

**RESEARCH PAPER****Effect of Yogic Exercise on Adjustment at Secondary Level Students****Ravindra Kumar and Prem Prabha Singh**

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Email: [ravindrakumarpatel4@gmail.com](mailto:ravindrakumarpatel4@gmail.com)Received: 5<sup>th</sup> Jan. 2018, Revised: 21<sup>st</sup> February 2018, Accepted: 24<sup>th</sup> February 2018**ABSTRACT**

*In the 21<sup>st</sup> century due to progression of science, technology and educational system the life style of student's changes in a larger broaden which cause many physiological problems by which the students become socially and educationally in adjustable. Student, itself is an unstable, disturbed and unpredictable period in human life. The purpose of this study was to observe the effect of Yoga exercise on Adjustment of secondary level school students with age group 13-18 years specially secondary level students. The sample of 60 students covered for the purpose of the present study. The subject has been selected by using convenient sampling technique. The time duration for yogic practice 60 days and exposure time for yogic practice 50 minutes daily. Tool used to measure the variables of this study. Adjustment Inventory for school Students (AISS), design by A. K. P. Sinha & R. P. Singh. In this study t-test has been used for statistical analysis. Result of the present study shown that there is a significant changes ( $p < 0.01$ ), Hence Yoga exercise causes a significant positive effect on adjustment of the secondary level student.*

**Key words:** Asana, Pranayama and Adjustment.

**INTRODUCTION**

Yoga is a fantastic method to maintain physical, mental, emotional and spiritual health. It is a 'science', which provides a logical step-by-step practice for a new understanding us. That is why our ancient Rishi and Gurus considered the practice of Yoga including meditation as part of educational process to keep the child sound in all aspects physically mentally and spiritually. All educative process started and practiced long back in Ashrams or Gurukulas with Yogic practices by each and every disciple. To get the greatest benefits from Yoga, one has to combine the practice of Yogasanas, Pranayama.

**ADJUSTMENT**

Adjustment is a process by which a living being maintains a balance between its needs and the circumstances that influence the satisfaction of these desires. Adjustment is harmonious relationship with the environment involving the ability to satisfy most of one's needs and most of the demands, both physical and social that are put upon one (Anonymous, 1968).

Successful Adjustment is also called being 'well adjusted' and is significant to mental health. Colloquially, being well-adjusted is defined as a person who "is reasonable and has good judgment... their behavior is not difficult or strange." It is important to remember that adjustment is a continuum, not a simple dichotomy; people can fluctuate and be adept at adjusting in different circumstances. In general, a person that is well-adjusted will have the following characteristics:

1. An understanding of personal strengths and weaknesses and a tendency to play up strengths while limiting the appearance of weaknesses.
2. Personal respect and appreciation, a well-adjusted individual finds themselves to be inherently valuable.
3. Appropriate aspirations that require hard work and capitalizing on strengths without being too far out of reach and setting them up for failure.
4. Basic needs such as food, water, shelter, and sleep are consistently met, as well as a general feeling of security and positive self-esteem.
5. Positive attitude and a tendency to find the goodness in other people, objects and activities. A

- well-adjusted person will acknowledge others' weaknesses but not actively search for faults.
6. Flexibility to respond to and accommodate for changes in the environment.
  7. Ability to handle adverse circumstances: well-adjusted people are able to take negative life events in stride, they will be motivated to take action to remedy the problem rather than passively accept it.
  8. A realistic perception of the world that allows for a healthy amount of distrust of others and encourages pragmatic thinking.
  9. A feeling of ease within surrounding environments. A well-adjusted person feels comfortable in different aspects of their community such as home, school, work, neighborhood, religious organization, etc.

Yoga helps students to promote conscious awareness and increases adjustment and improves performance in all areas of life including school work and relieves stress by providing a greater sense of general well-being. Subramanyam, 1986, Most of the problems centering children are physical appearance, health and physical development, marks scored, relationship with members of their families, their teachers, and home adjustment. This maladjustment may lead to absenteeism, truancy, low achievement and other worthless habits of children. Sharma and Mehta (1988) investigated the effects of need for achievement upon adjustment and academic achievement. A sample of 156 students higher Secondary science students from government higher secondary schools for boys in Jaipur were administered on Murray's need achievement need abasement item and. Mythili *et al.* (2004) investigated the adjustment problems of intermediate students. Samples of 150 students were selected randomly from government and private management colleges in Vijayawada. A Telugu version of the 'Mooney problem checklist' was administered. The data was subjected to, 't' test. Results revealed that students of private Colleges had more problems than those of government colleges. B. Bhagaban. R. Nagaratha. H.R. Nagendra (2003) a comparative study of three different yoga modules. On concentration and adjustment in normal children (9-12) year, Study conducted on 338 children of English medium school whose age ranged from 9 to 12 year. They were taught yoga posture and breathing exercise, mediation and found integrated yoga modules help in improving concentration and adjustment among the children's."

