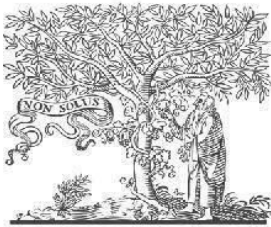


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EFFECTIVENESS OF KRIYA YOGA FOR PROMOTING ACADEMIC MOTIVATION IN SCHOOL GOING ADOLESCENTS: AN EXPERIMENTAL STUDY

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Abstract: The author has attempted to understand whether the usefulness of Kriya Yoga for enhancing level of academic motivation in mid (14-16) adolescents. Academic Motivation can help students for more engaged in teaching learning activities in school environment. The present study attempted to understand the efficiency of Kriya Yoga for enhancing level of academic motivation among school going adolescents. This study was conducted on the sample of 120 students of senior secondary level in Jaipur district using stratified random sampling technique. This study was carried on 9th and 10th Standard students were divided into two groups one performing Kriya Yoga (Experimental Group) and another one without Kriya Yoga for 30 days. India specific standardize Academic Motivation tool were used to address the level of Academic Motivation before and after Kriya Yoga. The results indicates that Kriya Yoga group was significantly increases level of Academic Motivation also at the end of the study higher level of academic motivation was observed in Kriya Yoga group.

Keywords: - Kriya Yoga, Meditation, adolescent, Academic Motivation.

INTRODUCTION

Academic Motivation affects the interest and attitude of the students. In the secondary level classes, the knowledge of various subjects is taught in depth. At this time the student is going through stress to achieve his all-round development. Physical, mental, emotional, social, emotional and behavioral changes take place in adolescence. The speed of these changes' increases. The middle teenage stage provides direction to the personality by going through this emotional phase. This is an important stage of personality formation. Child's education is very important in middle adolescence. If the child lags behind in the field of education, then his career future becomes uncertain, due to which the teenager may have to bear the consequences in his future. Better education is very important for building a better lifestyle. Academic motivation is necessary for continuous progress in the field of education. Students who have high levels of it participate more in internal teaching activities. If seen in the context of India, we still see the problem of drop out at the secondary level. Even today in India, 12.6% students drop out of secondary education. The dropout rate in 2014 was 20.2%. Challenging environment of dropout can be due to lack of academic motivation and problems like family, social etc. Due to not being emotionally strong, according to the NCRB report in India, the number of secondary education students in cases of sudden death and suicide was more than 13000 in 2022. 7.6% of all suicide cases were school going teenagers. Today there is a need to create better mental health in the school system and to create an environment where students are filled with high educational motivation.

Kriya yoga

In ancient Indian philosophy Yoga has been an important branch. Patanjali rishi's asthanga yoga sutra sadhana pada they described Kriya Yoga as Tapas Swadhyaya Ishwarpranidhana. According to this meaning Kriya yoga is a concept of 'Tap' means doing karma by Nishkaam baav penance, 'Swadhyaya' means critical study of self by chanting meditation and 'Ishwar Pranidhan' means connect self with the superpower energy of creation total, surrender to one God with all our thought. Practice of mindful meditation, Kriya exercise and dhyana (concentration) help us to cure various problems of life and being a better means to enhance inner motivation to enrich goal centered life.

REVIEW OF RELATED STUDY

Studies concluded that in India mental health is not in a good condition. Secondary level students' mental health has various issues and challenges. Mental health, Lack of awareness issue, social dilemma, financial problem, Eco-system and Environment problem affects their achievements. Mental health can be improved by proper orientation, meditation and yoga program [1].

Studies to find out the effect of Yoga practices on Emotional intelligence and Healthy Life Style Habits. Sample selected from the city of Ahmadabad, in which 50 were practicing yoga and were practicing at the Indian Institute of Yoga, Ahmadabad center. And there were 50 such people who did not practice yoga. Null hypothesis has been used for this research work. t-test of pre and posttest are compared for conclusion. self-constructed likert type 5-point scale of emotional intelligence and Healthy life style habit has been used. This research concluded that the more practice yoga has the more impact on emotional intelligence and healthy lifestyle habits [2].

