



EFFECT OF SELECTED YOGIC PRACTICES ON SPAN OF ATTENTION OF SECONDARY SCHOOL CHILDREN

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ABSTRACT:

A student under optimal stress does bring out his or her best; however, extreme stress can result in mental health problems and deteriorates their academic performance. Moreover, excessive stress is harmful to academic performance and may lead to dropping out in student. Can Yoga be of benefit in students for improving their attention. The Attention is an essential element of cognition and has been characterized in two ways, that is, either as a resource or capacity or as a skill of resource deployment? Attention is the capacity to attend to a task in hand for a required period of time. The self-regulation method derived from autogenic training and Zen meditation, which elicits a state of 'relaxed alertness,' also, increases attention span. students practicing Yoga showed improvement in attention. The processes of attention, concentration, and

memory are the main factor in learning. Yoga is an ancient technique which is claimed to enhance physical and mental well-being.

KEYWORDS : Yoga Attention Students .

INTRODUCTION :

To have good concentration and attention, one has to be relaxed first, this can be achieved by yoga. The relaxation response of yoga can improve attention, concentration, and memory. Yoga is an ancient science and way of life which includes physical movements; postures, meditation, and pranayamas. Physical activity is known to improve self-esteem of children. Low self-esteem causes distraction of attention which leads to decline in performance in attention tasks. The performance of a child at school depends on multiple factors, a major factor being attention. Yoga has turned into the design of the day. Millions everywhere throughout the world have taken to yoga practices. Step by step the comprehension of yoga is getting depended. Yoga is a strategy for discovering that expects to accomplish the solidarity of mind, body, and soul through these three primary Yoga structures: Exercise, Breathing, and Meditation. The exercises of Yoga are intended to put pressure on the Glandular Systems of the body, in this way expanding its effectiveness and absolute health. The body is viewed as the essential instrument that empowers us to work and develop on the planet, a Yoga student; consequently, treats it with incredible consideration and regard. The Breathing Techniques depend on the idea that breath is the wellspring of life in the body.

(i) Physical purity :

Internal organs of our body can be cleaned by various yogic exercises. Basically there are three substances in our body i.e., Vaat, Pitt and Kaph. There should be proper balance between these to

remain healthy. Jal Neti, Dhوتي Neti, Nauli, Kapaalbhati keep the internal organs of our body in a clean state.

(ii) Reduces mental tension :

The modern age has disturbed a person's peace and happiness because of stress and tension. Yogic exercises like Prathahar, Dharana, Dhyana play and important role in getting peace of mind. Shavasana, Padamasna, Vajrasana and Sidhasana etc., are beneficial for releasing stress and tension of mind and body.

(iii) Cure and prevention of diseases :

Regular practice of Yoga can prevent many diseases like constipation, cold, cough, insomnia, asthma, high blood pressure, arthritis, acidity, heart attack, leprosy, menstrual disorder, back pain. It is highly effective to cure large number of disorders. Various Yogic exercises increase the immunity power of an individual.

(iv) Postural deformity :

If you are not having proper posture you are not able to perform your work efficiently. We usually put more energy even for simple work. Yogic asanas help in correcting body deformities if we perform on regular basis. Dhanurasana is good for stimulating posture for back limbs, nerves, muscles. Sarvangasana, Vajrasana, Mayurasana, Bhujangasana etc., are best to remove postural deformity.

(v) Provides relaxation :

To remove fatigue from the body rest and relaxation are essential. Anyone who involves herself/himself in long duration of work gets tired. Shavasana and Makarasana are beneficial for relaxation and also reduce mental fatigue.

CONCLUSION:

The present study suggests that can result in improvement of attention and SE among students and thereby enhancing their mental health and can help them in improving their academic achievement. This experimental study suggests that daily yoga practice for a short duration helps to improve attention, concentration, and memory of students. Yoga practice is beneficial for school children as it improves attention, concentration, memory, motor speed, and self-esteem (social, academic and total). In addition, improved yoga performance improves behavior with teachers, thus improving discipline in school.

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