

# **Chapter - I**

## **Introduction**

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## CHAPTER -I

### INTRODUCTION

Health is a multidimensional concept because it is shaped by biological, social, economic and cultural factors. Health is not merely the absence of diseases but is influenced and shaped by the access to basic needs like food security, safe water supply, housing, sanitation and health services. The World Health Organization (WHO) defines health as a state of complete physical, mental and social well being, not merely the absence of disease or infirmity. Health influences one's way life. It improves personal efficiency. It facilitates the attainment of personal goals<sup>[1]</sup>

Children's health is an Important Concern for all societies since it contributes to their overall development. Health, nutrition and education are Important for the overall development of the child and these three inputs need to be addressed in a comprehensive manner. Studies have shown that poor health and nutritional status of children is a barrier to attendance and educational attainment. Therefore it plays a crucial role in education.

The NSW syllabus document<sup>[2]</sup> summarizes the health as follows:

Health education is dynamic in nature. Therefore to be effective, it requires interaction between the individual, the home, the school and the community to increase the abilities of people to make informed decisions affecting their personnel, Family and community well being.

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1: Fleming, A. (1989). *Health Education*. New York: MC Graw Hill Publication.

2. Downey., Davis., McCann., & Stitt., (1962). *Exploring Physical Education*. California : Wadworth Publishers.

## 1.1 What is Yoga ? .

The word 'YOGA' comes from the Sanskrit root 'YUG' meaning 'to Join, union or merger'. It designates the joining of the lower human nature to the higher in such a manner as 'to allow the higher to direct the lower' or 'union with the self'. It also signifies communion with the supreme universal spirit to obtain relief from pain and suffering.

' one who controls his mind, intellect and ego, being absorbed in the spirit within him, finds fulfillment and internal bliss which is beyond the pale senses and reasoning'

- Bhagavad Gita<sup>[1]</sup>

One of the important teaching in Yoga is how to care for the body under the intelligent control of the mind. The sage, Patanjali, in his yoga aphorisms, defines Yoga as a suspensions of the modifications of the thinking principle which is obtainable through different methods such as controlling the vital breath and steady pose, both of which are intimately connected with the mind. '

In Yogic practice there are various modes whereby the mental modification and the vital breath are brought under control. The Yogic culture is divided into eight limbs<sup>[2]</sup>

*Yama (Etics)* - It emphasizes on abstaining from killing any living being or hurting any one by thought, to liberate oneself from untruth and dishonesty by sticking to truth. All these factors purify the mind and develop the value of self control.

*Niyama (Religious Observances)* - This practices transform animalism of human nature into divine nature by outer cleanliness and inner purity and thus develop the value of cleanliness. It also emphasizes on internal cleanliness of imagination, thoughts, feelings and motivation.

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1: Ananda, S. (1984). *The Complete Books of Yoga- Harmony Body And Mind*. New Delhi : Oriental Paperbacks.

2. URL : [www.yogawiz.com](http://www.yogawiz.com).

*Asana (Postures)* - It is the Science of yoga to prepare a person to meditate physically, vitally and mentally for speedy evolution. Asanas make people more active and alert as well as cheerful and free, alert and joyous all the time.

*Pranayama (Breathing Practices)* - Pranayama means the control of the vital force by concentration and regulated breathing. By pranayama emotions can be controlled and with that, concentration increases.

*Prathyahara (withdrawal of senses from object)* - It is related to introspective nature of mind. Its purpose is controlling the senses from their wayward and outward travel.

*Dharna (Concentration)* - It means concentration, i.e. holding the mind fixed at one point, at one place, and keeping it for a sufficient length of time. It gives specific exercise and process to the mind.

*Dhyana (Meditation)* - This gives proper direction to mind. The meditation improves learning. Meditation helps us to rid ourselves of emotional conflict, inner discord and Psychological tension.

