



## Research Reflections and review on the School Students Physical Health Potentials of Yoga: a Statistical Survey

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### ABSTRACT:

This article deliberates yoga as a potential tool for students to deal with stress and control themselves. Yoga delivers training of mind and body to bring emotional balance. The research considered for students of a high school at Villupuram City 50 students from age group of 14 to 15 participated in direct observations after taking part in the yoga practice. Responses were systematically coded and themes identified. Results show that students perceived the benefits of yoga as increased self-regulation, mindfulness, self-esteem, physical conditioning, academic performance, stress reduction and body mass index. Convinced Statistical implications are analysed in this research work by using SPSS and MINITAB Statistical software's.

**Keywords:** Simplified Physical Exercises, Body Mass Index (BMI), Mean, Standard Deviations, Correlation, Control Charts, Yoga practices, Diagrammatic Representations.

### Introduction

Currently a lack of published qualitative studies provide information directly from student voices. There is a need to continue to improve understanding of the individual experiences by which yoga programs within the school are beneficial. Therefore, the purpose of the current study is to perform a qualitative assessment using focus groups to examine student responses to the introduction of a yoga program within a school. Yoga is usually putative as an ancient custom that incorporates postures, breathing techniques, meditation, and moral and ethical principles. Academic performance and success can be measured by School completion, as well as class participation, the ability to apply learned information, and the productive management of demanding academic workloads. Due to the demanding nature of school education, students are at an increased risk for the harmful consequences of poorly regulated stress.

#### Simplified Physical Exercises

A system of Simplified Physical Exercise would enable pupils to attain good mental and physical health. Yoga practices include physical postures including regulated breathing, and specific metaphysical guiding principles.

A total of 50 participants aged between 14 to 15 years, who had been trained in yoga for 3 months were assessed for the immediate effect of students in our study, noted benefits specifically from simplified physical exercises which have previously shown to improve their academic performance and health. Participants reported an increase in self-confidence, Behavioural interventions such as yoga may empower patients to take an active role in altering their lifestyle habits, and overall, engendering a greater sense of agency.

Yoga has beforehand been shown to modulate character traits and promote self-growth. The previous study indicates that moving one's body alongside others increases feelings of relational connection. Similarly, we found that connection to the group incentive and persistence, particularly in this group of people sharing the same diagnosis and yoga instructor, raising the possibility of normally limits participation in group exercise and activity. A relatively greater importance of group practice and social connectedness was also clear in the noted preference of group over solo home practice. At the same time, the mixture of online skill seemed to assist members to adhere to the study involvement.

#### Simplified Physical Exercises

Man is an sole figure in the appearance of the World. Man is supreme along all the living beings on Earth since he is skilled with the sixth sense, that is, the possible of Self-Realisation.

The shared purpose of the energy-particles within the corporeal body foodstuffs a characteristic attractive wave which is called the bio-current. Life-force, soul, otherworldly body, stellar body are but dissimilar names for the same marvel. The bio-current is a continuous wave generation by the self-relative force of billions of energy-particles. One portion of the bio-current functions through the senses as the mind; and the

other portion functions as all the bodily actions and routines.

## Data extraction

The number of correct and incorrect responses, and the number of anticipatory responses were directly obtained from the displayed in the google form excel sheet. Multiple sclerosis is known to reduce nerve conduction velocity. Vethathiriyam Simplified Physical Exercises were given to 50 school students.

Assessment between participants who had experience in yoga and those who were new-to-yoga were carried out on two groups of healthy students of age between 14-15years. The yoga assemblage had been practicing yoga which comprised postures, living techniques, and thought for an average of 6 months. The yoga group had two novel sessions as follows:

- (i) Simplified Physical Exercises
- (ii) A meeting of breath consciousness, as breath consciousness is part of yoga practice and has been shown to effect attention. The control group was assessed after a comparable extent of time, seated comfortably, with their eyes closed.

