

The Effect of Yoga and Meditation on Energy Level of Upper Primary School Student

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Abstract

The present study examines whether there is an effect of yoga and meditation on the academic performance of adolescent students in relation to their stress, i.e., whether there is any effect of yoga and meditation on their academic achievements. A yoga module (prayer + yoga asanas + pranayama + meditation + a value orientation program) was performed by the experimental group. The battery of tests consisted of a set of standardized question and answer tests used traditionally in such situations and in what is unique to this study and measurements using the Meridian Energy Analysis Device. The device is a state-of-the-art electronic device used by practitioners of Traditional Chinese Medicine to find the flows of energy along the various meridians in the body. Meditation has been found to reduce stress, increase feelings of wellbeing, and benefit overall health, among other advantages. By measuring and getting the ratio of the autonomic nervous system, we expect to see the above in our experimental group of students.

Keywords: Yoga, Meditation, Energy Level, Educational Achievements and Students.

Introduction

Yoga is traditional, Indian system to maintain the physical, mental, emotional and spiritual health of human beings. It is a "science", which provides a logical step by step process for a new understanding of both us, and of the universe around us. That is why our ancient seers considered yoga as part of educational practices to be taught to develop children, sound in all aspects- physical, mental, emotional and spiritual. Yoga, which is a way of life, is characterized by balance, health, harmony, and bliss. By practicing yoga, a person is supposed to reach a state of mental equanimity, where responses to favorable or unfavorable external events are well under the individual's control, and responses are moderate in intensity. The science of yoga is a powerful stream of knowledge, which enables the practitioners to achieve radiant physical health, serene mind, continues spiritual uplift, and creates the ability for harmonious social living. Regular practice gives maximum benefits and immense therapeutic value. Besides various physiological benefits, yoga positively influences the mind, the life force energies, as well as the creative process and internal intelligence resulting in peace, happiness, positive thinking, self-confidence, and positive approach to life, state of mind with emotional stability and strong willpower. Meditation is said to be the seventh limb of yoga - a state of alert rest. The various meditational techniques work at the mental level, all these practices being intended to develop a certain type of awareness within oneself, which in turn brings about a change in emotional and visceral functions, and through them, a change in intellectual and somatic functions of the individual. Meditation may also be performed as a standalone practice without performing the physical practices of yoga. Six months of yoga and meditation practices are known to bring a feeling of well-being, a reduction in body weight, increased vital capacity, acceleration in endocrinal functions, and improvement in memory. Investigations of yoga techniques in the management of anxiety have reported increased attention/concentration. Yoga through its techniques of asanas, and pranayama has been found to yield a positive effect in the management of stress in adolescents. The processing of sensory information at the thalamic level is facilitated during the practice of pranayama and meditation. It was found that the practices of physical yoga

postures (asanas), cleansing practices, devotional sessions, and lectures on the theory and philosophy of yoga brought about an improvement in the steadiness of school students following 10 days of practice. This improvement was believed to be due to improved eye-hand coordination, attention, concentration, and relaxation. A second study found that a 4-week program of yogasanas and meditation lowers the aggressive behavior of students. Another study reported that meditation reduced problems related to maladaptive behaviors, increased emotional and physical health and psychological well-being, reduced the frequency of thought, reduced substance abuse, and generally improved the quality of life. It has also been found that meditation reduces stress and improves academic performance. Chanting "Om" or any of the other unstuck sounds (dhyunatmaticdhun) causes increases mental alertness, and the practice of yoga brings improvement in competitive performance. Academic achievement is an attained ability or degree of competence in school tasks, usually measured by standardized tests and expressed in grades or units based on norms derived from a wide sampling of pupils' performance. Studies have revealed that even low or moderate levels of stress can interfere with task performance. Cognitive reactions of stress result in the inability to concentrate.

The present study examines whether there is an effect of yoga and meditation on the academic performance of adolescent students in relation to their stress, i.e., whether there is any effect of yoga and meditation on their academic achievements. A yoga module [prayer + yoga asanas + pranayama + meditation + a value orientation program] was performed by the experimental group, a group of randomly selected upper primary school students, daily for slightly more than half an hour in the mornings before school classes began. A control group closely mirroring the students in the experimental group was also selected but they did not perform the yoga module. Both the experimental and the control groups were subjected to a battery of tests before and after the program was run to see the differences in achievements, inter-group and intra-group. The battery of tests consisted of a set of standardized question and answer tests used traditionally in such situations and in what is unique to this study – measurements using the Meridian Energy Analysis Device (MEAD). The MEAD is a state-of-the-art electronic device used by practitioners of Traditional Chinese Medicine to find the flows of energy along the various meridians in the body. From this data, it is possible to find out information about the health of the different organs human body as also the values of the ratio of the autonomic nervous system. In earlier testing studies using MEAD, we had hypothesized about connecting the MEAD measurements on the body with the states of the brain waves of the subjects to explain the abnormal behavior of the autonomic nervous system in the tests. This hypothesis, if validated, would mean that even a part-time, passive immersion, of subjects in an active religious environment would change their states of brain waves

and their resulting state of consciousness on a long term basis. We would like to use the same methodology to see if our proposed yoga and meditation module would affect the academic scholastic achievements of the experimental group of upper primary school students relative to those in the control group. As our experimental group of students has been picked at random, there are students in it with differing academic achievements and therefore by seeing the results of testing before and after undergoing the module, we will also be able to see how the module affects academic achievements in the group itself.