Studies the effect of Pranayama and Kriya on Cognitive and Physiological Variables of Adolescents. Major findings of this research are 16 weeks pranayama & Kriya training significantly increases cognitive and physiological performance of subjects [3].

RESEARCH QUESTIONS

The researchers have raised the following research questions in the study.

1. Does Kriya Yoga will be helpful in enhancing academic motivation in adolescents?
2. Does Kriya Yoga will be helpful for making a healthy environment in School?

OBJECTIVE OF THE RESEARCH

- Evaluation of academic Motivation of adolescents who practice Kriya yoga
- Evaluation of academic Motivation of adolescents who doesn't practice Kriya yoga

HYPOTHESIS OF THE STUDY

Conceptual Hypothesis

There is no significant impact of Kriya yoga on Academic Motivation of Group (A) and Group (B) adolescents.

Operational Hypothesis

There was no significant difference between Pre-test Academic Motivation score of Group (A) & Group (B) adolescences.

There was no significant difference between pre-test and post-test Academic Motivation score of Group (B) adolescences.

There was no significant difference between Pre-test Academic Motivation score of Group (A) & Group (B) adolescences.

There was no significant difference between Post test Academic Motivation score of Group (A) & Group (B) adolescences.

RESEARCH DESIGN

- **Independent variable:** Kriya Yoga.
- **Dependent Variable:** Academic Motivation in adolescences Students

Tool of the study

Academic Motivation Inventory (AMI-MKS) developed by Prof. K.S.Misra has been used for this study.

METHOD

Quassie experimental method has been used for this research study.

Population

In this study there are population consider as all school going adolescents of Jaipur City.

Sample of the Study

A purposive sampling method was followed to collect information from 120 students of class 9th and 10th from secondary education institute of Jaipur district. sample were divided into two group Kriya Yoga (Experimental Group) and another one without Kriya Yoga (Control Group) each group have 60 students

RESULTS AND DISCUSSIONS

Table 1: Means significant difference of pretest and posttest mental health of group (A)

MEANS SIGNIFICANT DIFFERENCE OF PRE-TEST AND POST TEST MENTAL HEALTH OF GROUP (A)						
Groups	N	Mean	SD	Df	t	P VALUE
Experiment Group T ₁	60	147.7	12.02441	118	-	0.485964
Experiment Group T ₂	60	161.3167	17.0587			
Significance at 0.05 level						

