

## Yoga: A better prospect for improving learning ability

SAKTI RANJAN MISHRA, PUSPA ROUT AND BIPIN KUMAR PATRA

Received : April, 2011; Revised : June, 2011; Accepted : July, 2011

See end of the article for authors' affiliations

Correspondence to:

**SAKTI RANJAN MISRA**  
Balaipal College of Physical  
Education, Baliapal,  
BALASORE (ORISSA)  
INDIA

### ABSTRACT

Sixty adolescent boys within the age group of 13 to 18 were the subject for 12 weeks long study to measure the effect of a yoga programme on learning ability. Pre-test and post-test of both experimental and control groups were compared using ANOVA and found a positive effect of yoga on learning ability on adolescent school going boys.

Mishra, Sakti Ranjan, Rout, Puspa and Patra, Bipin Kumar (2011). Yoga: A better prospect for improving learning ability. *Internat. J. Phy. Edu.*, 4(2) : 94-100.

**Key words :** Yoga, Learning ability, Adolescent

The process of yoga is an ascent into the purity of the absolute perfection that is essential for all human beings. This goal requires the removal of our enveloping personal impurities, the stilling of our lower feelings and thoughts and the establishment of a state of inner balance and harmony. Its methods are based on the perfection of our personalities that help to create a new world order. The adolescent period exhibits tremendous changes on physical, physiological and psychological aspects of the individual and continues to transform a young person to reach the adulthood. Therefore, adolescent stage is a phase of life where the youths require maintaining physical and mental fitness to facilitate proper growth. Inclusion of yogic activities programme in school physical education programmes may lead the young boys and girls towards their fullest growth as well as their desired level of academic achievements.

Craik and Tulving's (1975) study was conducted to test a theory of memory called the depth of processing (or levels of processing) framework. The participants in Craik and Tulving's study were first exposed to a list of words, and shortly afterwards were tested to see how well they remembered those words. Hermann Ebbinghaus (1885) was the first person to apply the scientific method to the study the learning and memory. Two of Ebbinghaus's major discoveries are the total time hypothesis and the principle of distributed practice.

### METHODOLOGY

The present study was a self assumed assignment to investigate the effect of yoga on learning in adolescent school going boys. Sixty (n= 60) adolescent students of

Delhi Public School, Anugul were taken as subjects of the study. They were the students of classes VIII, IX, and X belonging to the age group of 13 to 18 years. On the basis of random sampling conducted in classes, only 60 students were selected for the study. They were assigned into two (2) equal groups numbering 30 in each, categorized as 1. Experimental (Yoga) group and 2 Control group.

The following variables were selected to measure the learning ability of students:

1. Passage comprehension test, 2. Word series test, 3. Digit span test, 4. Number detection test, 5. Listening comprehension test

Measurements of the above variables were taken during pre- and post-test and standard methods were followed to procure the data. Training stimuli, adopted for a 12 weeks period, was considered here as independent variables.

### Instrumentations and administration of dependant variables:

Tests were conducted to examine different psychological (cognitive) skills or ability of a person. Some tests test the attention or concentration power, some test the memory whereas others test the vocabulary capacity. These tests are used just before and after the training yoga to find out how training influences ones mental skills.

### Passage comprehension test:

Reading introduces familiar experiences and stimulates questions and discussions. The researcher conducted on the Passage comprehension test that