

Effect of Yoga and Meditation on Adjustment among Secondary School Students

Dr Sanjoy Bhuyan¹, B.R. Vineeta²

¹Professor, Department of Education, Jamshedpur Women's University, Jamshedpur

²PGT Commerce, Srinath Public School, Adityapur, Jamshedpur

ABSTRACT

Yoga and meditation have a great significance to make all round development relating to body, mind and spirit harmoniously and thereby to promote human values in adolescent. The main objective of the present study was to study the effect of Yoga and Meditation on adjustment among secondary school students. The study was experimental in nature based on single group Pre- test and Post test design. A sample of 50 students was drawn randomly out of 100 students of the 9th standard. The sample consisted of 50 students in the range of 14 to 15 years. Practice time for yoga intervention was 60 minutes and duration was 20 days. A pre-test was administered on students before the start of experiment. The same was again administered as Post-test after the completion of the experiment. Adjustment level of student was measured with the help of AISS. The obtained value of t-test for adjustment is significant at 0.05 level of the confidence. The result of this study shows that yogic practices are significantly effective to improve the level of Adjustment of Secondary School Students.

Keywords: Adjustment, Yoga and Meditation

INTRODUCTION

In today's modern world people are so busy in their work that they do not get enough time to take care of their body and mind. Yoga is an effective tool with the help of which one can take care of their own health. If we adopt Yoga and Meditation techniques in our daily life then we can easily solve our physical, mental and psychological problems that arise due to our unhealthy lifestyle. According to Father of Nation M.K. GANDHI, Health is Wealth; all of us know "A sound mind resides in a sound body." The integration of Yoga in the present system of education can make all round development relating to body, mind and soul of students.

Yoga is a form of meditation incorporating the mind and the body, while promoting physical fitness, relaxation and increasing health and wellness. (Barnett, Shale, Elkins and Fisher, 2014). Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between child and nature. It is a holistic approach to health and well-being. On the other hand, meditation is a part of Yoga. Meditation is a process where we include the various activities such as deep, long, slow breaths as well as the coordination of the mental concentration with some kind of structured activities such as yoga poses, breath patterns, chanting or even just focusing your concentration on specific spot. Mindful Meditation is a concentration on stimuli, such as breathing, or body sensation, while focusing on one's current state of mind, in order to maintain concentration (Rahi, Lindsay, Pacilio, Brown, Creswell, 2017).

The integration of Yoga in the present system of education proves too beneficial for each and every stakeholders of education system. As we know the Yoga and Meditation forms an important role in bringing healthy lifestyle in present scenario. During the time period of getting education, a student has to learn adjust with their classmates, teachers of different religions, culture, opinions and different outlook towards life. The students studying in secondary classes are suffering from 'storms and stresses' of adolescence period. At this stage of life which is very crucial stage the experience adjustment difficulties in emotional, educational, social, home, health aspects of their lives.

Adjustment acts as a booster in the life of students. When a student knows how to adjust in difficult situations of life then he can easily survive in the present fast-growing world. But when he or she suffers by maladjustment then this gave rise to stress and strain. Stress and strains are the causes of physical as well as mental distraction. When the student has the quality of making proper adjustment with his/her environment or surroundings then he/she can work or run his life efficiently and smoothly. According to Good (1959) Adjustment is the process of finding and adopting modes of behavior suitable to the environment. Adjustment is a continuous process by which a human being maintains a balance between his needs and circumstances that arises in his surroundings. In this process we can see how an individual react in different circumstances that arises in his every sphere of life.

Adjustment is a behavioral process by which a person maintains balance among various needs that one encounters at a given point of time. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike balance among various forces Norman T. (2000)

Through Yoga and Meditation students can easily monitor their behavior. They can easily assess their each and every cause of maladjustment. When a student practice Yoga and Meditation on regular basis then student become relaxed and ready for all the challenges which arises in our life. B. Bhagabon, R. Nagaratha, H.R. Nagendra (2003) done a comparative study of three different yoga modules. On in normal children (9-12 years). Study was conducted on the effect of Yoga on concentration and adjustment of 338 children of English Medium School whose age ranged from 9 to 12 years on They were taught yoga posture, breathing exercises and meditation and was found integrated Yoga modules helps in improving concentration and adjustment among the children.

