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**IMPACT OF YOGA ON SCHOOL STUDENTS PERFORMANCE: A STUDY****DR. C. ANURADHA****ASST. PROFESSOR****SRI VENKATESWARA COLLEGE OF COMPUTER APPLICATIONS & MANAGEMENT  
COIMBATORE****DR. J. ANURADHA****ASST. PROFESSOR****VLB COLLEGE OF ARTS & SCIENCE  
KOVAIPUDUR****DR. S. GOPALSAMY****PROFESSOR****SRI VENKATESWARA COLLEGE OF COMPUTER APPLICATIONS & MANAGEMENT  
COIMBATORE****ABSTRACT**

The present study is aimed at the surge of yoga practice and its role in human health. In order to determine the impact of yoga in the performance of students who are practicing it regularly, the Structural Equation Modeling has been used. A sample of 60 higher secondary school students who were practicing regular yoga were selected by using the simple random sampling technique. The result portrays that there is a positive impact of yoga practices in the performance of school students in Erode district of TamilNadu (State), India. Life is wonderful gift of nature. If life is to be happy, successful, harmonious, good physical health is indispensable.

**KEYWORDS**

Human System, Healthy Living, Students Performance, Yoga.

**INTRODUCTION**

Yoga is a science of life to develop sixth sense to its fullness and to enable man to enjoy peaceful and blissful life.

**Vethathiri maharishi**

All people wish to lead a happy life. No one can deny it. While enjoying life people came across some issues. They will feel disharmony, ill health, pains and miseries of various kinds. In order to promote human health rishi's identified Yoga. Through the yoga practices, it will secure physical and mental health of human. The main role of yoga practice is to inculcate individual peace which spreads eventually to family and blossoms into world peace. Yoga offers many benefits to modern day students at almost every level. The combination of yoga, the breath and movement can help to assuage stress towards the modern academic pressure. The major benefit from yoga is that it reduces the stress. Practicing yoga will reduce students' stress levels, translating into better academic performance. Yoga offers time for the body and mind to relax from the rigors of learning. This may help students to become better at applying themselves while studying and learning in a classroom.

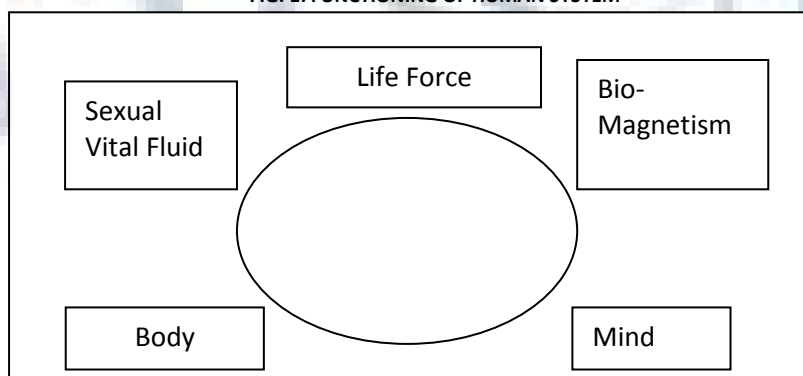
Medical students who practiced yoga for just one month reported better sleep and improved concentration during their studies as published in a 2013 issue of the "Indian Journal of Community Medicine." Yoga, especially breathing techniques, can also increase concentration and academic performance in academically struggling students, concluded a 2012 study published by the International Society for Scientific Interdisciplinary Yoga Research.

**The major principles of yoga includes as:**

- ❖ To purify soul, mind and body of human society.
- ❖ To do services for development of knowledge, social understanding, good habits of life.
- ❖ To promote education growth of children.
- ❖ To promote trustiness of people.
- ❖ To promote universal brotherhood for universal peacefulness.

The Key Benefits of Yoga includes Physical and mental benefits. Through the continuous practice of yoga it develops immunity against diseases and helps in curing diseases. Yoga improves memory and concentration, helps to prevent and cure diseases, provides calmness, relax ensures peace and fulfillment in individual and society, reducing stress, improving understanding and relationships.

The human system mainly comprises the physical body, the mind, the bio-magnetism, the life force, the sexual vital fluid. All these are inter related one

**FIG. 1: FUNCTIONING OF HUMAN SYSTEM**

**The life force:** Life force is the form of smallest energy particle which runs throughout the body. In the process these particles produce bio-magnetic waves. Life force particles circulates throughout the physical body and energizes all the cells and tissues.

**The bio-magnetism:** It's generated within the physical body. Life force particles liberate formative dust particles which are called bio-magnetism. It is the phenomenon of magnetic fields produced by living organisms. These Bio-magnetism is responsible for all physical and mental activities of human body.