*Samadhi (Super consciousness)* - This is the highest transcendent stage of mind. This is the stage of the realization of the 'self' where ego merges in the supreme self and duality between 'self' and 'ego' ceases.

There are 84,000 poses (postures) according to the Yoga shastras of which 84 are important. All yogic practices are based on the formula of stretching, relaxation, deep breathing and increasing concentration.

## **1.2 Difference between Yogic practices and Physical practices**

The Physical culture emphasizes violent movement of the muscles, whereas yogic practices oppose violent muscle movements as they produce large quantities of lactic acid in the muscle fiber, thus causing fatigue. The effect of this acid and the fatigue it causes is

neutralized by the alkali in the muscle fibers, as well as by the inhaling of oxygen.

In the Yogic system, all movement are slow and gradual with proper breathing and relaxation. The main purpose of practices is to increasing the blood circulation and the intake of oxygen. This can be achieved by simple movement of the spine and various joints of the body, with deep breathing but without violent movement of the muscle. Yogic practices are mainly designed to keep the proper curvature of the spine and to increases its flexibility by stretching the anterior and posterior longitudinal ligaments.

### 1.3 Role of Yoga in Education<sup>[1]</sup>

Commonly, the term Yoga education has been referred to as the training and teaching process of Yoga, though it should also be seen as the application of Yoga techniques to bestow better support to the education process. The target of both the disciplines is the same and that is enhancement of socially useful potentials of human personality. To achieve this target, the system of Yoga lays foundation stones whereupon the education system may flourish in all areas. Modern educationists are taking interest in improving the quality of education with the help of the Yoga system. Therefore it is a *high time to think seriously on inclusion of Yoga and Yogic values in education system*. Here Yogic values refer to the holistic and spiritual approach towards life and the world. Yoga in education should lead to the development of harmonious personality and behavior at all the levels. An atmosphere should be created where the students study yoga with their own enthusiasm. To the whole the higher level of education is the fittest for integration of Yoga. In the current Indian perspective, the role to be played by the education system is facing new challenges. Normally the main aims of education have been the physical, psychological, interpersonal, professional and spiritual refinement of a personality. In modern Indian perspective it is deemed that the system of education should also be helpful in the attainment of the

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1: URL : [www.wikipedia.org](http://www.wikipedia.org)

objectives of socialism and democracy mentioned in Indian constitution too. Besides, to attain refinement at the level of thoughts (intellectual development) and feelings (affective aspect), contributing to the development of national character and scientific mentality among the people, at present it is seriously being felt that the aim of education should also include the liberation of mind and soul as well. Normally, in the education process, one is taught and asked to store in mind as much as possible, there is not any format for the appreciation in the education system regarding the values for optimal mental usage and getting rid of the burden of information, to become tranquil for a while. The system of Yoga may offer this kind of training and teaching.

Presently it is being seriously sensed that as the classical Indian tradition established four Noble Aims (Purusarth) in human life i.e. Ethics (Dharma), Earning (Artha), Enjoyment (Kama) and Emancipation (Moksha), which are equally essential and significant for sublime human existence in present time too, the education system should also impart the teaching and training of the moral (Dharma), socioeconomic (Artha), psychological (Kama) and spiritual (Moksha) values to the students. In different words Acharya Vinoba Bhave (1997), the spiritual heir of Mahatma Gandhi suggested the same, that 'education in India is to be based on three principles: Yoga (spiritual training), Udyoga (vocational training) and Sahayoga (social training)'. Expressing the views 'On the integration of Yoga with modern education' Swami Rama asserted (1981) that Yoga should become a part of education in India.

