

The impact yogic, physicals exercises training on academic anxiety behaviour variables of secondary school students of Vijayapur district of Karnataka

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Abstract

The purpose of the study was intended to assess the effect of yogic and physical exercises on academic Anxiety behaviour among the school students, for this purpose hundred 300 students studying in various classes of Government high school Nagathan as of Vijayapaur in Karnataka state in age group of 14-16 years were selected. They were divided into three equal groups, each group consist of hundred subjects, in which group-I underwent yoga practices, group-II underwent physical exercises and group –III acted as control group who were not allowed to participated and receive any special treatment apart from their regular curriculum classes', The training period for this study was six days a week for twelve weeks, the before and after the training period, the subjects were tested for speed ability. The analysis of covariance (ANCOVA) was applied to find out which group has better in performance, whenever "F" ratio for adjusted test was found to be significant for adjusted post-test means Scheffe's test was followed, as a post hoc to determine which of the paired means differ significantly. It was drawn conclusions that after the training of yoga has improved academic Anxiety behaviour and significant decreases found in Anxiety behaviour performance among the yogic group comparing their physical exercise group, hence formulated hypothesis is accepted.

Keywords: yogic and Physical Exercise training and Academic anxiety behaviour

1. Introduction

Yoga is the art and science of maintaining physical and mental wellbeing that has its origin in India, is among the most ancient yet vibrant living traditions that is getting increasingly popular today. A potent stress buster, yoga is an instrument of self-evolvement and enlighten, through physical and mental well-being. Math-dimension it enhances the quality of our lives at so many levels. One aspect of yoga's benefits is to explore the bond between health and beauty.

The word Yoga derived from Sanskrit word "YUJ" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with mind with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme,

Physical exercise in any organised activity that involves continuous participation and effects on whole body. Exercise occupies a leading role in keeping a person fit. It will be quite difficult to adjunct one's life in terms on stress, diet, and sleep and so on without proper exercise.

Regular practices of asana maintain the physical body in an optimum condition and promote health even in an unhealthy body. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life, yogasna have a deeper significance value in the development of the physical, mental, and spiritual personality, whereas pure exercise only have physical effect on muscles and bones

Physical exercises are performed quickly and with a lot of heavy breathing, yogasan are performed slowly with relaxation and concentration. The benefits of various yoga techniques have been professed to improve body muscular strength, performance, stress reduction, attainment of inner peace and self-realization

Schools are dynamic setting for promoting health and wellness through various correlated areas such as physical education and sports. There is a growing awareness that the health and psycho-social wellbeing of young children is of paramount importance and schools can provide a strategic means of children's health, self-esteem, life skills and behaviour.

Anxiety is a physiological response to a real or emarginated threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and tear and is frequently associated with failure, either real or anticipated. It often has to do with inter-personal relations and social situations. Feeling of rejection and insecurity are usually a part of anxiety. According to Frost (1971), anxiety is "an uneasiness and feeling of foreboding often accompanied by a strong desire to excel". Hence, anxiety state arises from faulty adaptations to the stress and strains of life and is caused by over actions in an attempt to meet these difficulties.

Today ways (Goodstein and Lanyon). Generally, anxiety can be either the trait anxiety are state anxiety. A trait anxiety is a stable characteristic and trait of the person. A state anxiety is one which is aroused by some temporary condition of the environment such as examination, accident, punishment, etc. Academic anxiety is a kind of state anxiety which relates to the impending danger from the environments of the academic institutions including teachers, cretin subjects like mathematics, English anxiety, is a common phenomenon of everyday life. It plays crucial role in human life because all of us are the victim of anxiety in different etc. Hence scholars made an attempt explore the "The Impact Yogic and Physical Exercises Training on academic Anxiety behaviour of Secondary School Students of Vijayapur District of

Karnataka “The present study was carried out in the background of the experimental method.

1.1 Hypothesis

1. There would be significant effect of yoga and physical exercises training on improvement in academic anxiety behavior of secondary school students of Vijayapur District
2. There is no significant difference of yoga and physical exercise training in improving Academic Anxiety Behavior among secondary school students

2. Objectives

To assess the influence of yoga and Physical exercises training on Academic anxiety behaviour variables of secondary school students

3. Methodology

The purpose of the study was to find out Effect of yogasana and Physical exercise training on Academic Anxiety behaviour of secondary school students, to achieve the purpose of the study 150 students studying in the Nagathan Government Rural high school of Vijayapur district of Karnataka has selected randomly as subject for the experiment, they were divided into two equal groups, each

group consists of the 100 students. Group I and Group II underwent yogasan and Physical; exercises training for six days per week for twelve weeks. Group III Acted as control that did not undergo any special training programme apart from their regular physical education classes programme. The Academic Anxiety behaviour variable selected as criterion variables. All the subjects of two groups were tested by administering Academic Anxiety scale constructed by Prof A. K. Singh (Patna) Dr A. Sen. Gupta Questionnaire at prior to and immediately after the training programme. The analyses of covariance were used to analyze the significant difference, if any among the groups. The 0.05 level of confidence was fixed as the level of significance to test the ‘F’ ratio obtained by the analysis of covariance, which was considered as an appropriate