Meditation has been found to reduce stress, increase feelings of wellbeing, and benefit overall health, among other advantages. It is of specific use to help one increase alertness, relaxation and reflection even in "waking" states. Brain waves in normal consciousness are of the beta type. Brain waves in meditation shift through various stages. The most common brain waves in meditation are alpha waves. These alpha brain waves in meditation basically promote changes in the autonomic nervous system that calm it. It was found that regular contemplative practice of this type reverses the roles of the sympathetic and parasympathetic nervous systems so that the normally dominant sympathetic nervous system takes a back seat to the normally secondary parasympathetic nervous system. This lowers blood pressure and heart rate and lowers the amount of stress hormones in the body, as well as calming the mind. Gamma brain waves in meditation also greatly increase. Gamma waves denote intense focus and are usually weak and transient in normal brain activity. In experienced meditation practitioners, it was particularly noted that gamma brain waves in meditation were especially high in the left prefrontal cortex of the brain. This is an exciting finding, since this area is often associated with decreased anxiety and fear, positive emotions, and a decrease in depressive feelings or symptoms. Theta brain waves in meditation are said to help open the "third eye" for practitioners. Theta brainwaves in meditation also invoke a deep sense of relaxation and also encourage creativity and make problem solving and memorization easier. Delta brain waves in meditation are the slowest of all. Everyone experiences delta waves in deep sleep, but delta brain waves in meditation are said to help experienced practitioners access the unconscious mind. Therefore during meditation, the brain wave states shift to lower frequency states and the autonomic nervous system increases in value. It has been experimentally observed that regular practice of meditation affects the above body functions altering them so that they continue to be present even after the meditation sessions are over. By measuring and getting the ratio of the autonomic nervous system, we expect to see the above in our experimental group of students.

Aim of the study

The aim of study as Meditation in daily life should remain as a routine practice in life to increase energy level and control in all meridian points. Meditation is a system of practices in daily life to

develop the areas of social, spiritual, physical and mental health when energy level increases body gets physically fit and this provides positive effect and improve daily life like mind is clear, focused, stress is under control & body and mind is co-ordinate and strong relationships can prevails.

When your behavior is good that means you are healthy and your meridian points are in control and also your energy level is controlled, it means you are in touch with your inner self and maintained to overall performances.

With surroundings and other beings a much deeper level of connection generates which adds to your spiritual and inner health. The word "Body Energy Level" means to control all 'Meridians points'. Meditation increase energy level and develop in holistic effect and bring body, soul, consciousness & mind in balance.

Objective

The main objective of this study is to review current research and will be to find out the "The Effect of Yoga and Meditation on Energy Level of Upper Primary School Student". The aim of study will be therefore:

1. To find the effect of Yoga on the energy level of upper primary school student.
2. To find the effect of Meditation on the energy level of upper primary school student.
3. To find the comparative effective of Yoga and Meditation on the energy level of upper primary school student.

Method of the study

Intact group comparison method (Experimental group and control group), which is a pre-experimental design was used for carrying out research. In it no pre-test was taken. A post-test was carried out of group practicing Yoga and Meditation and the control group which was used for assessing the effect of Yoga and Meditation on the spiritual of student and then the results were compared. The experimental method has been adopted for the present study.

Hypothesis

1. There is no significant effect of Yoga on the energy level of upper primary school student.
2. There is no significant effect of Meditation on the energy level of upper primary school student.
3. There is no significant effect of Yoga and Meditation on the energy level of upper primary school student.

Tools and Techniques

Yoga and meditation modules consisting of – yoga asan, pranayama, and meditation and orientation program will be used as one month.

Treatment for the experimental group for 30 minutes daily in the morning. Academic performance test which include questionnaire related to yoga, meditation, energy level will be used as pre-test and post-test for the experimental as well as control group. All the statistical analysis will be done with SPSS

software. We will use the t-test on the energy level score of academic performance.

Results and Findings

Findings Of The Study Related To The Objectives

The findings of the relation to the objectives of the study are as follows:

To study the status of energy level of the students on both the groups, practicing yoga & meditation and the other who do not practice it.

