



**INFLUENCE OF YOGIC PRACTICE ON CONCENTRATION CURIOSITY
DAY – TO – DAY EXPERIENCES AND PERSONAL GROWTH
INITIATIVE OF SCHOOL BOYS**

Dr. M. Srinivasan, Assistant Professor, Ramakrishna Mission Vivekananda University, Coimbatore, Tamil Nadu.

Mrs. K. Sandhi, Physical Directress, CSI Girls Hr. Sec school, Erode, Tamil Nadu.

Dr. S. Kalidasan, Physical Director, Dr. Zakir Husain College, Ilayankudi, Tamil Nadu.

ABSTRACT

The purpose of the study is to analyze the influences of yoga practice on concentration, curiosity, day-to-day experiences and personal growth initiative in school boys. For this study, twenty school boys were randomly selected from the Ramakrishna Mission Vidyalaya High School, Periyanaickenpalayam, Coimbatore, Tamilnadu. The subjects age was ranged from 12 to 15 years. The selected subjects were considered as only one group. The following criterion variables were selected for the study namely concentration, curiosity, day-to-day experiences and personal growth initiative. The training period (yogic practice) would be the six weeks except Saturday and Sunday of every week. 't' ratio was calculated to find out the significant of the difference between the mean of pre and post test of the group. It is concluded that the concentration, curiosity, day –to-day experiences, personal growth initiative were significantly improved due to the treatment of yogic practice of school boys.

Key words: Yoga, Concentration, Curiosity, day-to-day experiences and personal growth initiative.

INTRODUCTION

Yoga is an art and takes into purview the mind, the body and the soul of the man in its aim of reaching Divinity. The body must be purified and strengthened through various practices. The mind must be cleansed of all gross and the soul should turn inwards if a man should become a yogic adept. Study purifies the mind and surrender takes the soul towards God. Yoga strictly speaking means union with God. The mind through the gradual process of purification and refinement becomes absorbed and unites with the omnipresent Spirit and is then guided by it in all the activities and endeavours of the practitioner.

Concentration also calls for regulation of conduct if Bhakti must develop. Good cheer, compassion, absence of jealousy, complacency towards the virtuous and consideration towards the wicked must be consciously cultivated. There are also methods of regulated breathing which help reach concentration. Lack of concentration is a common problem in children these days as they are engaged in various activities. Parents force them to learn laser engraving machine different skills as they want to make their kids all-rounders. This creates a kind of stress on their minds, which makes them unable to concentrate on one activity. The mind is distracted by the thoughts of other laser engraving activities or simply by the thought of finishing it off as the activity is out of force and not to one's liking. Surya namaskar is the best exercise that children laser cutting system can do to cope with the problem of concentration. Other exercises like pranayama and shoulder stand are also applicable but, under proper guidance and supervision. Yoga is one of the best ways to improve concentration. There are lots of yoga asanas which can help to improve concentration on studies or work. Yoga can help kids as well adults to improve their concentration. Read on to find more about yoga for concentration. Concentration is important for everyone and helps perform better in day to day life. Many people do not find much difficulty in focusing and concentrating nowadays. But there are people who need special attention and care to concentrate and focus as well as remember things in daily life. Studies have revealed that yoga for concentration helps people overcome the feelings of anxiety and focus on their work and achievements. It has been observed that there was significant increase in motivation and concentration among people who attended yoga classes and performed certain

specific asanas. In yoga theory, this disconnect (Avidya, ignorance of the Self) is the exact thing that causes most of the pain and agitation of our lives. Yoga practice can teach us to turn our curiosity inward and connect with our inner experience. Through that connection, we gain a greater understanding of our place in the world, leading us to a more stable and balanced life.

OBJECTIVE OF THE PROBLEM

The objective of the study is to analyze the influences of yoga practice on concentration, curiosity, day-to-day experiences and personal growth initiative in school boys.

METHODOLOGY

The study was designed to deal with the influence of yogic practice on concentration, curiosity, day-to-day experiences and personal growth initiative on school boys. For this purpose 20 students were selected as subjects from Sri Ramakrishna Mission Vidyalaya High School, SRKV post, Periyanaickenpalayam, Coimbatore-20, Tamil Nadu. The subjects age was ranged from 12 to 15 years. For this study, twenty school boys were randomly selected from the Ramakrishna Mission Vidyalaya High School, Periyanaickenpalayam, Coimbatore, Tamilnadu. The subjects age was ranged from 12 to 15 years. The selected subjects were considered as only one group. The following criterion variables were selected for the study namely concentration, curiosity, day-to-day experiences and personal growth initiative. The training period (yogic practice) would be the six weeks except Saturday and Sunday of every week. 't' ratio was calculated to find out the significant of the difference between the mean of pre and post test of the group.

