

## **Effect of Yoga on Attention and Concentration in Primary School Students (6 to 10 Years )**

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### **Abstract**

This paper studied the effects of yoga on attention and concentration. The main aim of this paper is to study the effect of yoga on attention, attention in level of work, attention in listening and concentration. The data was collected from primary school in Bhopal. One Experimental group has been taken from CBSE School. 10 primary schools students were randomly selected for the study Between the Age group of 6 to 10 years. The check list was developed by the researcher herself. It is revealed that there exists significant effect of yoga on Attention (level of work & listening), and Concentration in primary school students of (6 to 10 years) Experimental group. It is also found that yoga Improves Performance, Health, Achievement and Progress of individual students.

**Key Words:** Attention, Concentration, working level, physical, spiritual, peacefulness

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### **Introduction:**

Yoga is purification of the human body and mind, The most common benefits of yoga for a growing personality are related to maintaining a healthy body, mind and fighting illness. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind.

Education has a big role to play in the development of the overall personality of a student, which comprises of five principal activities of human being: the physical, the mental, the emotional, the intellectual and the spiritual. All these aspects are looked into in our ancient system of yoga. Yoga is purification of the human behavior.

Yoga can benefit different age groups (from school children to older persons), people with different occupations (such as soldiers who are involved in active combat and sedentary office workers).

However yoga practice has gained popularity in the world over for the promotion of positive health, and for the prevention and management of disease. Practicing yoga is especially useful for those conditions where the association between the mental state and the disease is well established. Several techniques are included under the term yoga, such as yoga

postures, cleansing practices, regulated breathing and meditation. While practicing these techniques, it is ideal for the practitioner to keep in mind and achieve a mental state based on certain principles of yoga philosophy.

Attention and Concentration play a vital role in Education, and Education has a big role to play in the development of a holistic student. The following study reveals that the components of Yoga namely Asana, Pranayama and Meditation, when applied on the Primary School children (6 to 10 years), have tremendous effect on their Attention. The hyper active children who were unable to focus on anything, were found enthusiastically having improved their attention, with the effect of Yoga, now are able to concentrate for a long time.

### **Objectives:**

The major objectives for the study are said to be different fold and are classified are as under

- 1) To study the effect of different aspect of yoga on behavioral problems.
- 2) To study the effect of yoga practice on concentration.
- 3) To study the effect of yoga practice on

attention in level of work

4) To study the effect of yoga in Attention in listening

**Delimitation of the study:**

1. All subjects were students of primary school students
2. It does not cover all aspects of yoga.
3. There were no theory classes for yoga.

**Review of literature:**

This investigation was supported by the studies of Rabiner David, (2006) did research on “Does Yoga Help Children with Attention problems?” Study Design: There were 3 phases to the study – a baseline phase that lasted at least 3 weeks, the 3 week intervention phases, and then a 3 week follow-up phase.

Jensen Ps, Kenny Dt. (2004), studied on The effects of yoga on the attention and behavior of boys with Attention-Deficit/hyperactivity Disorder (ADHD). Goldstein N (2012) Studied effectiveness of body-oriented methods of treatment for children with attention

Kumar Kuldip (1988), did research on Effect of yoga on school students. The object of the study is, to see effect of yoga teaching upon certain personality dimension of students. The sample had been taken from central school Delhi, a sample of 245 students of classes vii,ix,x

**Research Methodology:**

To fulfill the aim of the study a methodology has been designed and for assessing the behavior checklists have been filled by students before starting yoga practice and after completing yoga practice. And this is also done by collecting primary data for experimental work. This is collected by investigator, with the help of school teachers. For present investigation experimental method has been used because it involves data collection at pre and post basis of yoga practice.

First of all researcher introduced, students about the test then administered the test on groups of students. Researcher instructed students that there is no fixed time limit. The test was conducted before and after

yoga practice.

For assessing the attention and concentration, checklist filled by students before starting yoga and after completing yoga and this is also done by collecting primary data through surveying methods. The students did practice of yoga in a week for four days 30 minutes, each day. The experimental group practiced asanas like – Tadasana, vrikshasana, Trikonasana, Parvathasana, meditation and OM chanting.

**Variable for Study:**

The variables for this study :

Independent variable : Yoga

Dependent variable : Attention & Concentration

Demographic variable: The variables of the study are primary school students Between the Age group of 6 to 10 years

**Sample for Study:**

Sample had been collected from school of Bhopal

1. One Experimental group has been taken from CBSE School.
2. The sample size consists of 10 students
3. Between the Age group of 6 to 10 years

**Statistics Techniques used:**

Following statistical techniques are used to analyze the data and to accomplish objectives of the study. Mean and standard deviation is computed to know the Nature of distribution. In order to find out the significant difference,,t-test is computed.