The average performance of control group was found to be 90.55 and that of experimental group was 91 and the maximum marks of the administered energy level scale was 170 which indicated that the experimental group showed better performance. Standard deviation of experimental group is 3.87 which are lower than of control group which shows that variability in the experimental group got increased, more number of students scored high on Energy Level Scale.

The value of skew-ness was found negative in control group which means more number of students scored above average on Energy Level scale whereas in experimental group value of skew-ness was found positive showing that as compared to high achievers in this group, the number of low achievers is more, reduction in the value of skew-ness shows that the distribution of scores of experimental group increased due to the treatment. The value of kurtosis of the both group was more than 0.263 which shows that distribution was platy kurtosis.

Compare the effect of Yoga & Meditation on Energy Level of the group practicing Yoga & Meditation with the other not practicing it.

In order to achieve this objectives t-test was applied on Energy Level scores of both the groups on the basis of which inference about population was drawn to make generalizations. The computed t-test value for Energy Level score was 1.88 as it smaller than 2.539 (tabulated t-test value at 0.01 level of significance) therefore it can be said that there is a significant difference in Energy Level of the students practicing Yoga & Meditation and the other not practicing it.

To study the status of academic achievement of the students of both the groups practicing yoga & meditation with the other not practicing it.

The average performance of control group was found to be 26 and that of experimental group was 23.8 and the maximum mark of the administered Academic Achievement test was 40 which indicate that the control group showed better performance. Standard deviation of experimental group is 6.15 which are lower than of control group which shows that variability in the experimental group got increased more number of students scored high on Academic Achievement.

The value of skew-ness was found negative in control group when means more number of students scored above average on Academic Achievement test whereas in experimental group value of skew-ness was found positive showing that as compared to high achievers in this group, the number of low achievers is more, reduction in the

value of skew-ness shows that the distribution of scores of experimental group increased due to the treatment. The value of kurtosis of the both group was less than 0.263 which shows that distribution was leptokurtic.

To compare the effect of Yoga on academic achievement of the group practicing Yoga with the other not practicing it.

In order to achieve this objective t-test was applied on Academic Achievement scores of the both the groups on the basis of which inference about population was drawn on make generalizations. The computed t-test value for Academic Achievement score was 1.09 as it is smaller than 2.539 (tabulated t-test value at 0.01 level of significance) therefore it can be said that there is a significant difference in Academic Achievement of the students practicing Yoga & the other not practicing it.

Educational Implication

Findings of the study may be useful for teachers, administrators, parents and guidance workers from the educational points of views which are as follows:-

The findings may be helpful to educational institutions that may include Yoga and Meditation classes in their time - table .Now a days young's generations are not able to control emotions and in the fit of emotions they commit disastrous mistakes. This study shows that as Yoga and Meditations influences it will help students in balancing, controlling, giving expressions to emotions in a very balanced controlled and a reasoned way. As they will be future citizens of India it will help in improving society at large.

Similarly as we know main aspect of human body is spirit. Human being is different because they have highly developed spirit which has potential to develop to its climax and reach the stage of perfection through Yoga and Meditation practice.

They study May also help curriculum planners for improving various components of curriculum by integrating Yoga and Meditation helpful in reducing mental stress, increasing self-awareness, developing empathy, developing a sense of self-motivation and help in managing relations.

Teachers must also promote the importance of Yoga and Meditation for developing spiritual and emotional intelligence for refining the personality and behavior of students, the leaders of tomorrow.

Suggestions For Further Researchers

Finding suggests that yoga and meditation practices help children to over all development. To aware in all related areas like social, mental, emotional, and physical and also develop values.

1. The same sample may be conducted on the large sample of population to get better and more authentic results which would help, alleviate the change of a low response of participants to the study.
2. A similar study can be carried out on various dimensions of Energy Level and Academic Achievement

3. A comparative study can be undertaking on Energy Level and Academic Achievement

Direction for Future Research and Development

In future study will start with selection of 100 upper primary level students in same schools. Students will be divided in two groups.

Conclusion

The present study has demonstrated that yoga training probably has affected primary cognitive processes such as attention, perception and observation. Yoga and meditation being a simple and inexpensive health regimen, can be incorporated as an effective adjuvant therapy to governmental child health initiatives in school curriculum, and thus, ensures a bright future for our children. Further studies on a larger scale and longer time period would be required to further substantiate these findings. From above review we can conclude that, yoga and meditation one month programme plays a very important role in the development of a child. Yoga and meditation to helps students to attention in a different variety of tasks. Stress can be controlled by certain yogic techniques. Yoga and meditation to reduces stress and to pure inner core for self-control. Regular yoga and meditation practices develop healthy life, confidences increases in all areas and all work completed in disciplinary in manner and timely so happily enjoyed every one in life forever. Yoga and meditation practices also improve children health, tasks, and academic performance and children to development overall performances in daily life. For all students regular practices of yoga and meditation to increase energy level when energy level is increased know achievements is also increases in all areas and performances is good reason is your health is to good.

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