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## Impact of yoga on physical and mental health of primary school students

**Dr. Paras Jain and Anupam Jain**

### Abstract

Yoga gives controlled stretch to the muscles and improves the flexibility which is basic need for good physical health of kids. Asana help to relax the body and mind, by controlling the prana one can control the mind. Pranayama helps to gain control over the breathing, bhramari has a soothing effect on the mind. By practicing meditation one can easily concentrate and relax. Practice of speaking 'OM' helps to control the mind from different unwanted thoughts and provide mental peace. Present study is focused on finding impact of yoga on physical and mental health of primary school students.

**Keywords:** Physical and mental health, breathing practices, physical fitness

### Introduction

The conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous types of yoga, each having its own specific impact regarding the relative content of physical postures and exercises, breathing techniques, deep relaxation, and meditation practices that cultivate awareness and consciousness. The application of yoga as a therapeutic intervention, takes advantage of the various psycho physiological benefits of the practices. The asana increase physical flexibility, coordination of mind and remaining body, strength. The breathing practices and meditation helps to be calm and focus the mind to develop greater awareness and diminish anxiety, and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation.

Yoga controls mental health, prevent depression, fatigue, anxiety, stress, posttraumatic stress disorder. It maintains physical fitness, sympathetic / parasympathetic activation, and cardiovascular endurance. Regular practice of yoga and asana improves cardio pulmonary conditions, hyper tension, pulmonary functions, metabolic processes, endocrine gland working, glucose regulation, musculoskeletal functions.

### Objective of Study

- Evaluation of physical and mental health of male primary school students who don't practice yoga
- Evaluation of physical and mental health of female primary school students who don't practice yoga
- Evaluation of physical and mental health of male primary school students who practice yoga
- Evaluation of physical and mental health of female primary school students who practice yoga.

### Hypothesis

There is no significant impact of yoga on physical and mental health of male primary school students.

There is no significant impact of yoga on physical and mental health of female primary school students.

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**Methodology**

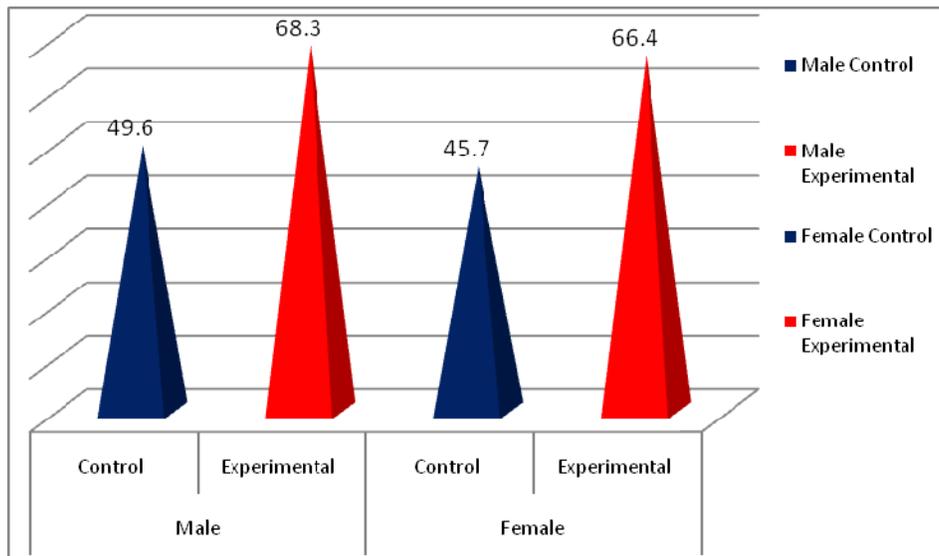
Descriptive survey method was adopted for present study. 100 male and 100 female primary school students were randomly selected as sample. 2 groups of students i.e., control and experimental group were prepared. Each group consists of 50 male and 50 female students. Students of experimental group practiced yoga regularly for 40 to 50 minutes. Students of

control group didn't practice yoga. Sample students were evaluated for their physical and mental health using a self prepared test paper. Collected data was tabulated and comparatively analyzed using mean, standard deviation and t value.

**Finding and Analysis**

**Table:** Impact of Yoga on Physical and Mental Health of Primary School Students

Gender	Group	Physical and Mental Health Status			
		Mean Value	Standard Deviation	t Value	Significant Level
Male	Control	49.6	1.08	0.87	0.05
	Experimental	68.3	1.26		
Female	Control	45.7	1.34	0.78	0.05
	Experimental	66.4	1.04		



**Fig:** Impact of Yoga on Physical and Mental Health of Primary School Students

Data shows that yoga influence student's physical and mental health status of students. Male students of control group have mean value 49.6 with standard deviation 1.08 while student of experimental group have mean value 68.3 and 1.26 standard deviation. Calculated t value is 0.87. Hence hypothesis 1, there is no significant impact of yoga on physical and mental health of male primary school students is rejected.

Among female students, control group students have mean value 45.7 with standard deviation 1.34 while experimental group students have 66.4 mean values. For experimental group students mean found as 66.4 with standard deviation 1.04. Calculated t value is 0.78 which is significant at 0.05 levels. Hence hypotheses 2 there is no significant impact of yoga on physical and mental health of female primary school students is rejected.

**Conclusion**

Yoga is helpful to keep better physical and mental health of primary school level child. Yoga impacts equally boys and girls. The difference of impact on boys and girls is not significant. Yoga increases self-confidence and self-efficacy. Govt. has accepted the importance of yoga that's why specific training sessions are organized for school teachers and students.

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