**Hypothesis - 1.0**

There exists no significant effect of yoga on Attention & Concentration in primary school students of (6 to 10 years) Experimental group

**Hypothesis - 2.0**

There exists no significant effect of yoga on concentration in primary school students (6 to 10 years ) of Experimental group.

**Hypothesis - 3.0**

There exists no significant effect of yoga on Attention in level of work in primary school

students (6 to 10 years ) of Experimental group.

There exists no significant effect of yoga on Attention in listening in primary school students (6 to 10 years ) of Experimental group

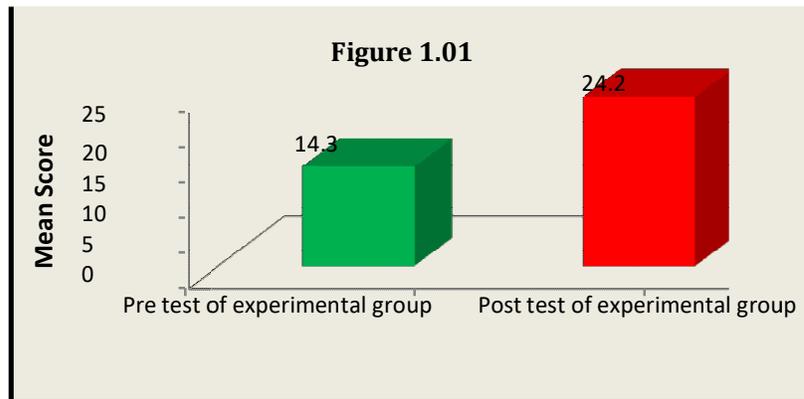
Hypothesis - 4.0

H<sub>01</sub> There exists no significant effect of yoga on Attention & Concentration in primary school students of (6 to 10 years) Experimental group

**Table No. 1.01**  
 Scores of Attention & Concentration of experimental group

Variable	Group	No. of cases	Mean	SD	Table Z-value	Calculated z- value (.05level)
Attention & Concentration	Pre test of experimental group	10	14.30	.674	2.58	2.83*
	Post test of experimental group		24.20	.421		

\*Significant \*\*Not significant



The mean score and standard deviation indicate Attention & Concentration in experimental group is shown in table .above table reveals that the mean - scores of Attention & Concentration of primary school students (6 to 10 years ) of experimental group are (pre- test =14.3) & (post-test =24.2). It is evident from the results that experimental group students scored higher in post test as compared to pre test scores.

To examine the effect of teaching yoga on Attention & Concentration in experimental group 'z' test was applied and 'z' value was obtained significant at  $\alpha=0.05$  level (2.83 >2.58 ).The results indicate that there is significant effect of yoga on Attention & Concentration in experimental group. Thus the hypothesis "There exists no significant effect of yoga on Attention & Concentration in primary school students (6 to 10 years )of Experimental group" is rejected.

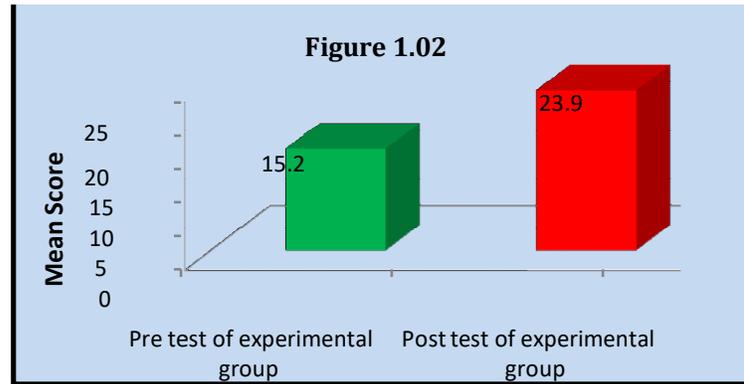
H<sub>02</sub> There exists no significant effect of yoga on concentration in primary school students (6 to 10 years) of Experimental group.

**Table No. 1.02**  
 Scores of concentration experimental group

Variable	Group	No. of cases	Mean	SD	Table z- value	Calculated z- value
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						(.05level)
Concentration	Pre test of experimental group	10	15.20	.632	2.58	2.85*
	Post test of experimental group		23.90	.316		

\*Significant \*\* Not significant



The mean score and standard deviation indicate Concentration in experimental group is shown in table .above table reveals that the mean scores of Concentration of primary school students (6 to 10 years ) of experimental group are (pre-test =15.2) & (post-test =23.9). It is evident from the results that experimental group students scored higher in post test as compared to pre test scores.

