

Effect of Yoga on Concentration of disabled Students

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ABSTRACT

Objective: The Objective of this study was to determine the effects of Yoga on concentration on disable student.

Methods: The subjects for this study were selected from the Amar Jyoti school Gwalior. A total of 12 disable student subjects were selected and used as one experimental group. yoga was considered the independent variable and concentration was considered the dependent variable. concentration was measured with Six Letter Cancellation Test Questionnaire. Training was given up to one months. 5 times in week; each session scheduled for 20 minutes. The study Design Pre-Test Post-Test randomize one group design was used for this study. Tests were administered before the training program and after the completion of the treatment again test were administered. was used to locate significance effects Yoga on concentration in school going disable student. At 0.05 levels of significance. In relation to concentration, effect of yoga was found significant.

Results: Analyzing the data collected for this study, the difference between the mean of pre-test and post-test tells us that the practice of yoga improves concentration.

Discussion: Regular yoga practitioners also report understanding the information they want to study more easily and learning it faster. Data analysis shows a substantial difference between the results of the pre- and post-tests for concentration in students with disabilities, indicating that students' memory and concentration are enhanced by regular yoga practice.

Keywords: Yoga, Concentration, Disable,

Introduction

Yoga has a profound effect on concentration. Through various techniques like mindfulness, controlled breathing (pranayama), and specific poses (asanas), yoga helps calm the mind, reduce stress, and improve focus (Dauneria & Subramanian, 2018). Regular practice enhances cognitive function, increases attention span, and sharpens mental clarity. Additionally, yoga cultivates self-awareness, enabling individuals to better manage distractions and stay present in the moment. Scientific studies have shown that yoga can positively impact brain function, leading to improved concentration and better overall cognitive performance. Overall, yoga provides a holistic approach to enhancing concentration, benefiting both the

mind and body. Focus is essential to education, and education is crucial to the holistic development of the student. According to the following study, schoolchildren who practice yoga's asana, pranayama and Kriya in hath yoga (Svātmārāma & Akers, 2002) and meditation techniques see significant improvements in their concentration. With the use of yoga, the hyperactive kids (Naragatti, 2019). Who had trouble focusing on anything were discovered to have greatly improved their attention spans and could now focus for extended periods of time (Banerjee, 2014). Numerous studies that have been published are exploratory in character and have been constrained by a number of methodological and statistical flaws. Furthermore, even if yoga is becoming There is a dearth of research on the effects of yoga on teenagers, and the majority of the scant corpus of research is constrained by subpar methodology (Dauneria & Subramanian, 2018). Yoga is becoming more and more integrated into school and extracurricular activities. Yoga plays a significant part in enhancing the cognitive function of concentration and attention (Mallick & Kulkarni, 2010). The results of this study indicate that yoga can help with concentration and distractibility reduction. Disability means physically or mentally incapable of doing any work. Incapability of physical and mental organs of a person, hand, foot, ear, eyes, inability to speak, mentally and intellectually unable to do any work, disability can be with birth, and after birth (Konur, 2006). This is also called handicap. Concentration refers to the ability to focus one's attention on a particular task, thought, or activity for an extended period (Mallick & Kulkarni, 2010). It involves directing mental effort towards a specific goal while ignoring distractions. Concentration is crucial for productivity, learning, problem-solving, and achieving goals in various aspects of life (Kumar & Telles, 2009). Factors such as mindfulness, practice, environment, and mental well-being can influence concentration levels (Dolde, n.d.). Techniques like meditation, deep breathing exercises, and activities that promote flow states, such as yoga and mindfulness practices, are often used to improve concentration and enhance cognitive function.

MATERIALS AND METHODS

Selection of Subjects 12 disable students selected at random as subject of the study. One Groups of 12 subjects each. The subject one groups (experimental group) at random by drawing the random by drawing the lots. The age of these subjects' range between 10 to 15 years. All of them were taking part in routine Program me as per the classes of the school. **Selection of Variable** On the basis of various literature on the variables finding out the related research study and keeping in mind the specific purpose of the study to find out the effect of Yoga on concentration. **Procedure for Administration of the Test** After randomization selecting the subject, they were estimated for their level was measured with help of SLCT questionnaire. After collecting the initial data, the subjects were administrated for One months. training schedule, which was five day per week for duration of 20 mins in the morning i.e., 8.00 A.M. to 8.20 AM on Monday to Friday for duration of one months. After the one months, concentration estimated by SLCT questionnaire. The practice session was conducted for a period of 20 minutes.

Selection of Yoga Programe

Yoga is very effective in calming the mind. It brings your mind down to the lowest level. It is the best exercise for the mind. It frees the mind from distraction, depression, anxiety and gets rid of it. To finalize the selection of yoga, the scholar took the required consultation and studied the related literature.

Method Applied for the Training Practice of Yoga intervention

The Yoga were taught and the practice session were conducted and supervised by the researcher himself.

For teaching purpose, each step was explained and demonstrated before the subject performed the same necessary corrections were made, the rest the instruction was given in between succeeding Yoga.

