



THE EFFECT OF YOGIC PRACTICE ENHANCES MINDFULNESS AMONG STUDENT TEACHERS

S.Velvizhi

Director of Physical Education
Sri Sarada College of Education
Salem, Tamilnadu

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ABSTRACT

The purpose of this research was to investigate the effect of four weeks yoga training on Mindful attention awareness among student teachers. In this experimental study, demographic questionnaire, Mindful Attention Awareness Scale (MAAS), for this study were used. One hundred Sarada college of education student teachers (women) were chosen with randomized way allocated into an experimental and a control group. The experimental group participated in daily yoga classes and Padmasana and vajrasana for 30 minutes duration for one month. Both groups were assessed again after the one month study period. The data were analyzed using descriptive Mean, SD and independent t-test in statically methods. Result exposed significant increase in Mindfulness.

Keywords : Yoga, Mindful attention awareness, Student teachers.

INTRODUCTION

Yoga is to unite the body and the mind. When we coordinate movement with the breath, paying attention to the sensations in the body as we move, completely feeling the experience in that moment without any judgment or expectations, respecting our boundaries with self-compassion and kindness, yoga becomes a mindfulness exercise in itself and it becomes a meditative practice subsequently human's body. Yoga can also help us to balance our mind by helping us to understand that there are things that one is capable of performing, and there are some things that cannot be done. Feeling energetic and healthy will give us a psychological boost and this will translate to us having more confidence.

It is thought that individuals who have mindfulness also can identify and find out affections, answer to the other person's emotions with self-confidence. Since, it is necessary to recognize and regulate emotions to meet to life incidents and their consequences, this capacity can be an important factor in prediction about the adaptation among peoples (Esmail et al., 2007; Karami & Matin-Rad, 2005). Researchers think that the mental and physical problems can be prevented and treated through yoga and regular practices. One of that exercises that seems useful for this goal is yoga. In fact, the performance of yoga is an effort to inverse the stressful mental effects. And it is a way from psycho-physical illness and psycho-physical relaxation.

The role of exercise in development of mindfulness is very useful (Kalogiannis, 2006). Among girl students, after they took part in yoga exercise, they could see the reduction of stress level (Ghasemi, 2004). Moreover, other researches showed that yoga as a mental and physical exercise generally improve individuals, health feeling and reduce their stress (Chen et al., 2010; Salmon et al., 2009; S. Cowen & Adams, 2005). Researchers have sought a way to create more relaxation and mental health and physical health. All over the world, there are many researchers investigating broadly on regular exercise and particularly yoga movements in human's mental and moral health and in challenging with stress during



daylight. They also inquired the yoga effect on the life quality and even the relaxation in humans sleeping time (Carei et al., 2010; Cox et al., 2010).

We could possibly do and able to erase all the negative thoughts from our mind. "The yoga of knowledge is perhaps the most important aspect of the Inner Yoga of meditation. It is often regarded as the highest yoga, because it takes us directly to self-realization" (Frawley, 2008, p. 79). The meditation exercises of yoga can help us grasp the concept that limitations are not downfalls, but simply shortcomings that have to be accepted. We are balanced all these thoughts and confidence in ourselves as well as our self-awareness will intensify.

The yoga can improve mind, body and totally our life quality and human mental practice by training and strengthening our body and moral (Cowen, 2010; Vadiraja et al., 2009; Telles et al., 2009). Among the students in the colleges involve in many various Res. J. Appl. Sci. Vol., 1(5): 119-112, 2014 problems and different difficulties such as, providing the education tuition, having mental disturbance about self-conceits making relationship with other students, reading the plenty volume of different materials, acquiring suitable scores and the quality of study and also programming for future years after graduating in different field, personal and professional, and continuing the education in higher levels. Through a series of meditation and relaxing breathing exercises, one can increase the circulation of oxygen in the mind and body, thus increasing the flow of energy to our overall body. Yoga can help us to deal with the stress, even when we are placed in an alarming situation. We can deal with all Mindfulness is increased.

Beauchemin, J., Hutchins, T. L., & Patterson, F. (2008). Mindfulness meditation may lessen anxiety, promote social skills, and improve academic performance among adolescents with learning disabilities. *Complementary Health Practice*. Students with learning disabilities (LD; defined by compromised academic performance) often have higher levels of anxiety, school-related stress, and less optimal social skills compared with their typically developing peers. Previous health research indicates that meditation and relaxation training may be effective in reducing anxiety and promoting social skills. This pilot study used a pre-post no-control design to examine feasibility of, attitudes toward, and outcomes of a 5-week mindfulness meditation intervention administered to 34 adolescents diagnosed with LD. Post-intervention survey responses overwhelmingly expressed positive attitudes toward the program. All outcome measures showed significant improvement, with participants who completed the program demonstrating decreased state and trait anxiety, enhanced social skills, and improved academic performance.

