

Effect of Yoga on Academic and Achievement Stress of School Students

Umakant Gaikwad
Arts' & Science Collge, Chincholi.

Abstract

Now a day every parent is cautious about his child's performance. Academic achievement is concerned with the quantity and quality of learning attained in a subject or group of subjects after a long period of instruction. Previous research indicate that excessive stress and anxiety hampers students performance. As well as research revealed that many yogic activities are helpful for improvement in academic performance and alertness has been reported in several yogic studies. For the present study the main objective of the study was to assess the effect of yoga on academic and achievement stress of school students. The study conducted on 300 adolescent students and assessed yoga effect on the basis of scores obtained through Bisht's Stress Battery. Sample selected from Aurangabad city (M.H.). Experimental group and control group were given pre test. A yoga module consisting of yoga asanas, pranayama, meditation programme was administered on experimental group for 8 weeks. The experimental and control groups were post-tested for their performance on academic and achievement stress. The results show that the students, who practiced yoga performed better in academic and achievement matters.

Keywords: Yoga, Stress, Academic Achievements

References

- Alexander CN, Kurth SS, Travis F, Warner VK. (1979). *Cognitive stage of development in children practicing the Transcendental Meditation Program* : Department of Psychology, York University, Toronto, Ontario, Canada.
- Bhole MV. (1977). *Psycho – Physiological importance of some yoga practices* : Paper presented at the International seminar on stress in Health and Diseases. Varanasi : Banaras Hindu Univeristy.
- Datey KK. (1977). *Stress and heart diseases and how to control it with newer techniques – biofeedback and Savanasana*. Paper presented at the International seminar on stress in Health and Deseases. Varanasi : Banaras Hindu University.
- Dua J. (1998). *Meditation and its effectiveness* : In Pestonjee DM, Pareek U, Aggarwal R, editors. *Studies in Stress and its management* Delhi : Oxford and IBH; 1998.
- Goldberg C. (2005). News item, 'Doses of Meditation – Key to Good Health. *The Asian Age*; p.34
- Hirsch S, Keniston K. (1970). *Psychological issues in talented college dropouts*. *Psychiatry*. 33:1-20 [PubMed]
- Hockey R. (1984). *Stress and cognitive components of skilled performance*. In : Hamilton V, Warbutin D, editors. *Human Stress and cognition*. John Wiley and Sons : New York NY; pp. 141-77.
- Janis I. (1982) In : *Handbook of Stress : Theoretical and clinical aspects*. Goldberger L, Bregnitzy, editors. New York : NY Frer Press; pp.69-87.