

## Effect Of Yoga On Academic Performance In Relation To The Stress Of School Students

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### Abstract

*As a mind-body activity that can assist health and wellness, yoga is now widely available in various of settings, including serious medical clinics, community healthcare centres, as well as local yoga studios. Yoga has become an integral part of everyday society. There are now a huge number of yoga practitioners in India. While yoga has indeed been practised in its various forms for close to 2,500 years, its concept of "yoga for health" is one that is connected with more contemporary types of yoga. Little is known about the use of yoga among young people, especially urban youth, despite its growing popularity as a technique of improving health and fitness among individuals of all ages. Many people believe that yoga is an age-old discipline that involves holding various poses, breathing deeply, meditating, and contemplating philosophical and ethical ideas. Yogaprograms have been found to help with depression, decrease frustration, depression, as well as fatigue; improve stress resilience; as well as reduce problematic perceptual and behavioral patterns of the stress response, such as rumination, intrusive thoughts, as well as emotional arousal, according to preliminary research study. Academic achievement is an achieved ability of expertise in school tasks, which is usually measured by standardized tests as well as expressed in grade levels or units based on standards derived from a wide sample selection of pupils' performance. These grades and units are predicated on norms deduced from a video sampling of pupils' academic achievement. As according to studies, an employee's performance on a task may be negatively affected by even mild to moderate stress levels. The inability to focus is produced by cognitive responses that occur as a result of stress. The yoga lifestyle prioritizes maintaining a balanced, healthy, as well as harmonious state of becoming.*

**Keywords:** Yoga, educational achievement, mindfulness, stress management

### Introduction

Yoga plays an essential part in the modern age since it caters to man's biological, sociological, spiritual, as well as physiological needs. Yoga comes from the Sanskrit word 'Yuj' which means to connect, attach, bind, yoke, and focus. And Union. Yoga is real will-to-will unity. "Yoga" means "yoke." It unites the individual spirit with God. Yoga means experiencing inner unity. It's a way of finding truth. Yoga isn't a religion; it's a way to control latent abilities. It enables Self-Realization. Yoga lowers pain and stress. Yoga improves academic performance. India's ancient tradition includes yoga. It's our nation's biggest global contribution. Yoga improves human assets and life quality through overall fitness (Physical, mental, emotional as well as spiritual). Yoga, the ancient Indian art and science of sustaining health and quality of life, is gaining popularity today. Yoga is a

potent stress reducer that promotes physically and mentally well-being. It enhances motor skills and life quality. Education develops a person's capacities and potentials so they can succeed in a community or culture. From this perspective, education focuses on individual growth.

### **Review of Literature**

- National Curriculum Framework 2005: Following the guidelines outlined in the NCF-2005. In the framework of a curriculum that takes a broad perspective of health, P.E. and yoga may help a kid grow and thrive in all areas of their being. The incorporation of yoga was indeed a recent upgrade to the schedule. The collective as a whole will be considered an alternative to the current piecemeal approach to body and fitness education in schools. Games and yoga are important parts of education and it should not be cut. Likewise, the suitable curricula and teacher training for the transaction of yoga in schools must be reevaluated and reconstructed. Beginning in elementary school, yoga may be provided informally, but the official introduction of yogic practises should not occur until at least Class VI. Berlin Sarah (2008), "The Effect of Yoga in the Classroom," was published in: Doctoral thesis Education Studies at the University of California San Diego July 18, 2008. Examined the impact of practising yoga in a seventh-grade classroom during regular teaching hours on stress levels and academic performance. This month-long research comprised of two weeks of yoga instruction and data collecting owing to block scheduling. Pre and post-student stress testing, student yoga questionnaires, and student evaluations were the three data collection techniques. The findings show that yoga was a beneficial supplement to the school curriculum. Students who practised yoga reported decreased stress, enhanced performance on reading comprehension and writing prompts, and an overall improvement in their academic performance. Yoga is a useful approach for helping secondary school students relax and focus on their schoolwork, according to these data. This is a one-month research project. My study project will investigate the long-term effects of yoga on academic achievement..
- Waters, L. (2011) .Examine the positive psychology-based therapies used in schools to improve kids' emotional health, resiliency, and academic success. This strategy was used to improve students' mental health and academic success. This study provides an overview of the field of positive psychology and a critical analysis of the evidence for 12 positive psychology treatments tested in educational settings. This trend echoes the appeal from the 21st century education movement for schools to prioritise the health and happiness of their students. In light of these pleas, this research examines the data on various types of treatments. Positive psychology programmes have been shown to improve students' academic performance, interpersonal connections, and general well-being. In this research, we examine the factors that might pave the way for a broader implementation of positive psychology in educational settings. We also provide suggestions for the future of PPIs in educational settings and propose ideas on how they may be put into practise.

