

## EFFECTS OF HATHA YOGA TO LEARNING BEHAVIOUR AMONG OF SOCIALLY BACKWARD ADOLESCENT STUDENTS

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### ABSTRACT

*The purpose of this study was to determine the effect of hatha yoga practice and learning behavior in children aged 15 to 17 years. For this purpose, 90 young students with social difficulties from Chidambaram Taluk, Cuddalore district, Tamilnadu, aged between 15 and 17 years, were selected. They are divided into two equal groups. Forty five subjects in each group, control group and experimental group, did not participate in any activity other than normal daily activities. Twelve weeks, five days a week is the training time for this lesson. The tool used in this research is the examiner's learning behavior level. The T-test was used to find significant differences between the pre- and post-test tools and significant differences between hatha yoga practice in the experimental group and the control group in learning behavior. The results of the study concluded that hatha yoga practice improved the learning behavior of students' adolescents.*

**Keywords:** Adolescents, Learning behavior and Hatha Yoga.

### Introduction

Yoga is a harmonizing technique and also a preparation for the full integration of the human personality. Yoga is beneficial for people of all ages. The study of Yoga is very important for anyone with a philosophical mindset and is defined as the silence of the spiritual activity that leads to a full understanding of the inner nature of the Most-High.

It is a holistic practical philosophy created to include a deep state and a comprehensive theme, looking at humanity as a whole. Yoga aims to find ways and means to help better emotional and intellectual focus. The word “Yoga” comes from the root of the word “Yuj” or yoke, meaning association or amalgamation. This means yoga to connect the soul with God and experience oneness with Him.

Patanjali said that "Yoga Cittavrtti nirodha". It means to slow down the movement of the mind. It is also described as seeing yourself. Yoga is an eternal pragmatic science that has evolved over thousands of years dealing with the physical and spiritual man as a whole. Such an effort can only be made by controlling the sensory organs and by constant exercise and liberation. "Yoga is the organs of making sense of the things of this world and controlling them." "Yoga is an eternal practice that goes back thousands of years in relation to the physical, spiritual and spiritual society or the person as a whole." Yoga is a systematic physical exercise to awaken awareness to develop the will and act to include the traditional consciousness (jeevathma) in the superhuman consciousness (paramathma). Yoga is the place to change your mind. This means preventing the content of the mind from taking various forms.

Yoga has been practiced in India for thousands of years and is traditionally used by spiritual seekers as a self-developed system for purifying body and mind. Hatha Yoga is a type of yoga that originates from the Indian canon of soteriology and provides the practitioner with a vision for achieving freedom, liberation or salvation or self-realization (Burley, 2000). He believes it was started by the goddess Lord Shiva (Ganga White, 2001; Daniëlou, 1991; Mallinson, 2012). Combined with a holistic yoga path which consists of a series of systematic exercises, postures, purification, breathing exercises, and meditation, it stimulates people's physical and mental strength (Burley, 2012). And traditionally, the principles of hatha yoga have been linked to riddles, so that their oral methods are always transmitted from religious teachers to students (Daniëlou, 1949; Richard Rosen, 2012).

At the same time, hatha yoga practice enthusiasts can appreciate a fine collection of classic hatha yoga texts. Among those most affected was Hatha Pradipika.

Gheranda Samhita, Amrtasiddhi, Dattatreya yoga sastra, Sarngadharapaddhati, Vivekamartanda, Gorakshasataka, Khecarividya, Shiva Samhita, Yogabija, Amaraughaprabodha, Sarvagadharapaddhati, and Gorakshita. Since prehistoric times, wise and intelligent yogis such as Gorakshnath, Matsyendranath, Janaka, Yajnavalkya, Ashtavakra, Vyasa, Sree Ramakrishna Paramahansa, Vivekananda, Ramana Maharshi, Swami Sivananda and Swami Satyananda have practiced many practices. In the middle of the 20th century, Tirumalai Krishnamacharya, Pattabhi Jois, Iyengar, Indra Devi and Desikachar taught the practice of Hatha Yoga. Today, Hatha Yoga is promoted inside and outside India by Swami Sivananda, Swami Vishnu-devananda, Swami Satchidananda and Sierra Leone (White, 1998 Bajpai, 2002; Swami Sivananda Radha, 2006; Mallinson, 2007; Eliade, Mircea, 2009; Richard Rosen, 2012)

### **Objective of the study**

- To find out the any significant difference in the Hatha Yoga practice between the control group and experimental group (pre and post gain score).