## Study Design

The participants were assessed in three different sessions conducted on separate days at the same time of the day. The sessions were as follow:

- Simplified Physical Exercises
- A control session of sitting quietly. The order of the sessions was randomized for the 50 participants using a standard randomizer

Each session consisted of three times:

- (i) Simplified Physical Exercise (60 min),

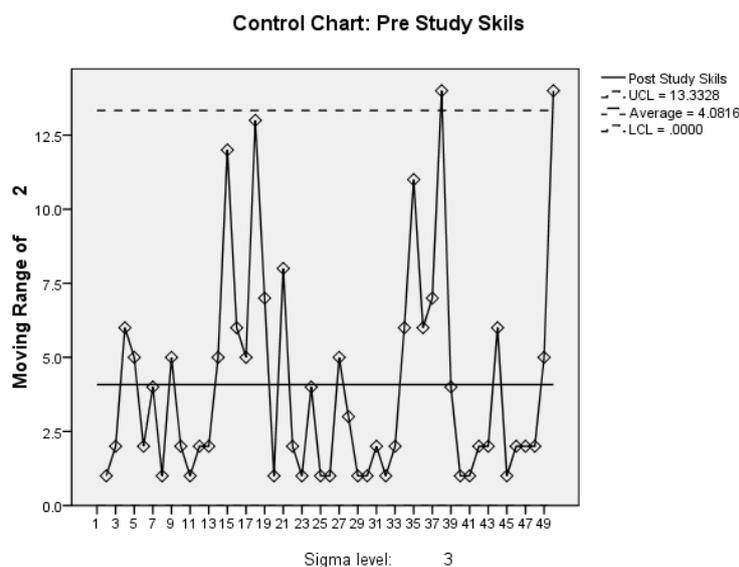
During this Simplified Physical Exercise includes the participants were seated with eyes closed. The members gasped deeply and fully so that living was diaphragmatic while also increasing the trunk during inhalation. Out breath was also complete with a full out-breath. Inhalation and breath were through the nose. The members would be seated with their eyes secure. They would be asked to be aware of the quantity of air through the nasal ways. The participants were taught to bring their care back to their sniff if it rambled.

## Statistical Analysis

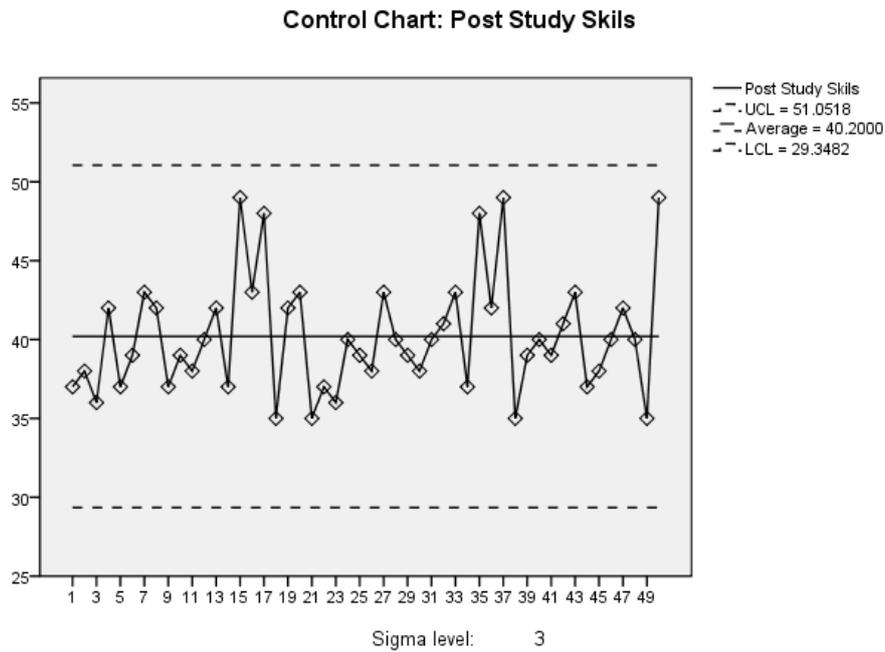
In this research pie chart, diagrammatic representations, histogram, t test and correlation analysis are analysed with SPSS Statistical software.