**The mind:** The extension of bio-magnetism through senses and through brain as thought wave is called mind. Life force particles are spent during the body and mind functions.

**The physical body:** Billions of life energy particles keep whirling all over the body. Each life energy particle, millions and millions of formative dust particles, functions energizing the life energy particle.

**The sexual vital fluid:** The birth and death of human being depend on the sexual vital fluid. It holds the life. Death occurs after enormous wastage of the fluid. Body structure is based on the quality and quantity of fluid.

## YOGA FOR SCHOOL STUDENTS

The school students in their teen age. Have changes in physiological, psychological and social as they were from a being child adult. In this time proper guidance is needed to understand the values of life. In school, Social intuition is formulated to serve skills training and cultural transmission, but yoga plays as a major source for enhancing mental ability to absorb things and also has physical benefits.

## MATERIALS & METHODS

### DESIGN AND PARTICIPANTS

The present study is an attempt to determine the impact of yoga on school students. The population of students in this study who are regularly practicing yoga in World Community Service Centre, Gobichettipalayam, Erode (District), Tamilnadu (State), India. Students were contacted at their respective Yoga Centers. They were asked to respond to the questionnaire.

### THE STUDY QUESTIONNAIRE

The questionnaire was made up of both open ended and close ended questions that were self explanatory. The impact of yoga on the regular activities of each student were observed. The information related to concentration, improvement in studies, involvement in sports, co-curricular activities and self-confidence were collected. The dependent variable was an item on 'performance'. Each item was rated on a 5-point scale ranging from 1 (poor) to 5 (very good).

### SAMPLING

A sample of 60 higher secondary school students who were practicing regular yoga were selected using simple random sampling technique.

### STATISTICAL ANALYSIS

In order to determine the influence of yoga towards the performance of students who are practicing regular yoga, the Structural Equation Modeling has been used. Structural equation model (SEM) is used to test and eradicate the contributory relationship using a mixture of statistical and qualitative data with assumptions. Considered as the best approach by many researchers, the SEM unlike other statistical methods does not have limitation on the number of variables. There is no difficulty in hypothesis testing in SEM because it takes the confirmatory approach rather than the exploratory approach. Many sub-criteria are considered under each criterion. The response is arrived for all the sub-criteria from the people involved in the decision making process. The significance of the criteria as well as the sub-criteria was tested. This is the reason why the relative weightage arrived from SEM is considered more valid than any other approach. This model also takes measurement error into account when analyzing the data statistically. SEM is capable of estimating or assessing measurement error. It can incorporate both observed and latent variables. SEM models require less reliance on basic statistical methods.

### ETHICS

The World Community Service Centre, Gobichettipalayam, Erode - (district), Tamilnadu (State), India permitted this study. All participants gave oral consent.

## RESULTS

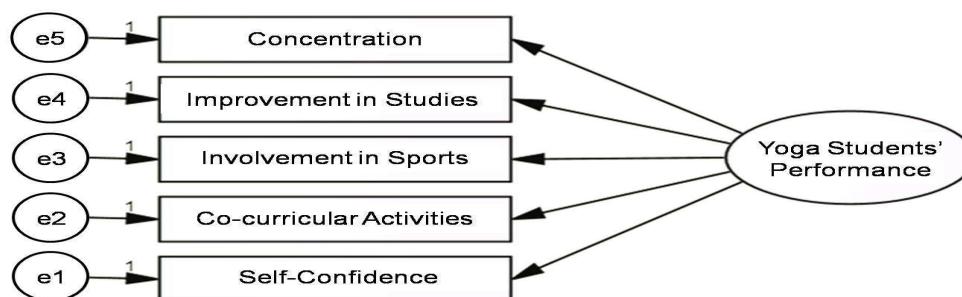
### RESEARCH MODEL AND HYPOTHESIS FORMULATION

The research hypothesis has been defined on the basis of the problems identified in the present research pertaining to influence of yoga towards performance of selected school students who are practicing yoga regularly in the study area.

### HYPOTHESIS OF THE STUDY

There is no positive relationship between selected five measured variables and the latent variable (Yoga students' performance).

FIG. 2: PERFORMANCE OF YOGA STUDENTS



### VALIDITY OF THE MEASUREMENTS

The following table shows the fit indices of the selected five factor model.

