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Effect Of Yogic Practices On Span Of Attention, Body Weight, And Lung Function Of The Class Viii Students

M.Ponnarasi[1], Dr. P. Vanithamani [2], and Dr.Babu.P[3]

[1]Part – Time Ph.D. Research Scholar

[2]Associate Professor Department of Physical Education

Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore -641043, Tamil Nadu.

[3]Assistant Professor SG, Head Department of Sports Coaching and Technological advancement ., Chennai , Tamilnadu

mail id:- babuhockey@gmail.com

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Abstract

The art of yoga practice assists in regulating the mind, body, and soul of a person. This incorporates physical and mental skills to create a balanced mind and body. Children get huge benefits from yoga. Yoga improves their flexibility, endurance, mobility, and responsiveness to the body. Moreover, their focus and sense of calm and relaxation are improving. Many studies have found that yogic practices provide wellness physically as well as mentally. The main aim of the present investigation was to examine the effect of Yogic exercises on class VIII students' span of attention, body weight and lung function. The Yoga training was given for 14 students (Age group of 13-14 years) of class VIII in a rural village called Samigoundenpalayam at Palladam Taluk in Tiruppur District. The training was given to the students for a period of 24 days. The span of attention (through Tachistoscope), body weight (through weighing machine) and lung function (through Peak expiratory meter), were taken and compared before and after the training. The analysis proved that the yogic practice affects the span of attention, body weight and lung function among the students and the significant improvement was observed in these parameters after the training.

Key words: Yogic Practice, Span of Attention, Peak expiratory flow rate.

Introduction

Yoga is the simplest, safest, easiest, and healthiest way to stay healthy with no issues in the life. This requires the only regular body movement practice and the correct breathing methods. It has three main elements: constant interaction between body, brain, and soul. This controls the operation of all body organs and, protects the body and mind from the problems. The entire cycle of school study, disgusting pressure from parents and teachers, discrimination and comparison, social anxiety, are the evils which spread its tentacles in the path of students towards achievement in their life. These factors caused stress among the students and further the excitement of outdoor play and the physical activity among students has been taken away by social media. No doubt that, Yoga helps students to improve their attention rates. Yoga helps students to boost their immunity and level of strength. It helps students to stay calm and combat problems of mental health. It also helps to clear up and see unnecessary thoughts get rid of and further it helps students fight disease and helps weight loss. This study seeks to address the question of whether the effect of yogic practices benefits the students' enhancement of memory and physical strength or not. Hence the investigation focuses the effect of yogasanas, pranayama and meditation on the span of attention, body weight and lung function among the subjects taken from class VIII in a rural village.

1. Selection of Subjects

After reviewing the literatures, it was decided to conduct experiment with a small group of students. Fourteen students of Class VIII were randomly selected from Government Higher Secondary School in a rural village 'Samigoundenpalayam' at Palladam Taluk in Tirupur District. The subjects' age group was between 13-14 years for the present study.

2. Method and Materials

The yoga training was given for a period of 24 days. The Span of attention, Peak expiratory flow rate, and Body weight, were considered as the parameters for the present study and were recorded before and after yoga training. The yogic exercises such as yogasanas, pranayama and meditation were given to the subjects daily from Monday to Saturday for 24 days. The subjects were performed 60 minutes from 7.00am to 8.00am in a training session during this period. Students were guided properly on diet since food is also a part of yoga. The different given yogasanas were Padmasana, Vajrasana, Matsyasana, Paschimottanasana, Halasana, Salabasana, Bhujangasana, Dhanurasana, and Savasana. Then the session was ended with pranayama and meditation. The Peak expiratory flow rate was recorded using a peak flow meter. Body weights in kilograms were noted using a weighing machine. For the measure of Span of attention, Tachistoscope was used.

3. Analysis and Interpretation

The data gathered was evaluated statistically using mean, standard deviation, and a t- test and the values obtained are described below.

4. Raw Scores

Weight		Peak Respiratory Rate		Span of Attention	
Before	**After**	**Before**	**After**	**Before**	**After**
52	48	80	88	4	6
48	45	82	86	5	7
51	49	85	90	3	5
38	36	90	95	4	6
42	39	92	98	3	5
48	46	82	88	4	6
42	38	86	92	5	7
58	55	84	90	3	5
54	50	80	87	2	5
58	56	78	85	3	6
47	46	79	84	4	7
38	34	77	86	5	8
32	30	82	88	4	6
42	40	85	92	3	7

Statistical Analysis

Parameter	Mean		SD		t-Value	Remarks
	Before	**After**	**Before**	**After**		
Span of Attention	3.71	6.14	0.91	0.95	6.89*	Significant
Weight	46.3	43.71	7.80	7.78	0.92	Not Significant

Respiration	83.00	89.21	4.35	3.95	3.95*	Significant

***significant at 1% level**

5. Discussion

From the above table it is clear that the data collected after 24 days of Yoga practice show improvement in all the parameters considered. The results showed that the increase in span of attention, weight loss, peak expiratory flow rate exhibits the effect of yogic practices. The calculated t- value 6.89 is greater than the table value at 0.01 level of significance. It substantiates that there is a significant difference among the subjects in their span of attention between before and after the training. It is observed that the mean value of weight of subjects after the training (43.71) is low when compared to before training (46.3). But the calculated t-value 0.92 is less than the table value at 0.05 level of significance. Thus, there is no significant difference with regard to the body weight of subjects. This may be due to the lesser period of training. The calculated t- value 3.95 with regard to the lung function is greater than table value 0.01 level. It reveals that there is a significant difference in the Peak expiratory flow rate of subjects between before and after training.

6. Conclusion

The data gathered and evaluated for 14 students exemplifies the improvement in all the parameters under consideration. Taking these results into account it can be concluded that yoga is effective in improving the overall health of school children. So, yoga can be implemented theoretically and practically at several schools simultaneously with the existing curriculum, and good results can be achieved with a large number of students.

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