



The Study of the Effect of Yoga Training on the Development of Mental Health of Students at the Upper Primary Level in Aurangabad District

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Abstract

Yoga Education impacts the development of student's mental health at the upper primary level. Through the disciplines of Yama, Niyama, diet, Pranayama, Dhyana, Dharana, and Samadhi students reach deeper levels of mental calmness. This period represents a transitional and turbulent state and yoga bestows tranquility upon it. It results in feelings of peace and happiness. This leads to mental calmness and enhances both physical and mental health. Results revealed that Student's concentration improves, and their stress and anxiety reduce. This fosters focus and development. Yoga brings mental stability to students at the upper primary level.

Keyword: Mental Health , Yoga, Pranayama, Yoga Training, Students

Introduction:

Every activity requires preliminary preparation, including the study and execution of yoga education. A thoughtful approach to preparing for yoga training is crucial. Students must be guided on how to begin practicing yoga, which specific asanas are essential, and how they scientifically and practically contribute to mental health. The upper primary stage is characterized by both physical and mental developmental changes. Students often face internal confusion and lack focus. Therefore, it is necessary to provide appropriate yoga-based therapeutic practices to ensure mental well-being. As a result, their stress levels reduce and mental clarity improves. Stable minds among students make their educational journey smoother, helping them grow into responsible citizens. This, in turn, creates a desirable future generation imbued with culture and good values.

With daily yoga practice — including asanas, Pranayama, and Surya Namaskar — students' mental stability improves. The modern age's increasing ambitions have led to rising stress among students. Stress is responsible

for most health issues. There is no better remedy for stress relief than Pranayama, yoga, and meditation. Even a few minutes of daily practice can make students stress-free, calm, and joyful. It cools the nervous system and protects against many illnesses. After performing asanas to relax the body and mind, daily Pranayama should be practiced for several minutes.

2. Objectives of Research:

1. To search the students at the upper primary level in the Aurangabad district
2. To study the effect of yoga education on students at upper primary level.
3. To develop a structured yoga training program.
4. To implement yoga training according to the structured program.
5. To study the effect of yoga education on the mental health development of upper primary students.
6. To compare the effect of yoga on mental health between students in rural and urban areas at the upper primary level.

3. Hypothesis of the Research:

1. Yoga training has an impact on the mental health of upper primary-level students.
2. There is an effect on the mental health development of students studying at the upper primary level in both rural and urban schools.

4. Need for the Research:

1. It is essential to examine how yoga contributes to mental health development at the upper primary level.
2. Upper primary students are typically in adolescence—a stage of rapid development—and often experience mental turmoil. Studying this is crucial.
3. This age group often suffers from irritability and anxiety. Timely guidance through yoga education is necessary.
4. Adolescents are emotionally sensitive and tend to isolate themselves. Yoga can reduce this emotional instability.
5. Therefore, structured yoga intervention programs are required.

5. Methodology: An experimental method was used..

6. Research Design: One-group design with pre-test and post-test.

7. Tools: A standardized psychological test was used to measure mental health.

Statistical Measures: Median, standard deviation, t-test, and graphs were used.

Population and Sample: The population comprised upper primary students in Aurangabad district, with a sample size of 160 students selected.

9. Research Procedure:

1. A 12-week schedule was created over a 3-month period.

2. A structured yoga training program was developed.

3. Yoga training was imparted according to the developed program.

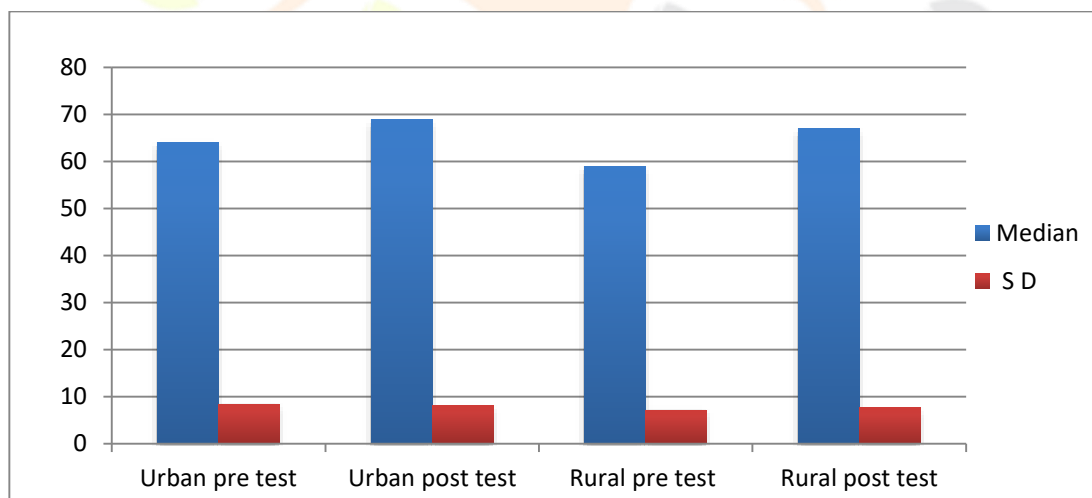
9. Data Analysis and Interpretation:

Table 1: Median, Standard Deviation, and T-value for Mental Health Pre-test and Post-test

Mental Health Test	Student	Median	S.D.	T-value
Pre-Test	160	61	8.057	6.73
Post-Test		68.5	7.88	

Interpretation: For 160 students, the pre-test median was 61 (S.D. = 8.057), and the post-test median was 68.5 (S.D. = 7.88). The T-value was found to be 6.73 With 159 degrees of freedom, at $t < 0.001$, the table value is 2.61 The calculated T-value (6.73) is much greater than the table value. Thus, mental health has improved.

Table 2: Comparison of Mental Health Median Scores of Rural and Urban Pre- Post-Test Students



Interpretation - The median scores of rural and urban students have improved after yoga training. Urban pre-test median: 64, post-test median: 69 Similar improvement is observed for rural pre-test median: 59 and rural post-test median: 67 students. Graphs for urban and rural pre- test and post-test are presented.

10. Research Finding:

1. Due to the yoga training program, there has been an increase in mental health scores of upper primary students in both pre-test and post-test assessments.

2. The pre-test and post-test results of mental health assessments show a positive effect.

3. In children's mental health assessments, there is a noticeable difference between pre- and post-tests due to the yoga training program.

4. The mental health scores of children improved significantly in terms of mean, standard deviation, and variance due to yoga training.

5. A noticeable difference was found in mental health scores of students from rural schools at the upper primary level.

Conclusions:

From the present study, it is clear that yoga training at the upper primary level has a positive effect on the mental health of students.

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