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The Effect of Yoga & Meditation on Energy Level of Higher Secondary School Students

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ABSTRACT
The current study investigates if meditation have any impact on teenage students' academic performance in relation to their stress levels, other words, whether meditation have any effect at all. The experimental group completed a yoga module that included meditation, pranayama, yoga poses, prayer, and a value orientation program. The battery of tests included measurements using the Meridian Energy Analysis Device and a series of standardized question-and-answer tests that are customarily used in similar circumstances. Practitioners of Traditional Chinese Medicine utilize this cutting-edge electronic gadget to determine the energy flows along the body's many meridians. Among other benefits, meditation has been shown to lower stress, improve feelings of wellness, and improve general health. We anticipate observing the aforementioned in our experimental group of students by measuring and obtaining the autonomic nervous system ratio.

Keywords: Yoga, Meditation, Energy level, Academic Accomplishments, M.E.A.D.Device

1. INTRODUCTION

Yental, emotional, physical, and spiritual well,being.It is a "science" that offers a methodical, rational ap proach to gaining a fresh perspective on the world and ourselves.Because of this, our ancient seers believ ed that yoga should be taught in schools to help kids grow up to be healthy in all spheres,physical, menta l, emotional,spiritual.Yoga is a way of lifethat promotes peace, balance, health, and happiness.The goal of yoga is to achieve mental equanimity, which is characterised by moderately intense reactions to both positive and negative external situations that are well within the individual's control. Yoga is a classic Indian system that helps people stay healthy on all levels—physical, mental, emotional, and spiritual.It is believed that yoga helps people achieve mental equanimity, which allows them to control t heir reactions to both positive and negative external stimuli and to do so with moderate intensity.

Yoga is thought to assist people attain mental equanimity, which enables them to moderately control thei r reactions to both good and negative external stimuli.

The study of yoga is a potent source of information that helps practitioners attain excellent physical healt h, calm mental clarity, ongoing spiritual development, and the capacity for peaceful social coexistence. Frequent practice yields the greatest advantages and has enormous therapeutic potential.In addition to its many physiological advantages, yoga has a positive impact on the mind, life force energies, creative pro cess, and internal intelligence. These effects lead to a state of mind that is stable emotionally and has stro ng willpower, as well as peace, happiness, positive thinking, and a positive outlook on life.

The seventh limb of yoga, or a condition of alert rest, is believed to be meditation.

The various meditation techniques operate on a mental level. They are all designed to cultivate a particul ar kind of awareness within the individual, which in turn alters the person's emotional and visceral functi ons, which in turn alters the person's intellectual and physical functions.Without engaging in the physica l exercises of yoga, meditation can also be done alone.Meditation has been shown to reduce body weight , boost vital capacity, and create a sense of wellbeing after six months of practice cognitive improvement and an increase in endocrine functions. Studies on the use of yoga practices to treat anxiety have found that they improve focus and attention span. Adolescent stress management has been found to benefit from yoga's asana and pranayama approaches. Meditation and pranayama activities help the thalamus process sensory information. Physical yoga at E-1 22°C was found to have a positive impact on students' energy levels, academic performance, and energy levels. Overview Yoga is an ancient Indian method of preserving people's mental, emotional, physical, and spiritual well-being. It is a "science" that offers a methodical, rational approach to gaining a fresh perspective on the world and ourselves.Yoga was therefore regarded by our ancient seers as a component of educational practices that should be taught to children in order to help them develop in all areas—physical, mental, emotional, and spiritual. Balance, health, peace, and happiness are the hallmarks of yoga, a way of life. A person who does yoga is said to achieve mental equanimity, in which their reactions to positive or negative external stimuli are moderately intense and well within their control. Yoga's science is a potent stream of knowledge that helps practitioners attain radiant physical health, a calm mind, ongoing spiritual uplift, and the capacity for peaceful social living. Frequent practice yields enormous therapeutic value and maximal advantages. In addition to its many physiological advantages, yoga has a positive impact on the mind, life force energies, creative process, and internal intelligence. These effects lead to a state of mind that is stable emotionally and has strong willpower, as well as peace, happiness, positive thinking, and a positive outlook on life. The seventh limb of yoga, or a condition of alert rest, is believed to be meditation. All of the different meditation techniques operate on a mental level. They are all designed to help people develop a particular kind of awareness within themselves, which in turn affects their emotional and visceral functions and, as a result, their intellectual and physical functions. It is also possible to meditate on its own without engaging in the physical exercises of yoga & Meditation has been shown to reduce body weight, boost vital capacity, and create a sense of well-being after six months of practice. memory enhancement and endocrine function acceleration. Increased attention and concentration have been found in studies on the use of yoga practices to treat anxiety. It has been discovered that yoga, with its asana and pranayama practices, helps adolescents manage their stress.