TOOLS AND TECHNIQUES

S.NO	VARIABLES	TEST ITEM
1	Concentration	Concentration questionnaire
2	Curiosity	Curiosity questionnaire
3	Day-to-day experiences	Day-to-day experiences questionnaire
4	Personal growth initiative	Personal growth initiative questionnaire

FIRST WEEK – TRAINING PLAN

Days	No. of Asanas	Rep.	Total duration of a week in minutes	Duration of a training components in minutes
Monday	5	3	225	45
Tuesday	4	5		45
Wednesday	5	3		45
Thursday	5	3		45
Friday	5	4		45

Weekly 5 days X 45 minutes = 225 minutes

SECOND WEEK – TRAINING PLAN

Days	No. of Asanas	Rep.	Total duration of a week in minutes	Duration of a training components in minutes
Monday	5	4	225	45
Tuesday	5	4		45
Wednesday	5	4		45
Thursday	4	5		45
Friday	5	4		45

Weekly 5 days X 45 minutes = 225 minutes

THIRD WEEK – TRAINING PLAN

Days	No. of Asanas	Rep.	Total duration of a week in minutes	Duration of a training components in minutes
Monday	5	4	225	45
Tuesday	5	3		45
Wednesday	5	4		45
Thursday	5	4		45
Friday	5	3		45

Weekly 5 days X 45 minutes = 225 minutes

FOURTH WEEK – TRAINING PLAN

Days	No. of Asanas	Rep.	Total duration of a week in minutes	Duration of a training components in minutes
Monday	4	5	225	45
Tuesday	5	3		45
Wednesday	5	3		45
Thursday	5	4		45
Friday	5	3		45

Weekly 5 days X 45 minutes = 225 minutes

FIFTH WEEK – TRAINING PLAN

Days	No. of Asanas	Rep.	Total duration of a week in minutes	Duration of a training components in minutes
Monday	5	4	225	45
Tuesday	5	3		45
Wednesday	4	3		45
Thursday	5	4		45
Friday	5	3		45

Weekly 5 days X 45 minutes = 225 minutes

SIXTH WEEK – TRAINING PLAN

Days	No. of Asanas	Rep.	Total duration of a week in minutes	Duration of a training components in minutes
Monday	5	5	225	45
Tuesday	5	3		45
Wednesday	5	4		45
Thursday	5	4		45
Friday	4	3		45

Weekly 5 days X 45 minutes = 225 minutes

LIST OF ASANAS

- Padmasana
- Tadasana
- Kalasana
- Triconasana
- Uthkatasana
- Veerabhadrasana
- Natrajasana
- Arthachakrasana
- Yogamudrasana
- Mogamudrasana
- Mundukasana
- Pachimothasana
- Janusisrasana
- Ustrasana
- Utthanpasanana
- Halasana
- Sarvangasana
- Sirsasana
- Pavanmudhasana
- Navasana
- Noukasana
- Salabasana
- Dhanurasana
- Bujangasana
- Makrasana
- Savasana

STATISTICAL PROCEDURE

The following statistical procedures were employed to estimate the influences of yoga practice on concentration, curiosity, day-to-day experiences and personal growth initiative in school boys. 't' ratio was calculated to find out the significant of the difference between the mean of pre and post test of the group.

RESULTS

The data obtained on concentration of the group have been analyzed using the analysis of variance are presented in table –I.