On the whole certain thrust areas positively concerned with educational process have been identified, where the potential of Yogic practices are duly proved i.e. treatment of physical difficulties, improvement of mental health and developing resistance to stress, promotion of emotional balance and control on hyperactivity, however, many other prospective aspects of yoga-practices, may be helpful in giving good support to the education process, are still to be evaluated substantially. These positive aspects of yoga are: promotion of will power and development of perseverance in students, education and training about inner-Self, comprising introduction with corporeal Sheath (physical body) of the Self, development of awareness of vital sheath (psychosomatic system) of the Self, accessing to the psychic

sheath (psychological system) of the Self, approaching the Gnostic sheath of the Self escorting finally to the realization of the beatific sheath. The said process of education and training about inner-Self, obviously also takes in the *process of pursuit of the transcendental state of psyche leading to the* development of wide-ranging awareness, unfoldment of creative consciousness and promotion of uniqueness or talent in the students.

#### **1.4 National Curriculum Framework (NCF) 2005 and Yoga**

According to NCF 2005 and National Focus Group on Health and Physical Education, the Yoga contribute not merely the Physical development of the child but have a positive impact on individual self esteem, promotes better interrelation among children, imparts values of co-operation, sharing and to deal with both victory and defeat. The NCF 2005 highlighted the role of Yoga in curriculum. The NCF 2005 committee has formulated the overall and specific objectives of Yoga and physical education to guide curriculum and syllabi planning. It also provide an integral and holistic understanding of health and Physical fitness among children at the primary and secondary levels. The NCF 2005 recommended the minimum of out door and indoor facilities coupled with proper ventilation and sanitation in the class room for the health, Yoga and Physical education. Also recommended to include the yoga and physical education as a compulsory subject in all teacher education courses. Review the curriculum, syllabus and pedagogy of the teacher's training programme for health, Physical education and yoga within the conceptual framework offered by the focus group.

#### **1.5 Statement of the problem**

In view of the background presented above the problem is stated as,

“Impact of 6 weeks of Yogic practices on level of Anxiety and mental health of elementary level students: A Study ”,



## **1.6 Delimitations of the study**

1. The study was delimited to Bhopal city in M.P.
2. The study was delimited to the elementary level students belonging to Deep-Shikha School, Bhopal.
3. The study was delimited to students studying in grade VII.
4. The Sample includes 70 students consisting of 43 girls and 27 boys.
5. Due to the lack of the time, only six week yogic practice schedule will be planned.
6. The study was delimited to see only impact of yogic practices on level of anxiety and mental health of the students.

## **1.7 Definition and Explanation of the term used**

### **1. Yogasana**

Asana is one of the eight limbs of Yoga. Yogasana means staying or abiding. It is through yogasana that an individual achieves the unity of body and mind. In the west, yogasana is commonly called "posture" or "pose". The yogasana (postures) have been devised for the purpose of comfort during meditation and pranayama. While performing an yogasana there is a corresponding mental balance between movements and stillness. Patanjali in his famous Yoga Sutra said that each posture reflects a mental attitude, whether that attitude be one of surrender, or the strengthening of the will or the creation of a physical prayer with the body. Through the performance and practice of different yogasana, one is able to learn the handling of difficult situations..

### **2. Pranayama**

Pranayama is a sanskrit word that means control (yama) of the life force (prana). It is also commonly used to describe various yogic breathing exercises that help give the practitioner control of the life force, or pranayama. It was originally

expounded by Patanjali, an ancient Hindu philosopher and yogi, in his Yoga Sutras, a text on yoga philosophy and practices. The word pranayama is comprised of two roots: prana (प्राण) and ayama (आयाम). Prana includes the breath, but more accurately signifies the 'vital energy' or 'life force' that permeates the universe. It is similar to the Chinese concept of "chi", or the Hawaiian concept of "mana." Ayama is defined as 'control', or as 'extension' and 'expansion'. Thus, the word pranayama can also be understood as the extension or expansion of prana.

### 3. Sukshma Vyayam

It involved activities that initiate the body and the mind for vigorous Asanas and Pranayama. This involves movement of the major body parts such as eye, neck, wrist and other body joints, muscles.