### **Hypothesis of the study**

- There is no significant difference between the mean in learning behaviour of control group Adolescents students in hatha yoga practice at pre-test and gain score level.
- There is no significant difference between the mean in learning behaviour of control group Adolescents students in hatha yoga practice at post-test and gain score level.

**Methodology** : Experimental method was used.

**Sample** : The present study consists of 90 adolescents students with the prior permission of the head masters and head mistress of Government Nanthanar Boys Hr. Sec. Schools in Chidambaram, Cuddalore District of Tamil Nadu, necessary instruction were given for filling of personal data sheet. The sample was selected by using purposive sampling technique. The sample forms a representative sample of the entire population. Equal weight age was given to various sub-samples.

**Tool used:** Learning behavior tool was constructed and standardized by the educational department experts, guide and investigator (2019).

### Statistical Techniques used

Mean, SD and 't' test were calculated.

### Results

#### Differential Analysis for the Total Sample of the Control Group

##### Hypothesis: 1

There is no significant difference between the mean in learning behaviour of control group Adolescent students in hatha yoga practice at pre-test and gain score level.

**Table – 1**

**t-Value of Pre-Test and Gain score for Control Group**

Group	Sample (N)	Treatment	Mean	S.D	t-value	Report
Control Group	45	Pre-test	-43.30	8.01	26.134	S*
		Gain scores	40.53	13.19		

S\*= significant at 0.01 level

It is evident from the table.1 that the mean value of the Control group in pre-test is found to be -43.30 with standard deviation 8.01 and gain scores is found to be 40.53 and 13.19 respectively. The calculated 't' value 26.134 is much greater than the critical value 2.68 at 0.01 level of significance. This implies that the difference in the learning behaviour of Control group Adolescents students in pre-test and gain scores is significant. Hence, the null hypothesis No.1 is rejected. Therefore, it is concluded that the mean score of post test Adolescents students' better learning behaviour in hatha yoga practice at gain score then in the pre-test level.

#### Differential Analysis for the Total Sample of the Post Test

##### Hypothesis: 2

There is no significant difference between post-test and gain score of post test Adolescents students in hatha yoga practice.

**Table – 2**  
**t-Value of Post-Test and Gain Score for Post Test**

Group	Sample (N)	Treatment	Mean	S.D	t-value	Report
Experimental Group	45	Pre-test	- 48.03	9.02	27.588	S*
		Gain scores	47.90	14.50		

S\*= significant at 0.01 level

It is evident from the above table.2, that mean value of the post-test in pre-test is found to be -48.03 with standard deviation 9.02 and in gain score is found to be 47.90 and 14.50 respectively. The calculated 't' value 27.588 is much greater than the critical value 2.68 at 0.01 level of significance. This implies that the difference in the learning behaviour of post-test Adolescent students in pre-test and gain scores is significant. Hence, the null hypothesis No.2 is rejected. Therefore, it is inferred that mean score of post-test Adolescent students better learning behaviour in learning circulatory at gain score than in the pre-test score.

### Findings

- It is concluded that the mean score of post test Adolescents students' better learning behaviour in hatha yoga practice at gain score then in the pre-test level.
- It is inferred that mean score of post test Adolescents students better learning behaviour in learning circulatory at gain score than in the pre-test score.

### Results

In this study, the T test was used to determine the significant difference between the pre-test and post-test tools, as well as the significant difference between hatha yoga practice in the experimental group and the control group in learning behavior. In addition, the practice of yoga hats among teenage students can be improved by increasing self-esteem, increasing self-confidence, developing a good sense of humor, as well as Understanding, Skills, Knowledge and Comprehension (USKC), reading materials, schedules. lesson. and power in the classroom, and

the youth selection process should be reviewed, modified if necessary, so that young people can improve their learning behavior.

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