Table I

**Table Showing the Mean Difference, Standard Deviation and 't' value
of Yogic Practice group on Concentration**

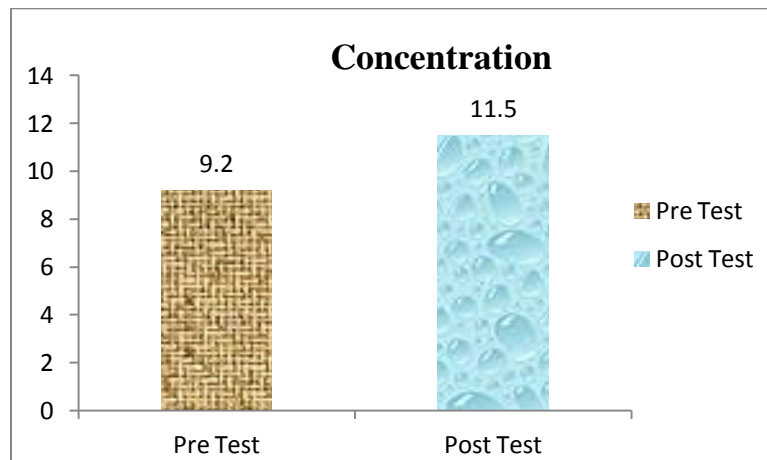
Group	Mean	MD	SD	Std. Error of the mean	DF	't'	Table value
Pre test	9.20	2.3	1.96	0.43	19	9.11*	2.09
Post-test	11.50		2.25	0.505			

* Significance at 0.05 level of confidence

To find out the significant difference between pre test and post test on concentration of yogic practice group 't' ratio was employed and the level of significance was set at 0.05. The yogic practice group pre test value was 9.20 and post test value was 11.50 respectively. The mean difference value was 2.3 and yogic practice group obtained 't' ratio was 9.11 was greater than the table value 2.09. It shows that the yogic practice group had significant improvement on concentration. Pre test and post test of yogic practice group showed in figure- I.

Figure I

Figure showing the Mean values of Yogic practices group on Concentration



Curiosity

The data obtained on curiosity of the group have been analyzed using the analysis of variance are presented in table – II

Table II

Table Showing the Mean Difference, Standard Deviation and 't' value of yogic practice group on Curiosity

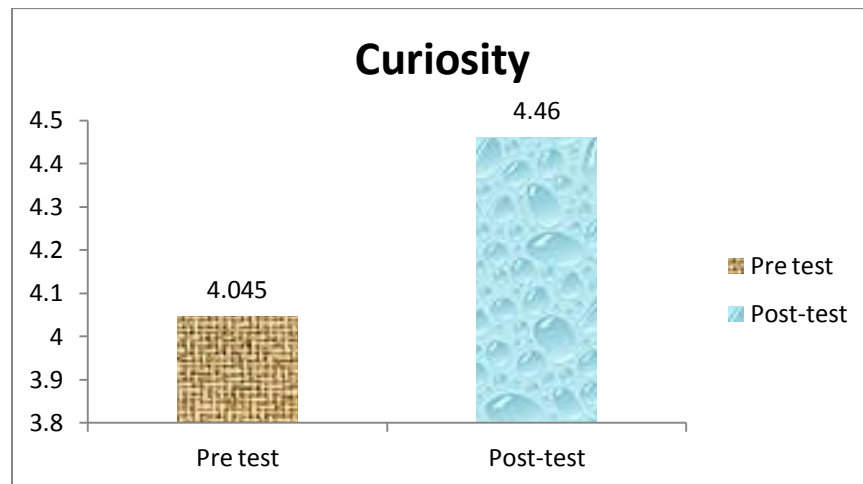
Group	Mean	MD	SD	Std. Error of the mean	DF	't'	Table value
Pre test	4.04	0.42	0.32	0.07	19	6.68*	2.09
Post-test	4.46		0.32	0.07			

* Significance at 0.05 level of confidence

To find out the significant difference between pre test and post test on curiosity of yogic practice group 't' ratio was employed and the level of significance was set at 0.05. The yogic practice group pre test value was 4.04 and post test value was 4.46 respectively. The mean difference value was 0.42 and yogic practice group obtained 't' ratio was 6.68 was greater than the table value 2.09. It shows that the specific yogic practice group had significant improvement on curiosity. Pre test and post test of yogic practice group showed in figure-II.

Figure II

Figure showing the Mean values of Yogic Practices Group on Curiosity



Day –to-day experiences

The data obtained on day to day experiences of the group have been analyzed using the analysis of variance are presented in table – III

Table III

Table Showing the Mean Difference, Standard Deviation and 't' value of Yogic Practice Group on Day to Day Experience

