

**EFFECT OF YOGA ON MENTAL HEALTH OF SENIOR SECONDARY STUDENTS****Ms. Sarla Rani\* & Mrs. Mukesh\*\***

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**ABSTRACT**

*The present paper highlights that girls are having good mental health rather than boys' students. There is a significant difference between pre-test and post-test of senior secondary students. It shows that post-test students are having good mental health rather than pre-test students. Mean scores of boys and students is 35.06 whereas mean score of girls students is 35.14. So mean's difference is trustworthy. The present study was conducted to find out the effect of yoga on mental health of senior secondary students. For this purpose 100 students sample was taken from Sonapat district. "YOGA ATTITUDE SCALE" was developed by Dr. Mahesh Kumar Mucchal will be used to collect data. The present study has its implications for teachers, parents, administrators or policy makers and government.*

**INTRODUCTION**

Yoga is a mind-body exercise effective for reducing stress, anxiety and depression and improving brain function and mental health. Yoga is a practice of poses and breathing techniques designed to strengthen and balance the body and the mind. "Yoga is a psychology - the whole practice helps us work with the nature of the mind, the nature of being a human, how emotions live in our bodies, how they affect our behavior and our minds. He also reveals that yoga helps us recognize and cope with our own low self-esteem." (Turner). Mental health is a positive concept related to the social and emotional wellbeing of individuals and communities. The concept is culturally defined, but generally relates to the enjoyment of life, ability to cope with stresses and sadness, the fulfillment of goals and potential, and a sense of connection to others. It is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community. "Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (World Health Organization, 2001).

**Significance of the study:-**

Human life is very busy in the present system of society. They have no time to maintain health fitness. It is the reasons they have suffer from many health problems and diseases. The main purpose of the present study to reduce their diseases, relaxed and tension free mind, maintenance of health and fitness in the daily routine life and also students aware to know about effect of yoga on mental health on senior secondary students. Because yoga helps to prepare the mind and body for long term health. It can be wisely applied in welfare programs to improve the "Quality Of Life" in all age groups it has been found useful for mental disorders like depression. It has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise. It also helps young and old persons in reducing stress and also improves the mental health.

**Objectives:-**

1. To find out the level of mental health pre-test of senior secondary students.
2. To find out the level of mental health post-test of senior secondary students.
3. To compare the level of mental health between pre-test and post-test of senior secondary students.
4. To find out the level of mental health of pre-test of girls and boys student.
5. To find out the level of mental health of post-test of girls and boys student.
6. To compare the level of mental health between pre-test and post-test of boys and girls senior secondary students.

**Hypotheses:-**

- There exists no significant difference between pre-test and post-test mean score of mental health level of senior secondary students.
- There exists no significant difference between pre-test and post-test mean score of mental health level of boys and girls of senior secondary students.

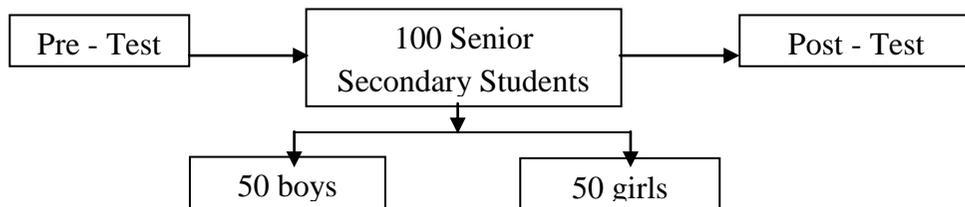
**Methodology of the Study:-**

The pre-test/post-test one group experimental research design was used in this study. The research study was consisting of three phases. In intervention program of 15 days was delivered to enhance the yoga

attitude level. The components of intervention program were consisting of lecture by investigator, video films, dramatization, collages etc.

**Sample of the Study:-**

The sample was selected from one government. senior secondary school of Sonipat district.



**Tools to Be Used:-**

“YOGA ATTITUDE SCALE” was developed by Dr. Mahesh Kumar Mucchal.

**Statistical Techniques to Be Used:-**

1. Mean
2. Standard deviation
3. t - test

**ANALYSIS AND INTERPRETATION OF DATA**

1. There exists no significant difference between pre-test and post-test mean score of mental health level of senior secondary students.