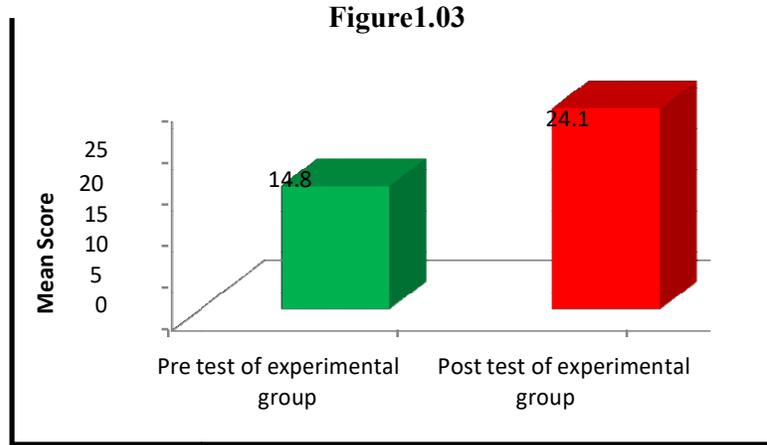
To examine the effect of teaching yoga on Concentration in experimental group ‘z’ test was applied and ‘z’ value was obtained significant at  $\alpha=0.05$  level ( $2.85 > 2.58$ ).The results indicate that there is significant effect of yoga on concentration in experimental group. Thus the hypothesis “There exists no significant effect of yoga on Concentration in primary school students (6 to 10 years) of Experimental group” is rejected.

H<sub>03</sub> There exists no significant effect of yoga on Attention in level of work in primary school students (6 to 10 years ) of Experimental group.

Table No. 1.03  
 Scores of Attention in level of work experimental group

Variable	Group	No. of cases	Mean	le SD	Table z- value	Calculated z- value (.05level)
Attention in level of work	Pre test of experimental group	10	14.80	.632	2.58	2.87
	Post test of experimental group		24.10	.316		

\*Significant \*\* Not significant



The mean score and standard deviation indicate Attention in level of work in experimental group is shown in table .Above table reveals that the mean scores of Attention in level of work of primary school students (6 to 10 years ) of experimental group are (pre-test =14.8)& (post- test =24.1). It is evident from the results that experimental group students scored higher in post test as compared to pre test scores.

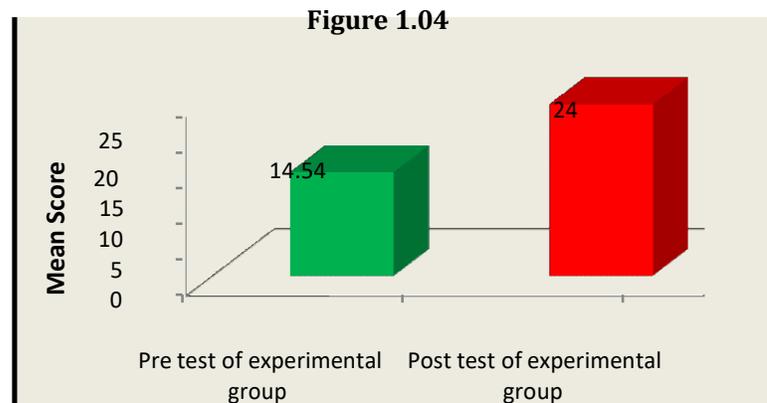
To examine the effect of teaching yoga on Attention in level of work in experimental group z- test was applied and „z“ value was obtained significant at  $\alpha=0.05$  level ( $2.87 > 2.58$  ).The results indicate that there is significant effect of yoga on attention in level of work in experimental group. Thus the hypothesis “There exists no significant effect of yoga on attention in level of work in primary school students (6 to 10 years) of Experimental group ” is rejected

H<sub>04</sub> There exists no significant effect of yoga on Attention in listening in primary school students (6 to 10 years ) of Experimental group

**Table No. 1.04**  
**Scores of Attention in listening in Experimental group**

<i>Variable</i>	<i>Group</i>	<i>No. of cases</i>	<i>Mean</i>	<i>SD</i>	<i>Table z- value</i>	<i>Calculated z value (.05level)</i>
<b>Attention in listening</b>	<b>Pre test of group</b>	<b>10</b>	14.54	.687	<b>2.58</b>	<b>3.00</b>
	<b>Post test group</b>		24.00	.024		

\*Significant \*\* Not significant



The mean score and standard deviation indicate Attention in listening in experimental group is shown in table .Above table reveals that the mean scores of Attention in listening of primary school students (6 to 10 years ) of experimental group are (pre-test =14.54)& (post-test =24.0). It is evident from the results that experimental group students scored higher in post test as compared to pre test scores.

on Attention in listening in experimental group 'z' test was applied and 'z' value was obtained significant at  $\alpha=0.05$  level (3.00 >2.58). The results indicate that there is significant effect of yoga on attention in listening in experimental group. Thus the hypothesis "There exists no significant effect of yoga on Attention in listening in primary school students (6 to 10 years ) of Experimental group " is rejected