Table 1. Typical sessions of yoga were as follows

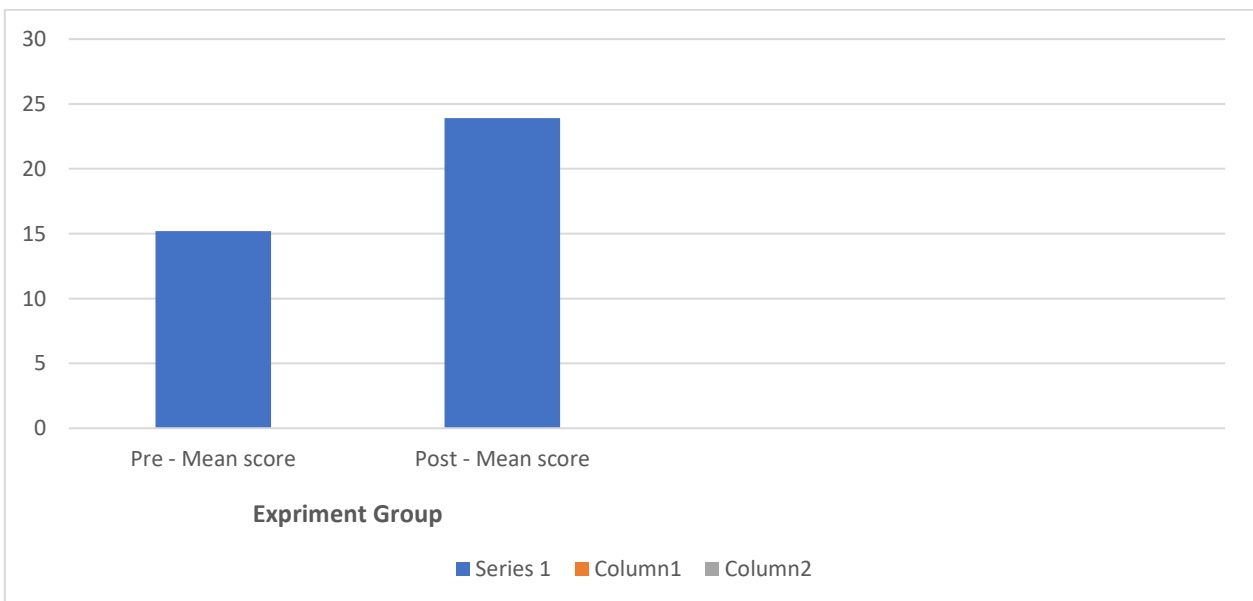
Yoga practice
Padmasana - 2 min
Vajrasana - 2 min
Tratak – 6 min
Gayatri mantra – 10 min

Statistical Procedure

The data is analyzed using the statistical methods listed below in order to meet the study's goals. To determine the nature of distribution, compute the mean and standard deviation. The t-test is computed to determine the significant difference. There significant effect of yoga on concentration in disable students of Experimental group.

Table 2. Scores of concentration experiment group

Variable	Treatment	No. subject	Mean	SD	“t” value	Significant level
Concentration	Pre-test	12	15.20	.632	2.58	0.05
	Post-test	12	23.90	.316		



Result

The mean score and standard deviation indicate Concentration in experimental group is shown in table. above table reveals that the mean scores of Concentrations of disable students of experimental group are (pre-test =15.2) & (post-test =23.9). It is evident from the results that experimental group students scored higher in post- test as compared to pre test scores to examine the effect of teaching yoga on Concentration

in experimental group 't' test was applied and 't' value was obtained significant at $\alpha=0.05$ level (2.85 > 2.58 results indicate that there is significant effect of yoga on concentration in experimental group.

Discussion

The current study found that disabled student' school and study activities significantly changed after practicing yoga. According to the research's findings, age or social class has no bearing on how well a person concentrates when practicing yoga. Studies show that, even with the current educational structure (Baum & Owen, 1988). There is always room to improve the way that pupils learn and study. Nowadays, yoga activities are gaining a lot of popularity due to the enhancement of people's mental, physical, and spiritual abilities (Leuba, 1919). According to statistics, most students have behavioral issues during their school days (Jois & D'Souza, 2018). At the moment, yoga techniques are frequently seen as a physical workout and are only taught as a limited aid for behavioral issues. Regular yoga practitioners also report learning more quickly and comprehending the material they wish to study more easily (Gothe et al., n.d.). Data analysis reveals a significant difference between the pre- and post-test results for Concentration in disabled students, suggesting that regular yoga practice improves memory in students. They complete their projects, tasks, and homework correctly (Dauneria & Subramanian, 2018). They have a lengthy memory for details and data. Students are also proven to retain school policies and curriculum. Based on the research findings, it can be concluded that frequent yoga practice in schools has to be improved. frequent yoga practice improves listening and reacting skills and lessens the sense of distraction during class.

Suggestions

Yoga can be adapted to suit individuals with disabilities, providing numerous physical and mental benefits. Here are some suggestions for yoga practices suitable for disabled students: Chair Yoga: Focuses on poses and stretches that can be done while seated in a chair, making it accessible for individuals with mobility issues or those who use wheelchairs. Gentle Yoga: Incorporates slow, gentle movements and modifications to accommodate different abilities and limitations, emphasizing relaxation, flexibility, and stress reduction. Restorative Yoga: Utilizes props like blankets, bolsters, and blocks to support the body in comfortable, passive poses, promoting deep relaxation, stress relief, and gentle stretching. Adaptive Yoga: Tailored to the specific needs and abilities of individuals with disabilities, adaptive yoga classes may include a variety of modifications, props, and personalized instruction to ensure safety and accessibility. Mindfulness Meditation: Focuses on cultivating present-moment awareness and inner peace through guided meditation practices, suitable for individuals of all abilities to enhance mental well-being and emotional resilience. Pranayama (Breathwork): Incorporates various breathing techniques to promote relaxation, reduce anxiety, and improve respiratory function, offering accessible practices that can be done sitting or lying down. Yoga Nidra: Also known as "yogic sleep," Yoga Nidra is a guided relaxation practice that induces deep states of relaxation and inner awareness, beneficial for reducing stress, improving sleep, and enhancing overall well-being. It's essential for disabled students to work with experienced yoga instructors who have knowledge of adaptive techniques and can provide individualized guidance and support. Additionally, consulting with healthcare professionals or physical therapists can help ensure that yoga practices are safe and appropriate for specific disabilities or health conditions.

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