Table-1.1

Test	N	Mean	Sd	T-Value	Level of Significance	Remarks
Pre-Test of mental health	100	30.5	4.932	2.62	0.05 at 0.01 Level	Significant
Post-Test of mental health	100	35.1	4.279			

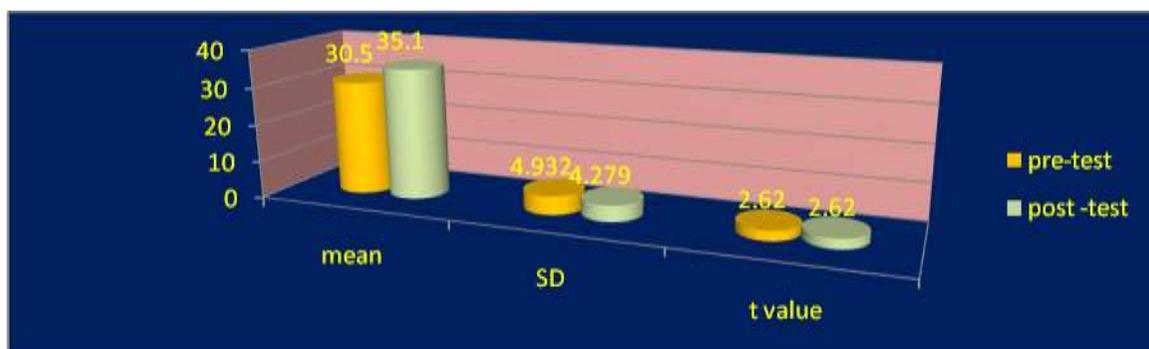


Table 1.1 shows that ‘t’ value of mental health 2.62 and critical value is 0.05 at 0.01 level of significance with 98df. Calculated ‘t’ value is greater than critical t-value, So the hypothesis there exists no significant difference between pre-test and post-test mean score of mental health level of senior secondary students is rejected. Mean scores of pre-test of senior secondary students is 30.5 whereas mean score of post-test of senior secondary students is 35.1. So mean’s difference is **trustworthy**. From the above discussion we can say that there is a significant difference between pre-test and post-test of senior secondary students. It shows that **post-test** students are having **good** mental health rather than **pre-test** students.

2. There exists no significant difference between pre-test and post-test mean score of mental health level of boys and girls of senior secondary students.

Table 1.2

Group	N	Mean	Sd	T-Value	Level of Significance	Remarks
Pre-test of boys	50	35.06	4.41	0.466	0.05 at 0.01 Level	No Significant
Post-test of girls	50	35.14	4.17			

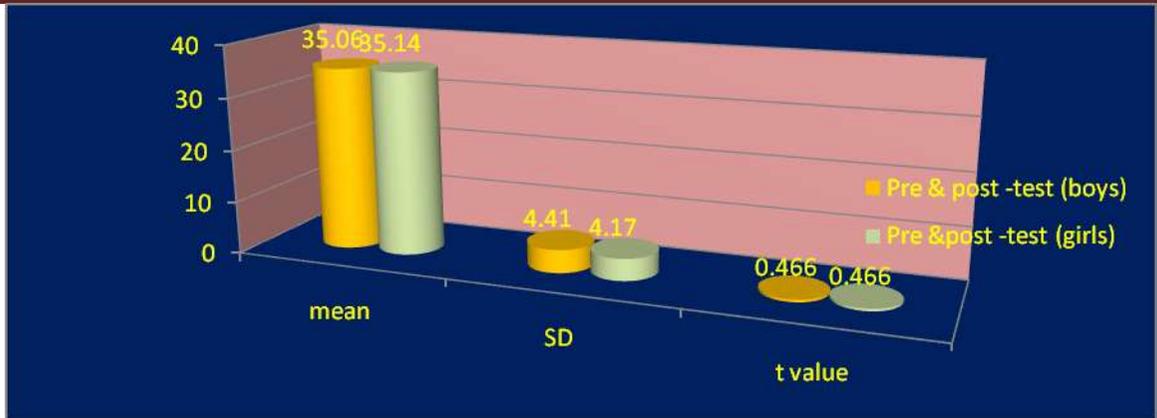


Table 1.2 shows that 't' value of mental health is 0.466 and critical value is 0.05 at 0.01 level of significance with 48df. Calculated 't' value is greater than critical t-value. So the hypothesis there exists no significant difference between pre-test and post-test mean score of mental health level of boys and girls of senior secondary students is accepted. But mean scores of boys and students is 35.06 whereas mean score of girls students is 35.14. So mean's difference is trustworthy. From the above discussion we can say that there is a significant difference between pre & post test of boys and girls students. It shows that girls' students are having good mental health rather than boys' students.

### CONCLUSION

The present study concludes that boy students are having more mental health rather than girl students. On the other hand there is some difference of mental health on boys and girls student mental health. Mental Health and its consequences could be either positive or negative. A proper understanding of such consequences along with the causes could help to optimize the benefits and minimize its ill effects. Hence it is very crucial that efforts be made to help these individuals experience freedom but on a right note and manner with proper guide and support. So, there is a tremendous scope for the boys and girls to work towards preventing negative consequences of mental health as well as helping the victims overcome their unpleasant experiences.

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