### OBJECTIVES OF THE STUDY

- To find out the effect of Yoga Practice on Adjustment of Secondary level students.

### HYPOTHESIS

- There is significant effect of Yoga Practice on Adjustment of Secondary level students.

### RESEARCH METHODOLOGY

**Table 1:** convenient sampling (Total Sample = 60)

1.	Yogic intervention for the present study Timeduration	40 days
2.	The exposure time for Yoga Asanas	40 minutes
3.	Exercise of Pranayama	10 minutes

**Table 2:** Adjustment: (Students)

	Control	Experimental
Mean	29.73	35.22
Variance	16.40111	11.56727
Observations	100	100
Hypothesized Mean Difference	0	
df	192	
t Stat	-10.381	
P(T<=t) one-tail	1.27E-20	
t Critical one-tail	1.652829	
P(T<=t) two-tail	2.53E-20	
t Critical two-tail	1.972396	

The sample of 60 students covered for the purpose of the present study belongs to age group between 13-18 years and are from Arjun Prasad Intermediate College Khajuri, Mirzamurad, Varanasi U.P. The subjects have been selected by using convenient sampling technique.

### TOOL USED

Tool used to measure the variables of this study. Adjustment Inventory for school Students (AISS), design by A.K.P. Sinha & R.P. Singh.

### RESULT & DISCUSSIONS

It is clear fact from Table that yogic Exercise has significant effect on adjustment level between (Experimental Group) and (Control group). As the post mean values of experimental group is 35.22 & control group is 29.73. According to Statistical analysis, adjustment t value -10.38 has been observed which is significant, on 0.01 level of significance, Subramanyam, 1986; Most of the problems centering children are physical appearance in school, health and physical development, marks scored, relationship with members of their families, their teachers, and home adjustment. This maladjustment may lead to absenteeism, truancy, low achievement and other unworthy habits of children.

Singh and Sen Gupta, 1987 Adjustment is harmonious relationship with the environment involving the ability to satisfy most of one's needs and most of the demands, both physical and social that are put upon one. Sharma and Mehta (1988) investigated the effects of need for achievement in school going children upon adjustment and academic achievement. Adjustment is a state in which the needs of the individual on the one hand and the claims of the environment on the other are fully satisfied. The concept of adjustment at any level is that which reflects the fruits of the normal overall adjustment development. However, when adjustment level is elevated it may believe to have beneficial yoga practices effect in the body.

Mahesh Dani, 1999 suggests that the effect of teaching Yoga to children helps them with a better understanding with others, increase the adjustment. Thus children with yogic education absorb these skills into their daily routine, which ensures good health. Children have good adjustment power; it is the art of yogic education that helps to improve the 'adjustment' in their life. However, when adjustment level is elevated it may believe to have beneficial yoga Exercise effect in the body. Apart from this, several studies have been published analyzing the effect of yogic practice like *asana*, *pranayama* and meditation enhances self-esteem (Narasimhan, Nagarathna & Nagendra, 2011).

Another study used a multi- component Yoga-Preksha-Dhyan (YPD) intervention comprising *mahaprandwani*, *sukshmakriya*, *asanas*, *pranayama*, *dhyan*, *anupreksha* & *sankalp*, which makes it a comprehensive intervention to reduce aggression in school children (Jain, et. al., 2017). Another study was conducted on college going students felt well in mood states, individual coping strategies and the level of psychological adjustment after the yoga intervention (Christopher & Benjamin, 2004). Daily practice of yoga improves the awareness of real self and gives an opportunity to stop and observe the situation. Through yoga can develop sensitivity and the ability to feel body sensations, recognize emotions and self- introspection. Also yoga is the way to control over self as well as the best technique for self-introspection and with regular practice of self-introspection a person aware to his self and give rise to self-adjustment. The art of self-adjustment can give a sense of self-satisfaction and inner happiness (Moein et. al., 2013).

However, when adjustment level is elevated it may believe to have beneficial yoga Exercises effect in the body. Table shows a significant change in the adjustment level between the yoga practitioner and non-practitioner group of school going children during the study. It can be concluded that Yogic intervention increased the adjustment level. However yogic education helps to improve the 'Adjustment'.

### CONCLUSION

This result met after data analysis conducted that the practice of Yoga Exercises is quite effective to improve the adjustment of school students from this further it can be concluded that yoga package with Yoga Exercises caused significant memory enhancement of school students.

The previous researchers concluded that yogic practices like Yogasanas, Pranayama, and Yoga-Nidra act as a tonic for the body and this help to increases the adjustment. With continuous yogic practice improves the adjustment in student life, whole personality and behavior an almost miraculous change in life.

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