

Effect of Yoga Practice on Stress of CBSE Board School Children Age Group 10 to 14 Years

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Introduction

Today going to school is a historic milestone in children's lives; school is a place that plays one of the most important roles in their physical, mental and emotional development. School can be dynamic settings for promoting health. Regular physical activity, fitness and exercise are critically important for the health and well being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular physical activity, whether they participate in vigorous exercise or some type of moderate health enhancing physical activity. Regular physical activity has been shown to reduce the morbidity and mortality from many chronic diseases. Yoga is leading and a very popular, mode of relaxation, it provides a good mental stability and improves school children's body mind connections and even alleviates stress also.

Yoga

The word Yoga which derives its name from the word, "YOGA" to bring together does just that, bringing together the mind, body and spirit. The union is between the individual consciousness and the universal consciousness. When the mind is still the individual can experience self that is far greater than the mind, which can lead to possibilities of enlightenment.

Dependent variables

In the present study dependent variables was the Stress. Dependent variables selected by the researcher scholar to observe the effect of Yoga on stress.

Independent variables

The set of selected Yoga such as, Surya namaskar, parvatasana, Yogmurasana, Paschimottasana, Vajrasana, halasana, Sukhasana, Om chanting, Meditation, Shavasana etc were selected as independent variables.

Limitations

In this study subjects were school children and they come from different families. So their food habits or diet factor and regular activities were not controlled by the researcher.

Delimitations

In this study researcher takes subject from CBSE school children Colaba, Mumbai. In research study many psychological variables are there. In this study researcher has taken mental stress only.

Hypothesis

Yoga practices may not be useful in reducing stress of school children in the age group 10 to 14years.

Methodology

Design of the Study

The researcher has chosen experimental design consisting of one group experimental group. The subject was CSBE Board school children of Nandurbar. Subject chosen through random selection process. Total no of student (n=20). Student practiced Yoga for 8 weeks and Monday to Saturday in the evening for one hour, except Sunday. Children stress source inventory age 10 to 14 used of pre test and post test stress measurement for collected the data.

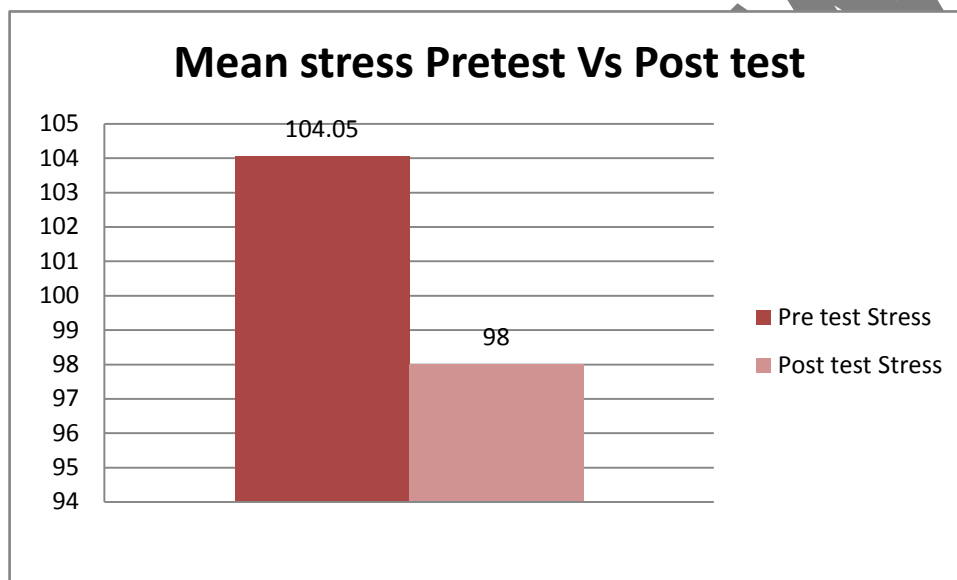
Result

The mean value of stress measurement for the group has reduced from 104.05(pre test) to 98 (post test). The difference is 6.05. The obtained value of t score 4.659 is statistically significant at 0.05 level of confidence with degree of freedom 19. The table value is 2.093.Hence the reduction in stress on the group post Yoga training period is significant.

Table 1

Experimental Group

Variables	Mean			SD		t score
	Pre test	Post test	Diff(Pre-Post)	Pre test	Post test	
Stress	104.05	98	6.05	10.58	11.01	4.659



Conclusion

The experimental study of Yoga related to the psychological aspects that Yoga contributes to take care of one's stress, attention, motivation, anxiety, concentration, mental balance, mind and body coordination etc. Therefore the research scholar has undertaken the above study and analysis concluded that Yoga training or practice shows a significant effect on stress of school children (CBSE Board), age group 10yrs to 14yrs.

References

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