After ten days of practice, school children's steadiness improved as a result of postures, purification exercises, devotional sessions and lectures on the philosophy and theory of yoga. It was thought that better eye-hand synchronization, focus, relaxation, and concentration were the causes of this improvement. According to a second study, pupils' violent behavior decreases after completing a 4-week yoga and meditation program. According to a different study, meditation improved psychological, bodily, and emotional well-being while lowering issues associated with maladaptive behaviors. decreased the frequency of thoughts, decreased substance misuse, and enhanced life quality in general. Additionally, meditation has been shown to lower stress and enhance academic achievement. The practice of yoga improves competitive performance, and chanting "Om" or any of the other unstuck sounds boosts mental awareness. Academic achievement, which is typically assessed by standardized examinations and represented in grades or units based on norms generated from a video sampling of students' performance, is the ability or degree of competence gained in educational tasks. Research has

shown that even mild to severe stress can impair one's ability to complete tasks. Stress-related cognitive processes make it difficult to focus.

The present study examines whether there is an effect of meditation on the academic performance of adolescent students in relation to their stress, i.e., whether there is any effect of 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. Although they did not participate in the yoga module, a control group that was nearly identical to the students in the experimental group was also chosen. Before and after the program, a series of tests were administered to both the experimental and control groups to observe any variations in intra-group and inter-group accomplishments. A series of standardized question-and-answer tests that are commonly used in similar circumstances and in measurements specific to this study using the Meridian Energy Analysis Device (MEAD) comprised the battery of tests. Practitioners of Traditional Chinese Medicine utilize the MEAD, a cutting-edge electronic gadget, to determine the energy flows along the body's numerous meridians. Information regarding the health of the various organs in the human body as well as the autonomic nervous system's ratio values can be gleaned from this data. In previous MEAD testing research, we had postulated a relationship between the individuals' brain wave states and the MEAD body measurements to explain the autonomic nervous system's aberrant behavior throughout the tests. If confirmed, this hypothesis would imply that even a brief, passive immersion in an active religious setting might alter the individuals' brain wave states and, consequently, their state of consciousness over an extended period of time. To find out if our suggested meditation module would have an impact on the experimental group of upper primary school students' academic performance in comparison to the control group, we would like to employ the same methodology. Since our experimental group of students was chosen at random, some of them have varying academic backgrounds. As a result, we can observe how the module influences academic performance within the group by comparing test results before and after the module. Among other benefits, meditation has been shown to lower stress, improve feelings of wellness, and improve general health. Even in "waking" states, it is specifically useful for promoting awareness, calmness, and introspection. Normal awareness is characterized by beta-type brain waves. When you meditate, your brain waves change through several phases. Alpha waves are the most prevalent brain waves during meditation. The autonomic nerve system is essentially calmed by these alpha brain waves during meditation. Regular contemplative practice of this kind has been shown to reverse the roles of the parasympathetic and sympathetic nervous systems, making the parasympathetic nervous system, which is generally secondary, take precedence over the sympathetic nervous system, which is ordinarily dominant. This calms the mind, lowers heart rate and blood pressure, and reduces the body's levels of stress hormones. Meditation also significantly increases gamma brain waves. Gamma waves, which are typically faint and fleeting in normal brain activity, indicate strong focus. Gamma brain waves during meditation were found to be notably high in the left prefrontal cortex of the brain in seasoned meditation practitioners. Given that this region is frequently linked to a reduction in anxiety and dread, a rise in positive emotions, and a decline in depressive symptoms or sensations, this is an intriguing discovery. Theta brain waves are thought to open the "third eye" for those who meditate. In addition to promoting deep relaxation, theta brainwaves during meditation also foster creativity and facilitate memory and problem-solving. During meditation, delta brain waves are the slowest of all. In deep sleep, everyone experiences delta waves, but in meditation, experienced practitioners claim that