Yoga and Meditation will be companion to adolescence for life long. If they will practice it on regular basis. In companionship of Yoga and Meditation we will able to create certain essential elements of a developed personality.i.e. self-control, self-discipline, self-confident, self-realization, self-awareness, adjustment and positive attitude etc. Yoga and meditation prepare student to meet the challenges of the future as well as present which arises in their life.

The present study focuses on increasing the adjustment level of student by conducting yoga and meditation practice session for 20 days.

MAIN OBJECTIVE

To study the effect of Yoga and Meditation on adjustment among Secondary School Students

HYPOTHESIS OF THE STUDY

The effect of Yoga and Meditation will have positive impact and there would be enhancement in the Adjustment level of Secondary School Students.

METHODOLOGY

Sample and Sampling

The sample consists of 50 students of class 9 of Jharkhand Academic Council affiliated School of Jamshedpur.. Purposive sampling was used to select the school and from around 100 students of class nine 50 students were selected randomly for the study.

Design

Pre-test post test single group design was used in the present study.

Tools used for study

To assess the adjustment level “Adjustment inventory for School Students” by Dr. A.K.P. Sinha and Dr. R.P Singh (1993) was used.

YOGA PRACTICE PROGRAM

SL.NO	YOGA PRACTICE	TIME PERIOD
1.	Warm up exercises [Sukshmakriya]	10 minutes
2.	Asanas [Tadasana, Sukhasana, Gomukhasana, Virbhadrasana, Bhujasana]	15 minutes
3.	Pranayama [Anulom-Vilom, Ujjayi, Pranayama, Kapal Bhati, Bhramari Pranayama, Bhastrika Pranayama]	10 minutes
4.	Chanting of Gayatri Mantra, Om Chanting	10 minutes
5.	Meditation	10 minutes
6.	Surya Namaskar	minutes

PROCEDURE

A sample of 50 students was drawn randomly out of 100 students of 9th grade. The researcher herself acted as Yoga trainer and provided the training in Yoga and meditation to students. The experiment was conducted for the duration of 20 days (20 working day of April, 2018) for 50 minutes daily. A pre-test was administrated on all students to know their adjustment level before providing the treatment of Yoga and Meditation. The same test was administrated as post test after the completion of the experiment.

Data Analysis and Results

Table : Mean Adjustment pre test and post test scores of students

EXPERIMENTAL	N	MEAN	SD	t-value	D.F
PRE-TEST(SCORE)	50	56.26	13.77	4.1012	98
POST TEST (SCORE)	50	44.84	14.07		

It can be observed from table that mean score of adjustment level in pre-measure was 56.26 and post measure was 44.84. Thus, it shows that there is enhancement in adjustment level scores. Less the score more the adjustment as per the manual of the test. Further t-test was applied to study the significance of difference between pre-test and post test measure. The calculated t-value was found to 4.1012 which is more than the table t-value of 1.98 at 0.05 level with d.f. 98. So it can be concluded that Yoga and Meditation has a positive impact on adjustment of the students.

CONCLUSION

The result of the present study shows that the regular practice of Yoga and Meditation improves the adjustment level of Secondary School Students. This result is same as the earlier study where Bhardwaj, P.R Mukherjee, Bhardwaj, A.K. (2015) made a study where 3 months of Yoga intervention was provided to the group and significant differences were found in self-adjustment score in boys and girls. Another study used a multi component Yoga- Preksha-Dhyan (YPD) intervention including Mahaprandwani, Sukshmakriya, Asanas, Pranayama, Dhyan, Anupreksha and Sankalp which is helpful in reducing aggression among school children (Jain, et.al., 2017). Yoga meditation practice brings a lot of changes in an individual.

The yoga should be integrated in the present system of education to increase the adjustment level of students because if students have proper adjustment level then they can easily survive in any situation.

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