### Control Charts:

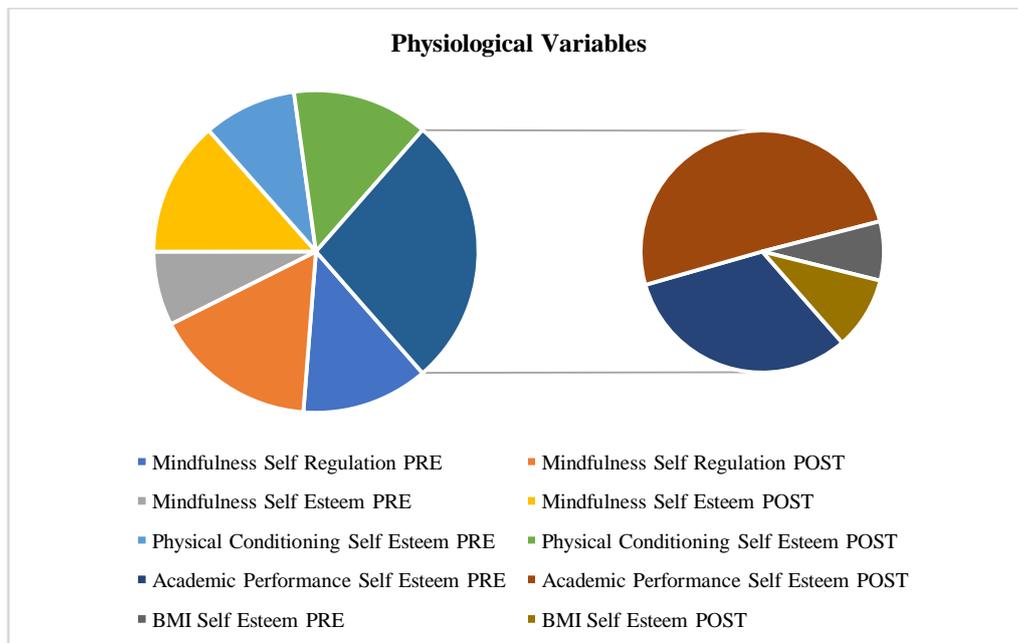
The control chart is a *diagram used to study how a development vicissitudes over time*. Data are strategized in time order. A control chart continuously has a central line for the regular, an upper line for the upper regulator limit, and a lower line for the lower regulator limit. The Pre and post education skills variables are well thought-out for this analysis.

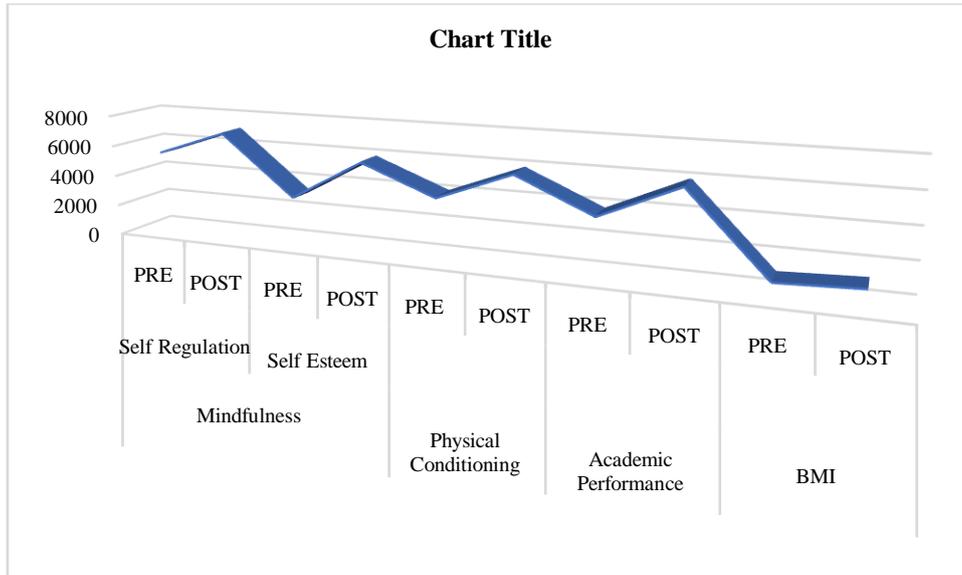


Two other flat lines, called the upper switch limit (UCL) and the lower switch limit (LCL), are also shown on the chart. These control limits are selected so that almost all of the data points will fall within these limits as long as the procedure remains in-control. The number below illustrates this. Chart representative foundation of control chart