- Mark T. Greenberg (2011) in his article *Nurturing Mindfulness in Children and Youth: Emerging data from intervention studies in clinical populations, as well as results from studies of preventive and health promotion applications for entire populations, are summarised in the current state of the field. Mindfulness-based interventions may be a workable and efficient means of bolstering resilience in both general and clinical groups of children and young adults. However, the evidence now supporting such approaches is weaker than the enthusiasm for their promotion. Much more study is needed to discover particular acceptable and successful practises, but these contemplative interventions provide a chance to create healthy habits of mind and body and to benefit students' health and well-being in educational settings. Evidence from the past shows that yoga and meditation have positive effects on children and teenagers, however the quality of this research is inconsistent among studies. This article argues that the discipline would benefit immensely from well-designed and well documented experimental investigations that are based in developmental theory and examine many markers of improvement*
- Khalsa Sat Bir S. et al. (2011) has shown the feasibility of integrating a regular yoga intervention lasting a full school semester into the normal curriculum of a high school. Only five of the 136 eligible individuals declined to take part in the study because of religious convictions; the other participants all dropped out for other reasons, such as conflicts with other courses or schedule changes. High levels of participation were seen in the intervention's yoga courses, with attendance rates on line with those of the school's standard PE programmes. Both parents and students participated, which suggests they saw yoga as a positive activity.

**Aims and Objectives:** The main objective of the study was to assess the effect of yoga on academic performance in relation to stress

### **Yoga**

Yoga is a 3,000-year-old Indian practise that aims to improve one's body, mind, and soul. It is not a religion nor a creed, and people of all ages and both sexes are welcome to participate. Including proper breathing, posture training, food, physical and mental relaxation, and cleanliness, Yoga considers the whole man or woman. There is no room for development in this form of physical discipline since it already includes all a person needs for the perfection of his health. The yogis were successful in learning how the body operates, which allowed them to focus their efforts on maintaining health and vitality and extending life expectancy. Every single asana (yoga position) has a particular purpose and improves some aspect of bodily function. Sometimes the goal is as simple as regaining or maintaining flexibility in muscles and joints; other times, it's about increasing blood flow to glands so they can secrete more healthily; and still other times, it's about using a specific posture in conjunction with a breathing technique to massage internal organs. (Sona 2014) However, the ultimate purpose of yoga is to achieve self-realization, which entails a radical shift in one's perception of both the world and oneself. Indus Valley civilization is credited as being the first to practise yoga. Statuettes of men doing yoga poses have been

discovered by archaeologists excavating there. They are at least 5,000 years old, according to the legends. The topic is also well-documented in the works of the ancients. Yoga has been demonstrated to reduce anxiety and improve subjective well-being in a number of studies. Significant improvements in the students' subjective well-being and reduced levels of state and trait anxiety were seen. **(Schechter 1977)**

The state of one's mind The tremendous progress which has been made in scientific study and technical innovation has made it easier for modern man to experience a dream come in the form of joys, conveniences, and the wonderful sense of having scaled inconceivable heights in every area. It's made his life more challenging by robbing him of the peace and solace he'd found in the world before. Lately, academics have been making a concerted effort to learn more about mental health as well as develop methods to help modern man maintain his mental well-being. A situation of comprehensive physical, mental, as well as social wellbeing is what we mean when we speak about mental health; it does not merely relate to the absence of disease or disability. The term "mental health" has achieved wider use to describe an individual's state of well-being as a result of their thought functions operating optimally. That's what we mean when we talk about a person's "mental state," by the way. It is the interplay of one's physical, emotional, moral, spiritual, and social health that ultimately decides one's mental well-being. The fact that a patient's overall health may be both a cause and a consequence of other areas of their health makes it a crucial component of a person's total health. It refers to three facets of a human being, namely: (1) possessing right thinking (2) the suitable attitude of mind (3) the correct conduct According the findings of a research with the catchy title "benefits of yoga on mental health and anxiety at B.Ed. level," yogic practise has highly favorable effects on the mental and emotional condition, as well as its physiological therapeutic effects may be noticed in relatively shorter periods of time.**(Dilwar 2010)**