### 4. Anxiety

Anxiety is the inability to predict the future or to resolve the problem. The anxiety can be in the form of certain bodily symptoms like sweating and tremor or may be seen as purely psychological symptoms like worry, fear, indecision or lack of confidence.

### 5. Mental Health

It is the adjustment of human being to the world and to each other with a maximum effectiveness and happiness. It is the "ability to maintain an even temper, an alert intelligence, socially considerate behaviour and a happy disposition. "

## **1.8 Objectives of the study**

This study is an attempt to explore an impact of yogic practices on level of anxiety and mental health of elementary level Students. Following specific objectives were set while conducting this study.

1. To assess the level of anxiety of elementary level students
2. To assess the mental health of elementary level students

3. To study an impact of Yogic practices on level of anxiety of students..
4. To study an impact of Yogic practices on mental health of students
5. To compare level of anxiety and mental health of students who are undergoing yogic practices with those who do not undergo yogic practices .

### **1.9 Hypotheses of the study**

The objectives stated above helped the researcher to formulate the major hypotheses of the study. They are presented here in the null form.

- Ho1- There will be no significant difference in level of anxiety of students who are undergoing yogic practices and who do not undergo yogic practices .
- Ho2- There will be no significant change in level of anxiety of boys and girls after undergoing yogic practices .
- Ho3- There will be no significant change in level of anxiety of girls after undergoing yogic practices and who do not undergoing yogic practices .
- Ho4- There will be no significant change in level of anxiety of boys after undergoing yogic practices and who do not undergo yogic practices .
- Ho5- There will be no significant difference in mental health of students after undergoing Yogic practices and who do not undergoing yogic practices .
- Ho6- There will be no significant change in mental health of boys and girls after undergoing yogic practices .

Ho7- There will be no significant difference in mental health of girls after undergoing yogic practices and who do not undergo yogic practices .

Ho8- There will be no significant difference in mental health of boys after undergoing yogic practices and who do not undergo yogic practices .

### **1.10 Need and Importance of the study**

Health is a multidimensional concept because it is shaped by biological, social, economic and cultural factors. The individual health is important. So it is necessary to delineate its linkages with the physical, social and economic environment in which people live. Children health is an imp concern for all societies since it contributes to their overall development. Health, nutrition and education are important for the overall development of the child and these three inputs need to be addressed in a comprehensive manner. Studies have shown that poor health and nutritional status of children is a barrier to attendance and educational attainment and therefore plays a crucial role in enrollment, retention and completion of school education<sup>[1]</sup>.

The Yoga and Physical education contributes to not merely the Physical development of the child but have a positive impact on psychosocial and mental development as well. Yoga practice contributes to the overall development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also corrects postural defects among school children<sup>[2]</sup> .

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1: Rana, K and Das, S : 2004 ; world bank- 2004)

2: Gharote, Ganguly and Moorthy, 1976 Moorthy, 1982.

It plays an important role in improving cardio-vascular efficiency and helps to control and reduce excessive body fat while contributing to the overall physical and health related fitness<sup>[3]</sup>. It also used for improving learning, memory and dealing with stress and anxieties in children<sup>[4]</sup>.

Related with this overall framework both yoga and Physical education are seen as routes for achieving not merely physical fitness but for psychosocial development as well. The NCF-2005 strongly recommended that the physical education with yoga must be a compulsory subject up to the 10<sup>th</sup> class and can be treated on par with the core subject.

After developing the insight into the significance of yogic practices in ones day to day life. The researcher was highly inspired and decided to take up a research project related to yoga education in schools. As a result a title for research project "Impact of 6 Weeks of Yogic Practices on Level of Anxiety and Mental Health of Elementary Level Students: A Study" was conceived

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3: Bera, 1998, Ganguly, 1998

Govindarajulu, Gannadeepam and Bera, 2003.

4: Kulkarni, 1997]

Ganguly, Bera and Gharote, 2002.