

The Effect of Yoga on Cognitive Abilities, Personality and Academic Achievement

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Abstract

The present investigation was conducted to study the effect of yoga on cognitive abilities, personality and academic achievement. The sample consisted of 34 boys (17 experimental group, 17-control group), between 16 and 18 years of age and studying in I PUC at SDM college, Ujire, Karnataka, India. All the subjects of the study were hostellers. The experimental group underwent training in yogasanas for a duration of eight weeks. The participants were assessed on PGI memory scale, number cancellation test, self-confidence inventory and manifest anxiety scale. Academic achievement was assessed taking their final examination marks into consideration. Results were analyzed using paired t test. Results showed that the posttest scores of the experimental group were statistically significant on all the parameters measured. In case of control group the post test performance was significantly better in attention and academic achievement. Hence it can be concluded that regular practice of yoga improves attention ,memory, increases self-confidence, reduces anxiety and improves academic achievement.

Key Words : Ashtanga yoga, yama, niyama, asana, pranayama,

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