## **Effect Of Yoga On Academic Performance**

### **1. Emotion regulation**

*For academic and personal success, students must learn to regulate their own behaviour, attention, and emotions in response to their own signals, their environment, and the many other' input. Yoga in the classroom improves emotional control. A randomised controlled trial with 37 high school students found that practising yoga for 40 minutes each time a week for 16 weeks improved their emotional health. Another study involving 142 sixth graders compared those who did four minutes of mindful yoga before ELA lessons every day for a year to those who had regular ELA sessions with a few brief mindfulness conversations (but no mindful yoga). Based on a poll, it seems that students who participated in this careful yoga programme also improved their power to control their emotions.(Singh 2012)*

### **2. Academic performance**

*Academic achievement is typically used as the major measure of success in schools. Many children have problems getting and keeping good grades, which may lead to disinterest or even dropping out. But studies have shown that yoga may help with learning by enhancing focus, memory, as well as reducing stress. © Yoga in the classroom may well have a positive effect on academic performance. One research, in instance, had 112 high school students spend 45 minutes on yoga or physical education twice a week for the whole school year. Students participated actively in both groups had significant improvements, but the yoga group saw the greatest gains in GPA. Another randomised control experiment using comparable methods randomly assigned 95 high schoolers to either a yoga programme or a conventional physical education class. Those in the yoga group maintained their GPA throughout the six - month programme, but students in the PE group saw a decrease. According to the authors, "Yoga may increase school achievement by boosting self-regulation," which then in turn may relieve stress, leading to improved learners with learning.(Telles 2012)*

### **3. Reduced Anxiety and Tension**

*Children and teenagers may be burdened by a variety of stressors, both internally and externally. Stressors may vary from the seemingly little, like exam anxiety, to the really serious, like poverty or abuse. Many studies have investigated not whether yoga taught in public schools may alleviate stress, anxiety, and tension in adolescents, that are at a higher risk for mental health issues including anxiety and depression when tension is not handled. In a randomised control experiment, some of 97 fourth and fifth graders engaged in a mindful yoga programme that met four times weekly for 45 minutes. 12 weeks of mindfulness yoga resulted to significant decreases in students' maladaptive response to stress, such as recurring negative thoughts but instead intense intrusive emotions,*

*compared to students who continue to attend school as normal. Eighteen second graders took part in the Yoga 4 Classrooms programme for half an hour once a week for ten weeks, and their cortisol levels reduced dramatically from the start to the conclusion. Salivary cortisol levels rise in reaction to stress, but chronically high levels may have negative effects on physical and psychological wellbeing. This study provides early indications that yoga in schools may help lessen these negative effects. Also, students at an internal high school who participated in a yoga and mindfulness programme several times a week for a semester reported significant decreases in anxiety. In another research, 51 high school students were split between a 10-week yoga programme and a twice-weekly physical education club. Conclusions: Stress and anxiety rose in the PE group but reduced in the exercise group. (Telles, Reddy and Nagendra 2000)*

#### **4. Resilience To Stress**

*Yoga in the classroom may also make students deal with stress brought on by other factors, such as family problems or a bad mark in a required course. Some kids in a sample of 155 fourth and fifth graders were randomly allocated to join an eight-week, one-hour-per-week mindful yoga programme. According the findings, the yoga programme was far more effective than traditional schooling in helping children deal with stressful situations. Another research indicated that 30 elementary and middle kids who practised yoga once or twice per week 10 weeks were better able to deal with adversity. "Yoga practise may boost the erception of control and self-efficacy with regard to stress as well as emotion, hence enhancing resilience," the authors say. (Sahasi G, Mohan D and Kacker C 1989)*

