

Effect of Yoga Practices on Mental Health of School Students

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Abstract

The purpose of the study was find out the effect of yogic practices on mental health of School Students. Only male students of Base Model School Charkhi Dadri district of Haryana state ranged between the age group of 12 to 18 Years were selected purposively for the study. A total number of 60 samples were selected. The study was conducted by Experimental Method. The selected Variable for study was Mental Health. The criterion measure Mental health, was measured and Administering the C.D Agashe and R.D Helede's mental health questionnaire. For the present study single group pretest-posttest design was used. A group of research participants were measured on the dependent variable, prior to administration of treatment condition. The independent variable was then administrated, and the dependent variable, was again measured. The difference between the pre test and posttest scores were taken as an index of the treatment condition. Scores on Mental Health were obtained before and after the experimental period of 8 weeks. For testing the statistical significant difference among the pretest and posttest, the data was analyzed by Descriptive statistics and paired samples 't-test'. The level of significance was kept 0.05 in order to test the Hypothesis. It was also observed from the findings that there was significant difference between Pretest and Post Test of Mental Health. This indicated that Yoga Practices training program had positive effect on Mental Health of Students. From the result of the study, it can be concluded that Yoga Practices training for the period of 8 week was over all effective to increase the Mental Health of School Students.

KEYWORDS: Yoga Practices, Mental Health, School Students.

Introduction

Mental Health is an essential component of overall health and must be considered in understanding relationship between physical activity and health. Mental health is a serious issue for children and adolescents, because there are disturbing high rates of depression and suicide in young people. It will be thought desirable to undertake this investigation entitled, "Effect of Selected Yoga Practices on Mental health of School students"

Materials and Methods

Only male students of Base Model School Charkhi Dadri district of Haryana State ranged between the age group of 12 to 18 Years were selected purposively for the study. A total number of 60 samples were selected. The study was conducted by Experimental Method. The selected Variable for study was Mental Health. The criterion measures Mental health was measured by Administering the C.D Agashe and R.D Helede's mental health questionnaire. For the present study single group pretest-posttest design was used. A group of research participants were measured on the dependent variable, prior to administration of treatment condition. The independent variable was then administrated, and the dependent variable, was again measured. The difference between the pre test and posttest scores were taken as an index of the treatment condition. Scores on Mental Health were obtained before and after the experimental period of 8 weeks. For testing the statistical significant difference

among the pretest and posttest, the data was analyzed by Descriptive statistics and paired samples 't'-test. The level of significance was kept 0.05 in order to test the Hypothesis.

Results

Table No. 1
Descriptive statistics of pre and post test of Mental Health

Test	N	Mean	Std. Deviation	Std. Error Mean
Pretest	60	69.8333	5.94656	.76770
Posttest	60	67.7500	6.01587	.77665

Table No. 2
Paired Samples Correlations
Pretest and posttest of Mental Health

Test	N	Correlation	Sig.
Pretest and Posttest	60	.726	.000

Table No. 3
Paired Samples 't' test of Mental Health

t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference
3.642	59	.001	2.08333	.57209

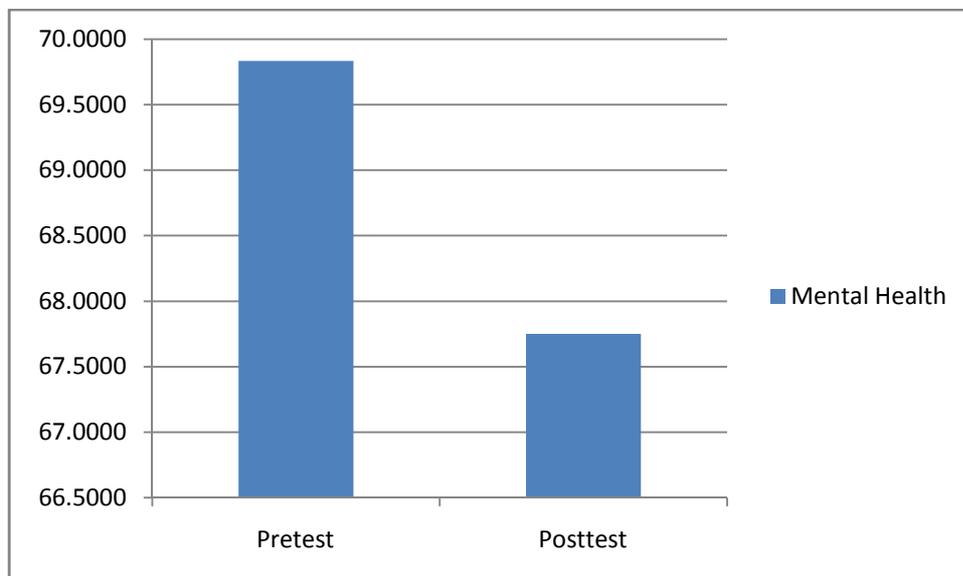


Figure 4.5 shows Comparison of mean of Pre-test and Post test of Mental Health . It shows that there was significant improvement in Mental Health due to treatment.

Discussion of Findings

It was also observed from the findings that there was significant difference between Pretest and Post Test of Mental Health. This indicated that Yoga Practices training program had positive effect on Mental Health of Students. From the result of

the study, it was observed that Yoga Practices training for the period of 8 weeks was effective to increase the Mental Health significantly.

Conclusion

From the result of the study, it can be concluded that Yoga Practices training for the period of 8 week was over all effective to increase the Mental Health of School Students.

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