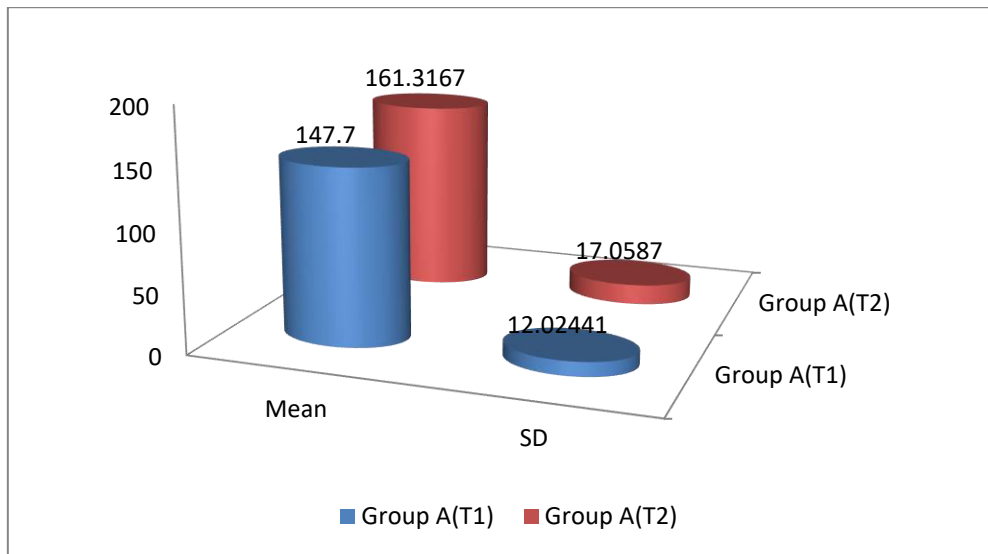


Figure 1: Mean and SD of groups A and B

It is the evidence from table 1 that the mean Value of Mental Health Score of Experiment group T1 is 147.7 and Experiment group T2 is 161.3167 with the mean difference of 13.6167 and the calculated T value is -0.03526 & P Value 0.485964 which show significant difference at 0. 05 level of significant

Table 2: Means significant difference of pretest and posttest mental health of group (B)

MEANS SIGNIFICANT DIFFERENCE OF PRE-TEST AND POST TEST MENTAL HEALTH OF GROUP (B)						
Groups	N	Mean	SD	DF	T	P value
Control Group T₁	60	147.6833	7.7404	118	-5.0537	.00001
Control Group T₂	60	147.7333	7.791492			
Significance at 0.05 level						

It is the evidence from table 2 that the mean Value of Mental Health Score of Experiment group T1 is 147.6833 and Experiment group T2 is 147.7333 with the mean difference of 7.791492 and the calculated T value is -5.0537 & P Value .00001 which show significant difference at 0. 05 level of significant

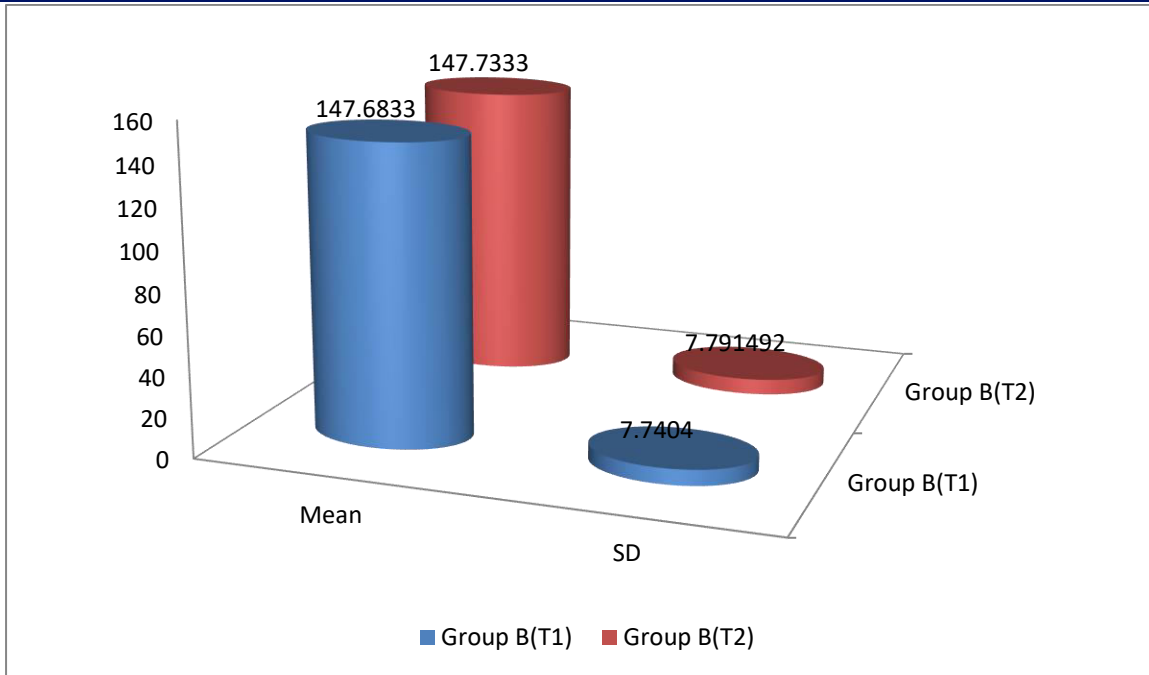


Figure 2: Mean and SD of group B (T1) and Group B (T2)