#### **5. Fewer problem behaviors**

*As many as 28% of Indian teenagers in 2011 reported being harassed at school. Bullying has indeed been linked to a number of detrimental outcomes for kids, include diminished academic performance. Students who engage in disruptive behaviours, such as bullying, are often removed from their classes and referred to the office for disciplinary action. However, several studies have also shown that yoga has therapeutic benefits. Students from grades three through five who participated in a yoga programme for ten weeks at an hour a week reported doing less bullying after the programme. Another research with 159 middle school and high school students found positive results from implementing a meditation social-emotional health programme into students' schedules for just a full semester. The findings showed that the yoga group kids were more interested in their studies, had less unexcused absences, and had fewer detentions than the regular attendance group. Yoga has been shown to increase students' ego, which might also explain why the practise has a positive impact. They say that teaching kids to "control impulsive behaviours as well as negative emotions in order to satisfy situational demands and attain personal objectives" might be beneficial. (Yogacharya 2005)*

## **6. Physical well-being**

*Nearly a third of American kids, as according national surveys, are overweight or obese, and this is in large part due to their inability to engage in regular physical activity. Yoga, a kind of mindful movement, is well suited to offering young folks gentle, non-competitive methods to get their bodies moving. Yoga may increase motor skills, including such balance, strength, and flexibility, according to a 12-week study of 16 first-graders who practised yoga for 45 minutes twice weekly. Another research revealed that a yearlong programme of yoga-based exercises for 5-15 minutes per day enhanced kids' physical health, including their body posture, sleep quality, weariness, and food. This was based on questionnaires of hundreds of parents, students, and PE teachers. The authors explain, "Yoga appears to be merely a stretching exercise, but the diversity and sequencing of poses paired with the practise of deep breathing produces a very diverse and successful means of strengthening a wide variety of wellness fitness abilities."(HS, Schlacter J and Edwards MR 1982)*

## **7. Teacher well-being and classroom climate**

Proponents of mindful education in schools argue that the program's positive effects go beyond the kids themselves and might have an influence on the productivity and morale of teachers as well. Initial studies of yoga programmes for instructors have already shown promising results for students' mental health and very well. 64 instructors, for instance, were randomly assigned to either a 20-minute yoga and mindfulness programme 4 times a week, or business as usual. The findings showed that compared to instructors who did not participate in the 16-week programme, those who did so showed significant improvements in their levels of mindfulness, improved feelings, classroom management, and physical symptoms. Decreased levels of the stress hormone cortisol were also seen in these teachers. (Telles S, Reddy SK and Nagendra HR 2000)

### **Success in School**

One of the most basic purposes of education is to facilitate effective achievement. Measurement as well as analysis of the issue are given a great deal of weight and stress in the process of teaching information to younger generations. A student's degree of academic accomplishment is typically seen as an essential component of their entire educational experience. Every parent has very lofty expectations for his or her child's academic career. A solid academic record as well as the child's progression of it in the appropriate direction may correctly foreshadow their future. In this day and age, there is rivalry at every step. The kids are encouraged to put in more effort and get more knowledge as a consequence. In addition, it assists educators in identifying whether or not the strategies they use to teach are efficient, which allows them to adjust their practises in line with the results. Achievement, therefore, may be thought of as the degree toward which pupils really display the skills they have been taught. One alternative definition of success is the amount of knowledge gained via study and practise. It is the result of years of study in a variety of

fields. The word "academic accomplishment" is often used to describe a person's level of success or expertise in a certain academic or academic-related domain. (Mottowildo SJ, Packard JS and Manning MR 1986)

### **Conclusion**

Mindful yoga in the classroom is still very much in infancy as far as academic paper goes. Although there are many systematic reviews that advocate for establishing these programmes, it is also crucial to note that other research has revealed weak or no impacts. And many studies rely on kids' evaluations of themselves on "self-report" questionnaires instead of objective data or assessments from teachers and parents. A larger, more thorough study is needed to define overall advantages of these programmes and what causes these, as well as the appropriate amount of practise time and best practises for implementation. More than 350 new studies exploring the advantages of yoga and meditation for kids have been released in the previous two years, a strong evidence that interest in the subject is fast expanding. We have faith that yoga's good effects on kids' academic achievement, mental and emotional health, and school climate will continue to be documented. From this summary, we may assume that yoga intervention has a major effect on kids' mental and emotional growth. Schoolchildren who practise yoga have an easier time focusing on a variety of tasks. Some yogic techniques might help you relax and deal with stress. Yoga helps people relax and focus their minds. Consistent yoga practise may help one develop healthy routines that will benefit one's life for the rest of their years. The practise of yoga has been shown to improve children's ability to remember information. Enhancing memory is another benefit. The research suggests that yoga might help children develop a more holistic understanding of themselves.

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