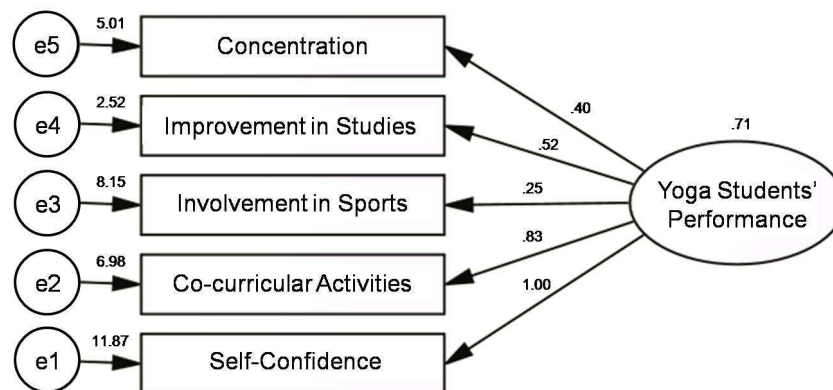
TABLE 2: MODEL FIT SUMMARY

S.No.	Test Factor	Value	Result
1	Chi-Square	12.850	Sig. at 5% level
2	Chi-Square / df (5)	2.570	Good Fit
3	GFI (Goodness of Fit)	0.992	Good Fit
4	AGFI (Adjusted Goodness of fit)	0.975	Good Fit
5	CFI (Comparative Fit Index)	0.953	Good Fit
6	NFI (Normed- Fit Index)	0.952	Good Fit
6	TLI (Tucker-Lewis index)	0.969	Good Fit
7	RMSEA (Root mean square error of approximation)	0.051	Good Fit



A model is said to be fulfilling the criteria of goodness of fit, if it satisfies certain values. In this case, the calculated value of the chi-square analysis is 12.850 on 5 degrees of freedom, which gives a p-value of 0.000 and this model is a good fit for the analysis. The value of 'chi-square/df' should be less than or equal to 5. Based on these values, estimated value for the model is 2.570 which satisfy the required condition. Similarly, the required value of root mean square error of approximation (RMSEA) should be less than 0.07. Against this value, the estimated model value is 0.051 which highly validates the result. Similarly, rest all model fit indices (GFI, AGFI, CFI, NFI and TLI) for the 5-factor model indicates that the model fits well in representing the dataset of 5 performance activity factors. Regression weights between items and factors variables are shown in the following path diagram. The real strength of SEM is to estimate more complicated path models, with intervening variables between the independent and dependent variables, and the latent factor as well.

FIG. 3: RELATIONSHIP BETWEEN ACTIVITIES THAT INFLUENCE THE PERFORMANCE RESULTED HYPOTHESIS MODEL



**Impact of Yoga:** The impacts of five factors towards the yoga students' performance were examined with the help of regression weights and presented in the following table.

TABLE NO. 3: REGRESSION WEIGHTS

Measured Variable		Latent Variable	Estimate	S.E.	C.R.	Result
Concentration	←	Yoga Students' performance	1.000	0.907	13.169	1%
Improvement in Studies	←	Yoga Students' performance	0.690	0.505	14.176	1%
Involvement in Sports	←	Yoga Students' performance	0.393	0.327	16.045	1%
Co-curricular activities	←	Yoga Students' performance	0.769	0.356	6.576	1%
Self confidence	←	Yoga Students' performance	0.106	0.297	17.219	1%

#### TESTING OF HYPOTHESES

The following table represents the results of the testing of the hypotheses.

#### TESTING OF HYPOTHESES

TABLE 4

Hypotheses	Hypothetical Relationship	Result
H1 : There is a positive impact of concentration on students' performance	Positive	Confirmed
H2 : There is a positive impact of improvement in studies on students' performance	Positive	Confirmed
H3 : There is a positive impact of involvement in sports on students' performance	Positive	Confirmed
H4 : There is a positive impact of co-curricular activities on students' performance	Positive	Confirmed
H5 : There is a positive impact of self-confidence on students' performance	Positive	Confirmed

From the path diagram, measured variables with latent variable of influencing factors is having positive relationship and also significant at 1 percent. The analysis of the model suggests that all the measured variables concentration, improvement in studies, involvement in sports, co-curricular activities and self-confidence are significantly associated on students' performance.

#### DISCUSSION

The result shows that continuous practice of yoga free mind to wards learning. So concentration of the students improve. Better concentration automatically enables students to improve their studies. The continuous practice of yoga gives good immunity power. So there is no chance for diseases occurring. Yoga education improves the student mental and physical performances. It paves the way to reduce stress and improve concentration among students. So yoga education should be compulsory from the primary education to the students.

#### CONCLUSION

Life is wonderful gift of nature. Those, who are healthy can lead meaningful life. If life is to be happy, successful a harmonious good physical health is indispensable. It would be witnessed that this experimental group of students had improved and performed better in their day-to-day activities physically and mentally. The results show that if students practice yoga regularly they can get sound health and can shine in their academic activities which leads them to get success in their life.

#### ETHICAL CONSIDERATIONS

Ethical issues (Including plagiarism, Informed Con-sent, misconduct, data fabrication and/or falsification, double publication and/or submission, redundancy, etc) have been completely observed by the authors.

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