

## Effect of light- sound stimulation on learning among adolescents

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■ **ABSTRACT** : Light, sound and light-sound stimulation could be very much effective for the adolescents to improve their learning abilities. Sample of 120 students were selected from teenage group *i.e.* 13 to 19 years of both sex belonging to middle socio-economic status by purposive random sampling technique. The experimental conditions was further divided into three experimental groups and were administered three different treatments *i.e.* sound, light and light-sound through mind power music and mind machines. Pre- and post-treatment tests were administered to all the subjects, using the Letter-digit-substitution-test (LDST) as the dependent variable. Independent 't' statistic at the 0.01 level revealed a significant difference in the mean pre and post- scores of the experimental and control groups. The results concluded that light, sound and light-sound entrainment technologies are very effective to improve the cognitive abilities in learning of an individual.

■ **KEY WORDS** : Mind machines, Light-sound stimulation, Audio-visual stimulation

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