To examine the effect of teaching yoga

**Findings:**

S. no	Hypothesis	Z value	Significance	Findings
1.	here exists no significant effect of yoga on Attention & Concentration in primary school students of (6 to 10 years ) Experimental group	2.83	Significant	There exists significant effect of yoga on Attention & Concentration in primary school students of (6 to 10 years ) Experimental group
2	There exists no significant effect of yoga on concentration in primary school students (6 to 10 years) of Experimental group.	2.85	Significant	There exists significant effect of yoga on concentration in primary school students (6 to 10 years) of Experimental group
3	There exists no significant effect of yoga on Attention in level of work in primary school students (6 to 10 years ) of Experimental group.	2.87	Significant	There exists significant effect of yoga on Attention in level of work in primary school students (6 to 10 years) of Experimental group.
4	There exists no significant effect of yoga on Attention in listening in primary school students (6 to 10 years ) of Experimental group	3.00	Significant	There exists significant effect of yoga on Attention in listening in primary school students (6 to 10 years) of Experimental group

**Discussion:**

The present study observed significant change after yoga practice on school and study activity of primary school students. As per the finding of the research it can be said that effect of yoga practice on attention and concentration does not depend upon the age and class. Research indicates that there is always a possibility to enhance various school and study activity among students along with the present educational setup.

As per the finding of the research it can be said that effect of yoga practice on attention and concentration does not depend upon the age and class.

It is clear that students of primary school are significantly affected by the yoga practice, shows that whatever the age or class the students learn yoga by him/herself during

the practice

The finding of this investigation emphasizes on significant reduction of behavioral problem and improved attention and concentration level and attention in study activity.

This investigation was supported by the studies of Rabindra David (2006), Rangan R, Bhatt G.R. (2009), Sw. Managalteerham Sarswati (2009), Haffner j, Goldstein (2012), Gour and Shah (2005)

In these days yogic exercises are becoming very popular because of the improvement in individual's physical, mental and spiritual capacities. Statistics suggested that majority of students facing behavioral problem in their school time. Currently yoga methods are merely taught as narrow tool for behavioral problem and are often viewed as a physical exercise.

It is also observed that they learn faster, understand easily the material which they want to study, all those who regularly practice yoga. It is observed through data analysis that there is significant difference in pre test and post test of Attention & concentration in Primary students. It means that regular practice of yoga increases memory of students. They do properly their assignments, projects and homework. They can keep things and facts in mind for long time. It is also found that students remember rules and instruction of schools. As per the finding of the research it can be said that there is a need to improve regular yoga practice in schools practice increases responding and listening power and decreases the feeling of distracting at the time of learning.

### **Suggestions**

There can be more classes of yoga in the normal curriculum of the day, in schools in order to fully reap out the benefits of Yoga. This yoga practice can be extended to the higher age group between 10-19 years, also

in schools. This is adolescent age, which may be taken as a period of growth from puberty to maturity. This period is associated with repaid physical, psychological, and social changes. This is a transitional stage of human development. Adolescence is the period in which a child matures into an adult. "Teens" bodies and minds develop and change tremendously during adolescence, which causes their whole personality to change too. Definitely yoga can play a very vital role in making this transition meaningful. Most of the teenagers may be in a position to handle these changes to their advantages to develop as a holistic human being.

Studies have revealed that the effects of yoga on psychosomatic and psychophysiological disorders have been, worth mentioning. These disorders, when not treated on time properly, may lead to unimaginable conditions of the victims, which have significant effect on their attention and concentration.

Schools can give full-fledged training in yoga to their eligible physical education trainers, in order to include yoga curriculum into their normal teaching hours. These in house trainers can utilize the time to the optimum level for yoga training, for example, during assembly, during their physical education periods, substitutions etc. Also these trainers can provide inhouse training to the other subject teachers, so that yoga becomes a part and parcel of daily activity.

In fact, it should not be stopped here. This kind of training should be extended to the parents also whenever there is an opportunity and availability. Yoga is the way, only way, to develop the right kind of human living. This will reduced drastically many kinds of problems, which every school is facing on day to day basis, and waste most of their energy and time in solving the unnecessary problems.

Yoga is very appropriate at school level because of many reasons, to name few of them:

Yoga does not have any side effect, provided, practiced under the supervision of yoga masters.

Yoga is very cost effective and can be done anywhere in the pure and open atmosphere, without any accessory other than a blanket or mat.

Yoga is very interesting and one feels very content and happy after doing the same, and

feel energised

Yoga is very addictive and contagious in the sense, school children, especially at primary and secondary level; develop interest in yoga, seeing their peer doing it.

Yoga creates a very peaceful and conducting atmosphere in all the class rooms, thus in the whole school

Yoga if inducted at the early age, the beneficiary, sails a smooth boat of life, though there are ups and downs throughout life

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