Table 3: The mean and standard deviations of kriya yoga group (experimental groups) and group B (control groups) for academic

THE MEAN AND STANDERD DEVIATIONS OF Kriya Yoga GROUP (EXPEREMNTAL GROUPS) AND GROUP B (CONTROL GROUPS) FOR ACADEMIC MOTIVATION								
Groups	Pre test		Post test		Df	t-value	p value	Result
	Mean	SD	Mean	SD				
Group A	147.7	12.0244	161.316	17.0587	11	-	0.48596	Rejected
Group B	147.683	7.7404	147.733	7.79149	11	-5.0537	.00001	Accepted

CONCEPTUAL HYPOTHESIS

There is no significant impact of Kriya yoga on Academic Motivation of Group (A) and Group (B) adolescences -.

After analyzing the data, it is concluded that there is a significant impact of Kriya yoga on mental health of Group (A) and Group (B) adolescences. So this null hypothesis was rejected.

OPERATIONAL HYPOTHESIS

There was no significant difference between pre-test and post-test Academic Motivation score of Group (A) adolescences.

After analyzing the data, it is concluded that there was significant difference between pre-test and post-test Academic Motivation score of Group (A) adolescences. So this null hypothesis was rejected.

There was no significant difference between pre-test and post-test Academic Motivation score of Group (B).

After analyzing the data, it is concluded that there was no significant difference between pre-test and post-test Academic Motivation score of Group (B) adolescences. So this null hypothesis was accepted.

There was no significant difference between Pre-stest Academic Motivation score of Group (A) & Group (B).

After analyzing the data it is concluded that There was significant difference between pretest Academic Motivation score of Group (A) & Group (B) adolescences. So this null hypothesis was rejected.

There was no significant difference between Post test Academic Motivation score of Group (A) & Group (B) adolescences.

After analyzing the data, it is concluded that There was significant difference between post test Academic Motivation score of Group (A) & Group (B) adolescences So this null hypothesis was rejected.

EDUCATION IMPLICATIONS

Suggestions on the basis of findings

Suggestions for the teacher

- Teachers should study the literature related to Kriya yoga pranayama and mindful meditation by its regular practice they can strengthen their intellectual and physical mental problems.
- The teacher should aware about the motivation issues among students

Suggestions for the Administration

- A regular institution should be established for the practice of Kriya Yoga in rural and urban areas where trained Kriya Yoga trainers can be prepared.
- Kriya yoga pranayama & mindful meditation should be practiced in all educational institutes. So that the physical and mental consent of the students can be enforced.
- The administration should bring awareness for regular practice of Kriya Yoga pranayama & mindful meditation.

Suggestion for the policy maker

- A policy should be made to determine how the wonderful experiments of Kriya Yoga can be implemented in a practical way

Suggestion for the future study

- it is recommended that similar research study be conducted on University Students or Faculty members.
- It is further recommended that Kriya Yogic intervention can be used to improve body mass index.
- It is further recommended that Kriya Yogic intervention not to be used without proper guidance on a person having serious health issues

CONCLUSIONS

Students having Mental health issues, low level of motivation related problems have been observed in students. These academic motivation issues hinder the all-round development of students. In yoga, emphasis is given on physical and mental aspects, which can be strengthened to develop self-actualization and mental ability in students. Regular Kriya yoga practice increases self-confidence the main thing is that the practice of yoga stabilizes the restlessness of the mind and this increases the tendency of students to practice with a focused goal. It is the primary responsibility of teachers and parents to guide teens to practice yoga regularly Parents should also understand the mental problems of their children and give them time. With the regular practice of Kriya Yoga, students will be able to increase their academic performance. It also enhances the quality of life. this study has proved to be effectiveness of Kriya Yoga practice for improving academic motivation in school going adolescents.

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