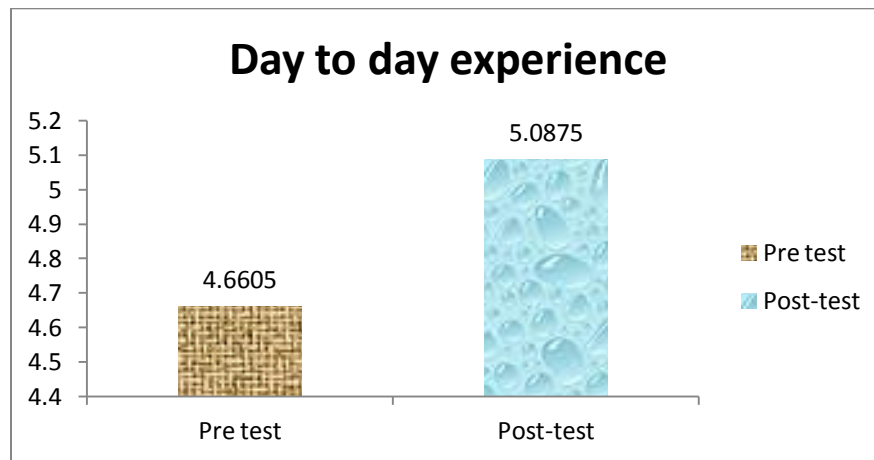
Group	Mean	MD	SD	Std. Error of the mean	DF	't'	Table value
Pre test	4.66	0.43	0.37	0.08	19	7.77*	2.09
Post-test	5.08		0.30	0.06			

* Significance at 0.05 level of confidence

To find out the significant difference between pre test and post test on day to day experience of yogic practice group 't' ratio was employed and the level of significance was set at 0.05. The yogic practice group pre test value was 4.66 and post test value was 5.08 respectively. The mean difference value was 0.43 and yogic practice group obtained 't' ratio was 7.77 was greater than the table value 2.09. It shows that the yogic practice group had significant improvement on day to day experience. Pre test and post test of yogic practice group showed in figure-III.

Figure No III

Figure Showing the Mean Values of Yogic Practices Group on Day –to-Day Experiences



Personal growth initiative

The data obtained on personal growth initiative of the group have been analyzed using the analysis of variance are presented in table – IV

Table IV

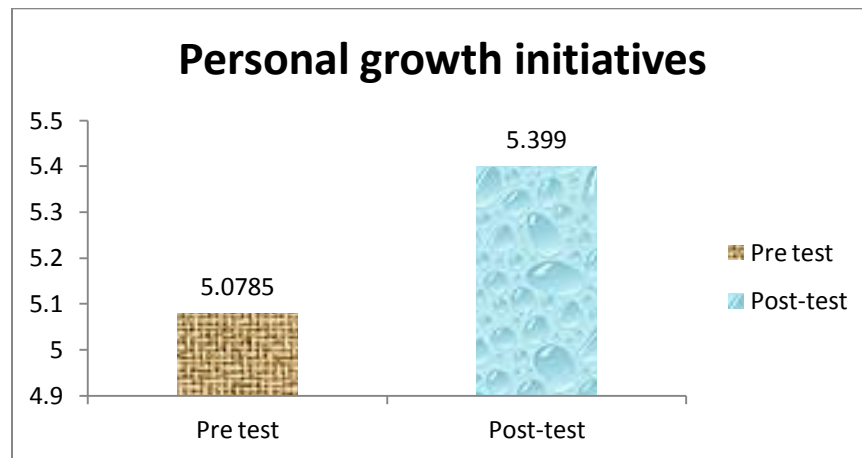
Table Showing the Mean Difference, Standard Deviation and 't' value of Yogic Practice group on Personal Growth Initiatives

Group	Mean	MD	SD	Std. Error of the mean	DF	't'	Table value
Pre test	5.07	0.32	0.53	0.11	19	3.92*	2.09
Post-test	5.39		0.52	0.11			

* Significance at 0.05 level of confidence

To find out the significant difference between pre test and post test on personal growth initiatives of yogic practice group 't' ratio was employed and the level of significance was set at 0.05. The yogic practice group pre test value was 5.07 and post test value was 5.39 respectively. The mean difference value was 0.32 and yogic practice group obtained 't' ratio was 3.92 was greater than the table value 2.09. It shows that the yogic practice had significant improvement personal growth initiatives. Pre test and post test of specific yogic practice group showed in figure- IV.

Figure No IV
Figure Showing the Mean values of yogic practices group on
Personal growth initiatives



CONCLUSIONS

Within the limitation of the study the following conclusions were drawn.

The concentration, curiosity, day –to-day experiences, personal growth initiative were significantly improved due to the treatment of yogic practice of school boys.

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