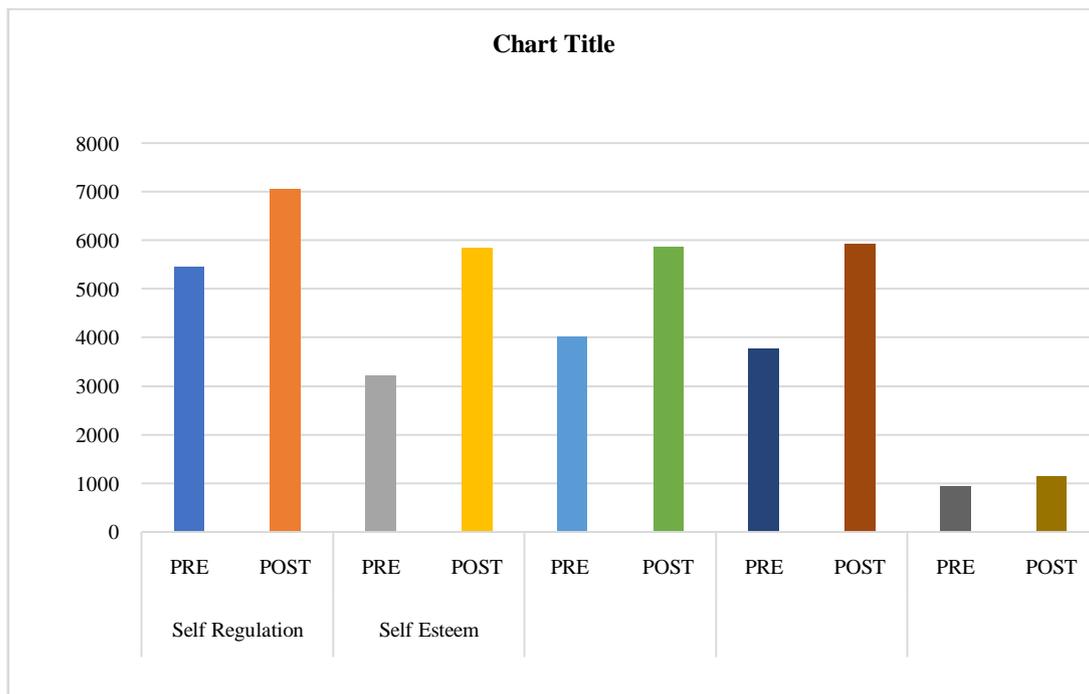


Comparing two control charts the pre education skill level is not within control from the average line and its resistor line. Control chart of Post education level is controlled with in the control limits.

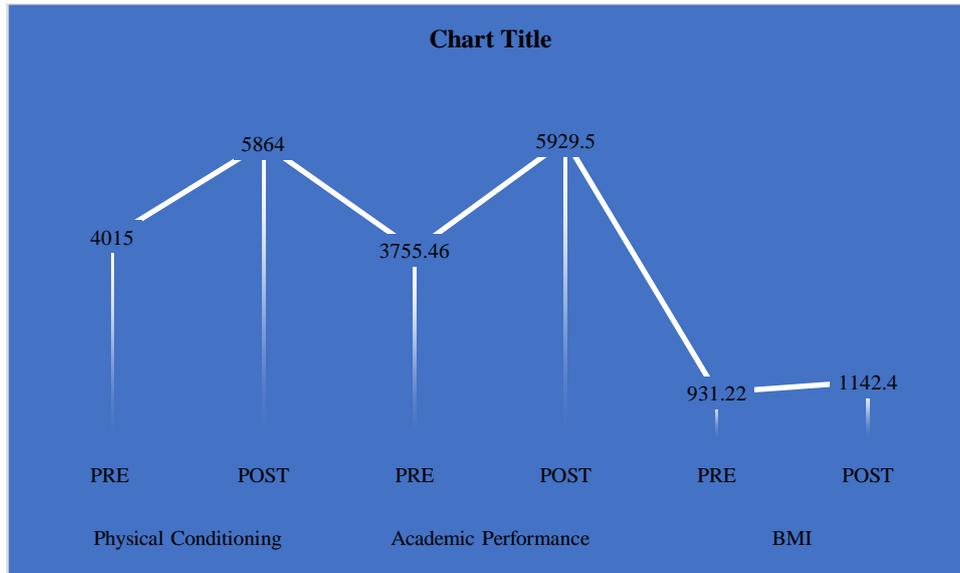




All variables are increased after having yoga practices, doctors consider a healthy BMI formen to be 20.5–27.9. A BMI of 35 or above may indicate obesity. The average weight for a 15-year-old boy is between 80 and 160 pounds



According to the CDC, most 15-year-old boys weigh between 80 and 160 pounds (lb). The 50th percentile for weight in this group is around 101 lb. This means that about 50% of boys this age weigh less than 101 lb. If a 15-year-old boy weighs under the fifth percentile, a doctor may classify this as being underweight



**Descriptive Statistics:**

Descriptive statistics summarizes or describes the characteristics of a data set. A measure of central tendency is a single price that attempts to describe a set of data by classifying the central place within that set of data. As such, procedures of central tendency are from time to time called measures of central place. They are also classed as rapid statistics.