This self-awareness is also seen as key to leadership development. Hughes and Beatty (2005) describe this as knowing who you are and where you want to go. Haas and Tamarkin (1992) stress the importance of introspection as a form of self-discovery. This is consistent with the practice of yoga. "The main approach of the yoga of knowledge is self-inquiry, directly looking into whom we really are behind the veils of body and mind. It often begins with asking the question, 'Who am I?'; not just at a mental or emotional level but with our full attention and energy. Through this question one learns to dive deep within, to the mind's origin located in the heart" Frawley (2008 p.80)

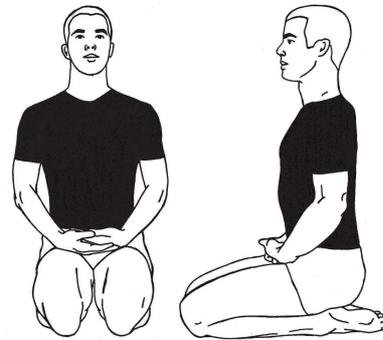
METHODOLOGY

The purpose of the study was to investigate the effect of yogic practices enhances mindfulness among Student teachers. To achieve the purpose of these study one hundred student teachers were randomly selected in Sri Sarada College of Education, Tamilnadu, India and their age ranged between 21 to 25 years.

For the tests randomized group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of fifty each and named as Group 'A'



Padmasana



Vajrasana

and Group 'B'. Group 'A' undertook yoga practice Padmasana and Vajrasana for thirty minutes once a day for thirty days and Group 'B' undertook not any practice and they had their routine life. Mindful Attention Awareness Scale (MAAS), measure widely used in social-science research. The data was collected. Before and after four weeks of training Paired 't' ratio was computed. The level of significance was set at 0.01.

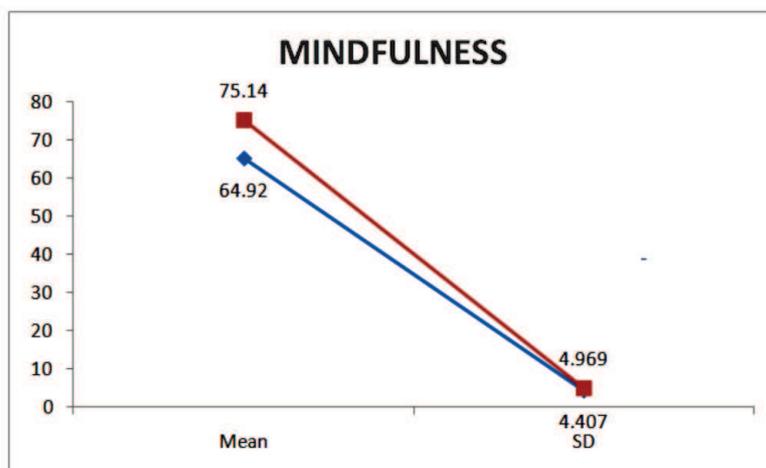
RESULT & DISCUSSION

The primary objective of the paired 't' ratio was to describe the differences between the Control group and Experimental Group mean among Student Teachers (Women)

TABLE - I
SHOWING MEAN DIFFERENCE OF EXPERIMENT AND CONTROL GROUP AMONG
STUDENT TEACHERS IN THEIR YOGIC PRACTICES OF MINDFULNESS

Mindfulness	N	Mean	SD	t - Value	Significant/N S Level
Control Group	50	64.92	4.407	12.60	S (0.01)
Experimental Group	50	75.14	4.969		

Required table value : 2.58 (0.01)





It is obvious fact from table that yogic practice has significant effect enhances Mindfulness level between Experimental Group and Control group. As the mean value of experimental group is 75.14 and control group is 64.92. An examination of table indicates that the obtained 't' ratio was 12.60 for mindfulness respectively. The obtained 't' ratio was found to be greater than the required table value of 2.58 at 0.01 level of significance for 1, 49 degrees of freedom. Hence it was found to be significant.

This result has better blood circulation, more oxygen flow and greater mindful attention awareness. It enhances successful relationships among friends are very important to the development of mindfulness for student teachers. Yoga enhances personality, emotionally stable, extroverted, and reliable individuals experience and social acceptance in mindful attention awareness.

Mindfulness enhances insight and wisdom and the best way to improve mindfulness is through meditation. Meditation increases the gray matter- the part of the brain that holds the actual brain cells, in brain regions that handle attention, compassion and empathy. It also helps a variety of medical conditions, strengthens the immune system and improves physiological functioning. Well mindful attention awareness students are able to act according to what they think to be the best choice, trusting their own judgment, and not feeling guilty when others do not like their choice. They learn from the past and plan for the future, but live in the present intensely. Yoga can boost our metabolism, increase our lung capacity and also help us to burn fat. All of these blessings, especially looking and feeling better, also contribute to having more confidence and power. Mindfulness is the suggestion that originates from this self just as kindness, self-respect, and self-love all originate from this habitation. Mindfulness practitioners develop the ability to recognize when thought patterns arise and observe them in a detached manner without the need to become involved with them.

CONCLUSION

Yoga had positive effect on mindfulness and it is suggested that yoga is as a universal, effective and suitable sport and can lead to positive mental and physical health. Yoga is more on creating a way to balance the body by enhancing our strength and flexibility. Mindfulness practice helps reshape the brain. It helps balance our emotional well-being as we learn to detach ourselves from our thought patterns and emotions by just observing them and not reacting to them. It also helps gain greater control over our attention which is a major factor in reshaping the brain and hence the mind.

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