3.1 Discussion and Interpretation of Data

It was hypothesised that there would be significant difference in their Anxiety behaviour between the Yoga and physical exercises group. The hypothesis was formulated on the rational that regular practices of asana and meditative techniques of yoga is going develop mastery over the emotion and cultivates skills of managing anxiety among the practitioners

Table 1: Computation of Covariance of Anxiety level of control Group, Experimental group 1(Yogic Exercises) and Experimental group 2 (Physical Exercises) of Secondary school students

Source Variance	df	Sum of the square	Mean square	Remarks
Between the group	2	518.973	259.487	Sig
Within the group	147	561.860	3.822	

Significant at 0.05 level

Table 2: Anxiety mean differences of control group (A), Experimental group 1(B) (Yogic Exercise) and experimental group 2(C) (Physical Exercise)

GROUP	M1	M2	Diff
Group C & E1	12.680	9.020	3.660
Group C & E2	12.680	13.200	-0.520
Group E1 & E2	9.020	13.200	-4.180

3.2 Results and findings (Anxiety behaviour)

Table I-A shows the ‘F’ ratio of 67.892 which was greater than table value of 0.05 level. Hence Scheff’s Post Hoc test was employed to the data the score is 114.288 which was also found significant. Table-I A (shows Scheff’s Post Hoc test) shows the mean difference between the three groups. The difference between Group A (control group) and Group B (Yogic exercise) was 3.660. The difference between the Group A (control group) and Group C Experimental group (Physical Exercise) was -0.520. The difference between Group B Experimental group (Yogic Exercise) and Experimental group II (Physical exercise) was -4.180.

3.3 Discussion and findings of Anxiety Behaviour

When we refer TABLE-I-A it reveals that computed F ratio was greater than the table Value and data was employed

to find-out the adjusted paired means that was also significant. From the statistical analysis of the data, it was found that Yogic exercise has improved Anxiety behaviour than their counter part (Physical exercise and control group). It may be due to the reason that Yogic exercise are going to develop harmonious between mind and body. So this idea was also supported by the great quotation “Sound Mind in a Sound body” Expressed by the great Philosopher Plato. In addition to that different techniques of yoga are going develops confidence, positive attitudes, characters and behaviour of the practitioner. Hence study reveals that various personality factors could be improved by the regular practice of Yogic exercise. And formulated hypothesis there would be significant difference in their anxiety behaviour between yoga and physical exercises is statistically proved and hypothesis is accepted,

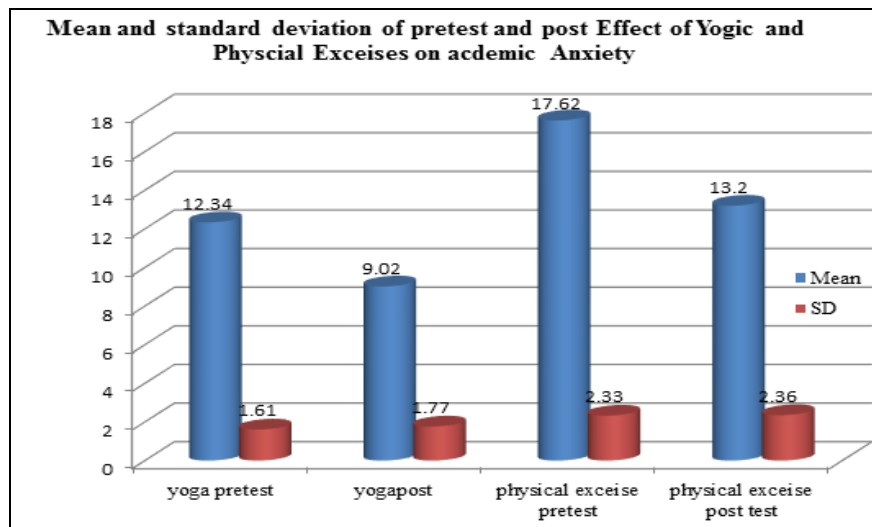


Fig 1: The graph showing the difference in anxiety behaviour between and yoga practitioners and physical exercise

4. Conclusion

The study reveals that various personality factors could be improved by the regular practice of Yogic exercise. Because yoga exercises have large potentiality to produce positive abilities, emotional competence and traits among the practitioners, school curriculum should taught regularly yoga to children to develop harmonious personality and demographical variables did not influence on the academic anxiety behaviour of secondary school students those were involving inn the physical exercises and yogic exercises

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