right arm in front of you.
7. Fold at the elbow and reach for your left earlobe. The right arm will cross over the left one.

8. Position your thumb and forefinger in the same manner as on right earlobe.
9. Inhale deeply through your nose and simultaneously squat down gently to a sitting position, with your arms as above. No chair required, just squat. If you can go down almost to floor level, that is best.
10. If possible, hold the position for two or three seconds. Exhale gently and rise to standing position as you are exhaling.
11. Release your ears, leave your arms loose by your sides and disconnect tongue from roof of mouth.

On the basis of literature review we assuming that Super brain Yoga may play a significant role in decreasing the academic anxiety level of adolescence.

### Methodology:

#### Sample:

The total sample of 50 Sanskrit students ranging in age from 15 to 19 years was

selected from a college of district Kashipur, Uttarakhand, (India). This sample consists of 50 Students in experimental group. A random sampling was done to select the best and interested samples. Pre test - post test was administered to assess the effectiveness of Super brain yogic practices. Only male participants are considered and minimum education was at least secondary level.

#### Experimental session:

The intervention program of yogic practices was given to the experimental group. Participants assigned to the group and they performed the selected yogic intervention in group early in the morning at 6:30 A.M. for thirty (30) minutes for just 30 days including Sundays and holidays. Total 30 days intervention given to the students. The intervention schedules are as shown in given. During the course of this study they instructed not to do any other yogic practices as well.

### Yogic Intervention Table:

Table -1:

S. No.	Yogic interventions	Round/day	Duration
1.	Preparation		02 min
2.	Gayatri Mantra Chanting	12 round / day	10 min
3.	Super brain yoga	18 round / day	10 min
4.	Relaxation/ Yognidra	1 round / day	05 min
5.	Shantipath	1 round /day	03 min
Total			30 min/ day

Note: Break of half minute (30 seconds) was given between each practice, in order to allow them to get themselves prepared mentally and physically for the next practices.

#### Design:

Pre test and post test research design was used in the present study; groups are

practicing the yogic practices along with the super brain yoga techniques as intervention. At the end of the treatment, group is

measured again to evaluate the difference between pre and post condition as a result of the treatment or intervention.

**Tools:** Academic Anxiety Scale for Children (AASC) was used as a pre test and post test for the experiment to assess the effect of yoga module on the Academic anxiety of the subjects.

**Table - 2: Result**

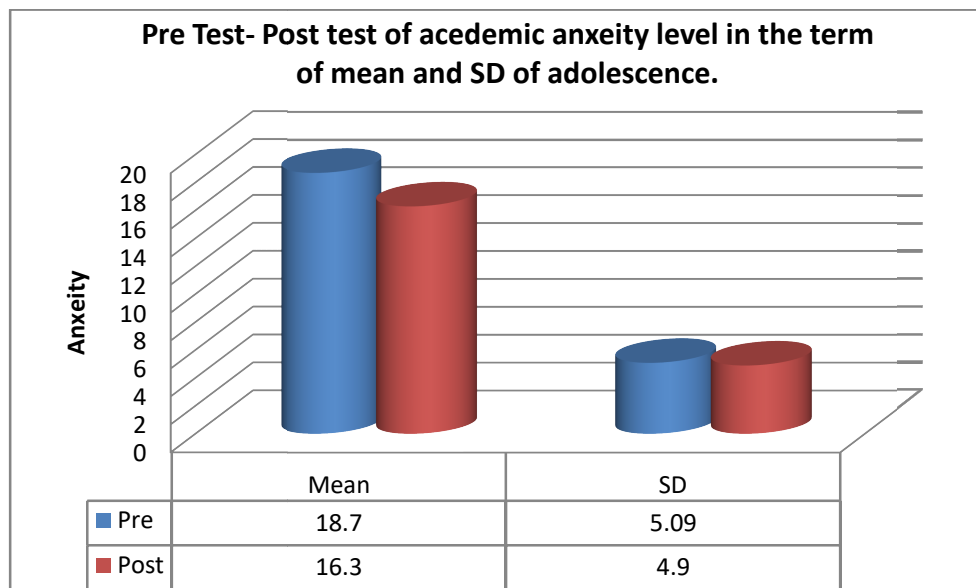
Academic Anxiety	M	SD	N	df	t- score
Pre test	18.7	5.09	50	49	5.21*
Post test	16.3	4.90	50	49	

$r = 0.57,$   $m1 \sim m2 = 2.5,$   $SE_D = 0.518$

\* Significant at 0.001 level

Above is the students’ statistical analyses was conducted to assess for differences between pre and post test that might be attributable to the yogic intervention.

Statistically significant differences at .001 level of confidence were found between pre and post test of academic anxiety level of the students.



**Results:**

The findings of this study reveal that the students who experienced yoga module showed a significant reduction in their academic anxiety level. The results are in

tune with the earlier studies, which found that meditation, practiced over long periods, produces definite changes in perception, attention, and cognition. The mean & standard error of mean ( $M \pm S_{Ed}$ ) of pre test

and post test on level of academic anxiety level of the **experimental group** were consecutively found to be  $18.7 \pm .518$  and  $16.3 \pm .518$ . The correlation ( $r$ ) .57 and pre SD 5.09 and post SD= 4.90 as well. Obtained t-value is 5.21 which are statistically significant at 0.001 level of confidence.

### **Conclusion:**

According to the obtained results it can be concluded that Super Brain Yoga can make a significant decrease in the academic anxiety of adolescence. The institutions in the developed countries offer various counseling and stress management programs to students to cope with the situations. Among many North American medical schools, several have established policies and programs to provide treatment services and wellness programs addressing students' mental health issues. [17]. For example, following a short

yoga intervention, students reported improvements in perceived stress and depressive symptoms [18]. A study conducted on college going student shows a reduction in stress and anxiety level as effect of Yogic relaxation [19].

While this study result an important findings, the results have to be considered in light of several limitations. Representation of males while females are not included in this study and small sample size does not allow for generalization of the findings to a realistic population. Moreover, neither physiological measurements nor the lasting effect of intervention was assessed. Therefore, it is unclear what effect the yoga practice had in influencing the participant's performance and psychological states. The long term impact of the intervention remains to be studied.

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