



Selected yoga practices for improving concentration among slow learners

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Abstract

The purpose of the study was to determine the Effect of Selected Yoga Practices on concentration of the slow learners in grade nine to eleven (9-11) in the Karagasthalawa Maha Vidyalaya. To achieve this purpose of the study (N=30) students were selected cluster sampling technique, who were from the various classes in the Karagasthalawa Maha Vidyalaya. The age of the subjects were ranged from 15 to 17 years. The subjects are performed selected Yoga asana in the morning time for 60 minutes per five days. Over the period of six weeks (6) which was given the posttest. The subjects tested on selected depended variable concentration by given the questionnaire as a test, the collected data were statically treated by using Independent t-test, 0.05 level of confidence was fixed to test the confidence. The result shows that there was a significant difference concentration of the slow learners between pre and posttest. It was concluded that, there was significance improvement on concentration among slow learners in Karagasthalawa Maha Vidyalaya.

Keywords: yoga asana, concentration, slow learners

Introduction

Yoga is an ancient philosophical and religious tradition which is thought to have originated in India in at least 1000BC (Feuerstein, 1990). It refers to large body of values, attitudes and techniques. The word Yoga is probably derived from Sanskrit word "Yuj" which means to "unit" or "connect" and higher levels of yoga this is often said to mean the experience of union of the individual self with universal self (Feuerstein 1990). The word yoga bringing together two things in to a relationship. There are many examples in union yoga, like union of mind and body, the union of yin and yang. Practicing yoga daily for 30 minutes can improve brain functions. Yoga helps the subjects perform better in comparison to aerobic exercises or no exercise at all. Yoga helped to improve concentration and focus by claiming the mind and getting rid of distracting thoughts. There are five yoga asanas that need to develop concentration. Such as Tadasana (Mountain position) it improves concentration and boost energy, Vrikshasana (Tree position) helps to improve balance, gives body to proper posture and boosts concentration, Savasana (corpse position) helps to reboot and feel alive, Padmasana (lotus position) helps to deepen meditation by calming the mind. Bhramari Pranayama asana helps to boost attention, calming the mind and reducing the anxiety.

Purpose of the study

The primary aim of this study was to determine the effect of selected yoga practices on concentration among the students of Karagasthalawa Maha Vidyalaya.

Methodology

The purpose of the study was to determine the Effect of Selected Yoga Practices on concentration of the students of Karagasthalawa Maha Vidyalaya. To achieve this purpose of

the study (N= 30) students were randomly selected as subjects, who were from the various classes of the Karagasthalawa Maha Vidyalaya. The age of the subjects were ranged from 15 to 17 years. The subjects are performed selected Yoga asana in the morning time for 60 minutes per five days. Over the period of six weeks (6) which was given by the Yoga experts. End of the yoga training the subject were tested (pretest and posttest) on selected depended variable concentration. Selected variable concentrations measured by questionnaire test, the collected data were statically treated by using independent t test, 0.05 level of confidence was fixed to test the significance, which was appropriate.

The Sequences and duration of the Yogasanas Included in the Training programme are...

Table 1

Yogasanas	Repetitions	Time / minutes
Tadasana	3	Six minutes
Vrikshasana	3	Six minutes
Savasana	3	Six minutes
Padmasana	3	Six minutes
Bhramari Pranayama	3	Six minutes

Result

Computation of 't' ratio between pre and posttest on concentration among slow learners in Karagasthalawa Maha Vidyalaya

Table 2

No	Variables	Test	No	Mean	S.D	't' Value
01	Concentration	Pre	60	9.95	0.51	12.37
		Post	60	11.30	0.62	

Significant at .05 level of confidence with df (1, 58) is 2.00

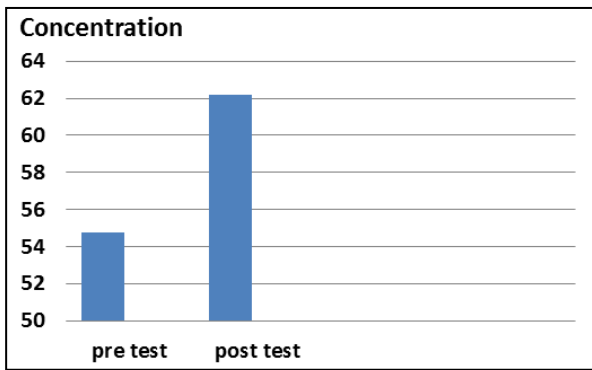


Fig 1

Discussion

Yoga is one of the most important to every human and this is help to improving the health. But the question of improving the concentration is the results of the present study. The results collaborates the findings of similar studies conducted by Swami Kriyananda (1982) in which significant improvement in concentration and similar studies was contacted by Dr Balaram Pradan (1991) in which significant improvement in concentration. The former study was contacted on young boys and girls whereas the latter study involved aged people. In such case it was concluded that the age should also be taken in to consideration in assessing the effect of yogasana training.

Conclusion

Based on the result of the study it was concluded that , there was a significant improvement between the pretest and posttest of Concentration. Depend upon the duration of training.

References

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