delta brain waves can assist them access the unconscious mind. As a result, the autonomic nervous system becomes more valuable and the brain wave states change to lower frequency states during meditation. Experiments have shown that frequent meditation practice alters the aforementioned bodily systems, causing them to persist even after meditation sessions are over. We anticipate observing the aforementioned in our experimental group of students by measuring and obtaining the autonomic nervous system ratio.

2. AIM OF THE STUDY

The purpose of the research as To improve energy levels and control over all meridian points, meditation should continue to be a regular part of daily life. Meditation is a set of daily activities that help people improve their social, spiritual, physical, and mental well-being. As their energy levels rise, their bodies become more physically fit, which has a positive impact on their daily lives. For example, their minds become clear and focused, stress is reduced, their bodies and minds become coordinated, and strong relationships can flourish. excellent behavior indicates that you are in excellent health, that your energy level is under control, that your meridian points are under control, that you are in tune with your inner self, and that your general performance is maintained. A deeper level of connection develops with your environment and other living things, which improves your inner and spiritual well-being. "Body Energy Level" refers to the ability to regulate all "Meridians points." Meditation raises energy levels, has a holistic effect, and balances the body, soul, consciousness, and mind.

3. OBJECTIVE OF THE STUDY

The main objective of this study is to review current research and will be to find out the “The Effect of Meditation on Energy Level of higher secondary school student.

The aim of study will be therefore:

1. To find the effect of Yoga on the energy level of higher secondary school student.
2. To find the effect of Meditation on the energy level of higher secondary school student.
3. To find the comparative effective of Meditation on the energy level of higher secondary school student.

4. METHOD OF THE STUDY

Research was conducted using the intact group comparison approach (control group and experimental group), which is a pre-experimental design. There was no pre-test administered. To determine the impact of meditation on students' spiritual well-being, a post-test was administered to both the control group and the group that practiced meditation. The results were then compared. For this investigation, the experimental approach has been chosen.

5. HYPOTHESIS OF THE STUDY

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

6. TOOLS AND TECHNIQUES OF THE STUDY

One month will be devoted to the meditation module which includes yoga, pranayama, meditation and an introductory program. The experimental group was given the treatment for 20 minutes every morning. For both the experimental and control groups, academic performance tests containing questions about yoga, meditation and energy level will be used as pre and post-tests. The readings will be taken by a M.E.A.D. (Meridian Energy Analysis Device) machine.

Figure no-1.0 M.E.A.D. (Meridian Energy Analysis Device) machine

A software called SPSS will be used for statistical analysis. T-test will be used for academic performance energy level score.

7. RESULTS AND FINDINGS OF THE STUDY

Results of the Research Associated with the Goals The following are the conclusions regarding the study's goals: to assess the energy levels of the students in the two groups—the one that does yoga and meditation and the one that doesn't. The experimental group performed better than the control group, as evidenced by the experimental group's 90.45 average performance and the control group's 80.51 average. The experimental group's maximum score on the administered energy level scale was 175 points. The experimental group's standard deviation is 3.60, which is lower than that of the control group. This indicates that the experimental group's variability increased, as more students achieved high scores on the Energy Level Scale. In the control group, the skew-ness value was negative, indicating that more students scored above average on the Energy Level scale. In contrast, the experimental group's skew-ness value was positive, indicating that there were more low achievers in this group than high achievers. A decrease in the skew-ness value indicates that the experimental group's score distribution increased as a result of the treatment. Both groups' kurtosis values were greater than 0.263, indicating a platy kurtosis distribution. Examine the difference in energy levels between the groups that practice yoga and meditation and those that do not. To do this, a t-test was used on the Energy Level scores of both groups, from which generalizations were made based on demographic inferences. Given that the calculated t-test value for the Energy Level score was 1.88, which is less than the tabulated t-test value of 2.539 at the 0.01 level of significance, it can be concluded that there is a significant difference in the Energy Levels of the students who practice yoga and meditation compared to those who do not. to

