

## TO STUDY THE IMPACT OF YOGA IN ACHIEVEMENT OF STANDARD 10<sup>TH</sup> STD. STUDENTS

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### Abstract

*Yoga is the most integral part of Health. Yoga means union of body, spirit and mind. Its impact is not just for physical development but for mental and psychological development also. Yoga is a physical, mental and spiritual practice that originated in ancient India. The word Yoga is derived from the Sanskrit word yuj, it means to join or to yoke. The ultimate goal of yoga is to achieve liberation. But for adolescent students it is useful for increasing concentration and relief from stress. Purpose of this study is to find out benefit of yoga on adolescent students.*



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**Introduction:** - Yoga practice contributes all round development of the child. In adolescent students main health issue is related to stress and anxiety. This anxiety and stress is due to overburden of studies. All Xth standard students face this problem. There is pressure due high expectation from parents, teachers and society. To overcome all these issues they need peace of mind. Yoga is way of living whose aim is healthy mind in a healthy body. Yogic exercise recharges your body with cosmic energy which removes negative blocks from mind, enhances personal power, help in attention focus and concentration. It also reduces stress and tensions. Hatha yoga is best to reduce stress and anxiety.

**Statement of Problem:-**

**To study the Impact of yoga in Student's Life of standard 10<sup>th</sup>**

**Objectives:-**

- 1] To find stress level of 10<sup>th</sup> standard students.
- 2] To conduct Yoga session for students.
- 3] To find the effectiveness of yoga session

**Assumptions:-**

- 1] Yoga is good for all round development of person.
- 2] By attending regular session of yoga, the stress levels of students come to normal.

**Hypothesis:-**

**Research Hypothesis:-**

There is positive significance Of Yoga on student's life.

**Null Hypothesis:-**

There is no significance of Yoga on student's life.

**Scope & Limitation:-**

The present research is concerned about the importance The research is related to yoga i.e. pranayama and asana

**Limitation:-**

1. The research is limited to Secondary School in Lonavala city.
- 2] The Research is limited to Yoga only.

**Delimitation:-**

- 1] Research is limited to 10th Std.Students from VPS High School [Marathi Medium].
- 2] Research is limited to 30 students from Div. A.
- 3] Research is limited to 4 activities of Yoga [pranayama]
- 4] Research is limited to academic Year 2020-21

**Population:** - All students of 10<sup>th</sup> standard from Lonavala city

Sampling:-

In present Research out of 70 Students 30 students is chosen by the non-probability based accidental sampling method as sample.

**Research Methodology:-**

The research has used Experimental Method

**Tools of Research:-**

- A] Stress inventory test
- B] Questionnaire to students and teacher
- C] Observation of students

**Procedure:-** First selection of sample, after sample selection stress inventory test is given to 30 students of class 10<sup>th</sup>. This test is standardized for school children. This test is SISS by Seema Rani and Dr. B.B. Singh.

After that pranayama and some asana's were taught to students.

After 15 days retest was given to students and measures the stress level of students.

Because of high stress level severity of mental illness. In 10<sup>th</sup> standard students there is pressure of studies' parents' expectation & peer pressure. There is always stress or fear of failure, extra studies and classes, competitions and heavy curriculum. Because of these stress sometime students undergo mild mental illness. Some symptoms are as follow...

1. Aggression
2. Persistent anxiety
3. Tensions
4. Inferiority complex
5. Restlessness
6. Negativism
7. Poor school achievement

### **Information Analysis:-**

#### **Main causes of stress**

- 1] Heavy Curriculum
- 2] Extra expectations by parents
- 3] Schools & coaching class's hectic schedule
- 4] Problem's with Friends

### **Conclusions:-**

In pre-test Out of 30 students 21 students were of high stress level. 5 students were moderate stress level and 4 students were low stress level. Parents are aware of students stress, but they don't know how to tackle it. Teachers of these classes are also bothered about stress.

YOGA helps students in many ways some of them are-

- Reduces Stress and Anxiety
- Improves Memory and Attention Span
- Helps To Manage Weight
- Teaches Correct Breathing Techniques
- Promotes Mindfulness
- Improves Self-Control
- Reduces Absences
- Improves the Quality of Sleep

### **Preventive majors schools should take:-**

- 1] Democratic attitude
- 2] Healthy atmosphere
- 3] Counselling of students
- 4] Yoga and Meditation should be organised by school

5] Respect of every students

6] Freedom and self-discipline

7] Physical education and co-curricular classes and activities should be conducted

8] Provision of guidance

After conducting yoga session in post-test 12 students were of high stress level, 4 students of moderate stress level and 14 students were of low stress level.

It means that due to yoga there is positive significance Of Yoga on student's achievement.

### **References**

*www.google.com*

*www.wikipedia.com*