**Descriptive Statistics**

|                            | Mean    | Std. Deviation | N  |
|----------------------------|---------|----------------|----|
| Post Accademic Performance | 60.9400 | 4.07286        | 50 |
| Post BMI                   | 22.8400 | 2.29783        | 50 |

**Descriptive Statistics**

|                   | Mean    | Std. Deviation | N  |
|-------------------|---------|----------------|----|
| Post Study Skills | 40.2000 | 3.69777        | 50 |
| Post BMI          | 22.8400 | 2.29783        | 50 |

The students post academic performance are mean = 60.9400, and Standard Deviation = 4.072. Comparing these values with pre academic performance, its highly increased. All values are equal. The data are followed by normal distribution. Measures of central tendency helps to find the middle, or the average, of a data set. *Standard Nonconformity* is a measure which shows how much difference (such as spread, dispersion, spread,) from the mean exists. The standard deviation designates a “typical” deviation from the mean. It is a popular degree of erraticism because it returns to the unique units of measure of the data set. The post study skill of the students’ performance is 3.697. Like the variance, if the data points are close to the mean, there is a small variation whereas the data points are highly spread out from the mean, then it has a high variance. Standard deviation calculates the extent to which the values differ from the average. Standard Deviation, the most widely used measure of dispersal, is based on all values. Therefore, a change in even one value affects the value of standard deviation. It is sovereign of origin but not of scale. It is also valuable in certain advanced statistical problems.

### Correlation

Correlation is a arithmetical measure that expresses the extent to which two variables are lined related (meaning they change together at a constant rate). It's a shared tool for describing simple relations without making a statement about cause and result.

**Correlations**

|                            |                     | Post Accademic Performance | Post BMI |
|----------------------------|---------------------|----------------------------|----------|
| Post Accademic Performance | Pearson Correlation | 1                          | -.073    |
|                            | Sig. (2-tailed)     |                            | .614     |
|                            | N                   | 50                         | 50       |
| Post BMI                   | Pearson Correlation | -.073                      | 1        |
|                            | Sig. (2-tailed)     | .614                       |          |
|                            | N                   | 50                         | 50       |

**Correlations**

|                   |                     | Post Study Skills | Post BMI |
|-------------------|---------------------|-------------------|----------|
| Post Study Skills | Pearson Correlation | 1                 | -.361**  |
|                   | Sig. (2-tailed)     |                   | .010     |
|                   | N                   | 50                | 50       |
| Post BMI          | Pearson Correlation | -.361**           | 1        |
|                   | Sig. (2-tailed)     | .010              |          |
|                   | N                   | 50                | 50       |

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Correlation is used to describe the linear relationship between two continuous variables in this research 1. Academic performance and BMI level and 2. BMI level of the students and study skills are considered. It measures the forte and direction of the linedassociation between two or more variables.Founded on this analysis correlation valueare negative.

### Conclusions

The students were requested to discuss both the physical and mentalwelfares to exercise. There were four chief mental health benefits which emerged: reduction of stress, self-regulation, mindfulness and increased self-esteem. The main physical health benefits which emerged were overall physical training, energy levels, and augmented athletic performance. The results of our study found that high school students perceived the benefits to yoga as augmented physical training, self-regulation, self-esteem, academic performance, stress reduction and mindfulness.

The tests to ongoing practice discussed by the students comprised mostly physical space and time, signifying that the barriers to practice were logistical. This can be viewed as a positive conclusion for future yoga software design in that the “complaints” (or resistance) were not based on struggle to the actual practice. As far as time is concerned, this may be an indication that students would benefit from improved time organisation skills and/or an improved ability to order activities. Yogic philosophy, as well as benefits of stress reduction from Kundalini yoga, may eventually help encourage these skills and help alleviate time pressures. Again, this is an area of potential future theory development.

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#### Conflicts of interest

There are no conflicts of interest.

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