compare the academic performance of pupils in the two groups who practice yoga and meditation to those who do not. The control group performed better than the experimental group, as seen by the control group's average score of 28 and experimental group's 22.9, as well as the control group's highest score of 39 on the given Academic Achievement test. With an experimental group standard deviation of 6.11, lower than the control group's, it is evident that the experimental group's variability rose as more students achieved high academic achievement scores. The experimental group's skew-ness value was found to be positive, indicating that there are more low achievers in this group than high achievers, while the control group's value was found to be negative when the majority of students scored above average on the Academic Achievement test. The skew-ness number indicates that the treatment improved the experimental group's score distribution. Both groups' kurtosis values were smaller than 0.264, indicating a leptokurtic distribution. to assess how yoga affects academic performance in the groups that practice it and those that don't. To do this, a t-test was used to compare the academic achievement levels of the two groups, from which generalizations about the population were derived. It can be concluded that there is a significant difference in the academic achievement of the students who practice yoga and meditation compared to those who do not because the calculated t-test value for the Academic Achievement score was 1.06, which is less than 2.579 (the tabulated test value at the 0.01 level of significance).

8. EDUCATIONAL IMPLICATION OF THE STUDY

The study's conclusions may be helpful to educators, administrators, parents, and guidance counselors from the following educational perspectives: - Educational institutions that might incorporate meditation programs into their schedule may find the results informative. These days, new generations are unable to regulate their emotions, and they make terrible blunders when they are upset. This study demonstrates how meditation can help students regulate, control, and express their emotions in a way that is both rational and well-balanced. Since they will eventually become Indian citizens, it will contribute to the betterment of society as a whole. In a similar vein, the spirit is the primary component of the human body. Humans are unique in that they possess a highly developed spirit that may be developed to its fullest potential and achieve perfection via meditation practice. They research It may also assist curriculum designers in enhancing other curriculum elements by incorporating meditation, which is beneficial for lowering mental stress, raising self-awareness, fostering empathy, boosting self-motivation, and assisting with relationship management. Teachers must also emphasize the value of meditation in helping students improve their spiritual and emotional intelligence, which will help them become tomorrow's leaders by improving their personalities and behaviors.

9. SUGGESTIONS FOR FURTHER RESEARCHERS

Research indicates that meditation exercises benefit kids' general development. In addition to developing values, they are overly conscious in all relevant domains, including social, mental, emotional, and physical.

1. To obtain better and more genuine results, the same sample might be used on a larger population sample. This would help to mitigate the possibility of a low research participant response.
2. Similar research can be done on different aspects of academic achievement and energy level.
3. A comparative analysis of academic achievement and energy level could be conducted in the future.

10. RESEARCH AND DEVELOPMENT

The selection of 150 university-level students from the same schools will be the first step in future research. There will be two groups of students.

11. CONCLUSION

According to the current study, yoga training most likely has an impact on basic cognitive functions like perception, attention, and observation. Since meditation is a straightforward and affordable health practice, it may be used as a powerful adjunct therapy to government child health programs in the classroom, ensuring our kids have a bright future. To further support these findings, more extensive research over a longer time frame would be needed. Based on the review above, we can say that a one-month meditation program is very beneficial to a child's growth. Meditation can help pupils focus on a wide range of tasks. Some yoga exercises can help you manage stress. Stress reduction and inner-core purification are two benefits of meditation for self-control. Frequent meditation sessions promote a healthy lifestyle, boost self-esteem in all spheres, and ensure that all tasks are finished on time and in a disciplined manner, allowing everyone to live a happy, long life. Children who meditate also perform better on assignments, in school, and in their general growth in day-to-day life. All students should regularly meditate to boost their energy levels because when they do, they perform better and achieve more in all areas. This is because their health is better.

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