EFFECT OF YOGA AND EXERCISES PROGRAM ON SELF CONFIDENCE AND MEMORY STRESS OF SCHOOL STUDENTS

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Abstract

In today's modern world, students are subjected to stress. Students are unable to concentrate on their studies. The importance of memory in human existence, and therefore in the life of a student, cannot be overstated. Memory and education are intertwined and interdependent. The students who were exposed to yoga showed improved memory and self-confidence, as well as a reduction in stress levels afterward. Yoga not only helps you relax, but it also has been shown to help with the symptoms of mental illness. Yoga has been shown to improve students' capacity to concentrate and focus, as well as their memory. It is critical for students' health and well-being that they engage in physical activity on a regular basis in their daily life. Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation practices. A growing body of evidence shows that regular yoga practice aids in the development of the body as well as the mind and soul, resulting in a healthier and happier existence. Students with high intelligence outperformed those with low intelligence, indicating that there is a relationship between yoga treatment and intelligence in terms of memory, self-confidence, and stress scores. Yoga has no statistically significant effect on memory, stress, or self-confidence, regardless of the gender of the practitioner.

Keywords: yoga, exercise, program, self confidence, memory stress, students, etc.

1. INTRODUCTION

In today's modern world, students are subjected to stress. Students are unable to concentrate on their studies. The importance of memory in human existence, and therefore in the life of a student, cannot be overstated. Memory and education are intertwined and interdependent. Neurology experts, cerebral scientists, and doctors all agree that the genuine capacity of the complete brain is just 7 percent utilised by outstandingly bright intellectuals and measurably brilliant people, with the remaining 93 percent remaining underutilised or undetected even today. When viewed in their entirety, brain potentials are essentially boundless W.I. Devi (2021). Although a poor memory can be attributed to a lack of attention or concentration, some poor listening skills, as well as other intrinsically undesirable habits, it is possible to improve and expand these talents with the appropriate approaches. The practise of Yoga or Meditation, as well as Pranayama, as depicted in ancient Indian texts, was devised as an experimental way of methodical training in order to bring about the realisation of such hidden powers that existed inside the human brain. Yoga is an Ayurvedic method for healing the mind that works from the deepest layers up to the surface activity. It also allows for the alteration of consciousness and vibratory pattern, as well as the alteration of energetic mind structure. There have been a number of
researches that have demonstrated how yoga can play a significant part in memory enhancement Saxena et. al (2021).

Stress is a very unfavourable emotional experience that is grown by physiological as well as behavioural changes that are directed towards the stressful occurrences altering or considering its impact. The feelings of irritation, pressure, tension, and anxiety that you are experiencing may be related to academic stress. Excessive stress has a negative impact on student performance Saurabh Kumar et. al (2021). Yoga has been shown to improve academic performance, memory, self-confidence, and attentiveness, according to a number of research investigations conducted to yet. Mastery of the content, efficacy of communication, and self-confidence are the three Cs of good classroom communication, and they are all intertwined. When we are confident in ourselves, we have an attitude that allows us to have an optimistic outlook. It also provides a genuine impression of us and our talents. It deals with the development of emotional maturity. Self-confident people put their faith in their own talents and have a universal sense of being in control, as well as a belief that they will achieve the goal, no matter what they plan, expect, or hope for themselves. “Self-confidence refers to an individual's perceived ability to respond effectively in a scenario in order to overcome difficulties and ensure that everything goes as planned.” It is nearly hard to live the life of our desires if we lack self-confidence Saxena et. al, (2021). It is also nearly tough to break free from our established roles and be truly yourself. Yoga can be visualised as the best option for assisting yourself in increasing your self-confidence. Yoga appears to be the only way to combine the cognitive and bodily aspects of the exercises, and it appears to be beneficial. When it comes to the physical aspect, it will allow a person to feel more confident in their healthy body and to stand more upright (Pathak et. al, 2021).

2. THE EFFECTS OF YOGA ON STUDENT MENTAL HEALTH

When young adults are in college, they are going through a developmental stage in which they will encounter several waves of success as well as disappointment. In the event that failure is not handled effectively, pupils may have mental health problems that are difficult to overcome. Yoga, on the other hand, is a simple technique that college students can use to combat stress, worry, and depression: it is free. Yoga is a discipline that includes physical, mental, and spiritual aspects. It entails the practice of yama (personal ethics), niyama (social ethics), asana (physical postures), pranayama (breathing exercises), and meditation, as well as other aspects of the yoga tradition (science of relaxing the mind). Student mental health can be improved in particular by educating students to strike a balance between achievement and failure, as demonstrated by the last three components. Yoga is a comprehensive practice that includes both physical and mental practices. Students who are new to yoga may initially concentrate on asana, which are the physical exercises or positions that are performed. Most of the techniques of yoga are focused with the mind, as you will realise if you practice at a deeper level Hayes, A. F. (2013). Aspects of human thinking processes that are addressed by yogic science include how a thought originates in the mind, how emotions enhance the strength of that thought, and lastly how a thought manifests as either good or negative energy. Here's how yoga has a direct impact on the mind:

1. Relaxing postures such as shavasana (Corpse Pose), meditation, and deep breathing methods help to transition our sympathetic nervous system to the parasympathetic nervous system, which means that we go from fight-or-flight mode to rest-and-digest mode.
2. Activating the parasympathetic nervous system reduces anxiety and promotes a sense of well-being in both the physical and mental realms.

3. In addition, when we practise yoga, our brain generates hormones that help us feel more relaxed than when we are just walking or sitting still. GABA is a chemical that belongs to this group. According to a study published in the Journal of Alternative and Complementary Medicine, yoga has been shown to raise GABA levels by 27 percent.

4. The frontal lobe of our brain is the greatest section of our entire brain structure. Sometimes referred to as the "control panel," the prefrontal cortex is responsible for a wide range of critical cognitive abilities such as emotional expression, problem solving, memory, and language. The frontal lobe is the part of the brain that is impacted by various mental disorders since it is the part of the brain that is responsible for all of our decisions, ideas, and plans. While practising yoga, the brain slows down the activity of the frontal lobe, which helps to prevent and/or alleviate mental health issues.

2.1 How Yoga Improves Mental Health

Yoga not only helps you relax, but it also has been shown to help with the symptoms of mental illness. It aids pupils in being more aware of their own mental processes, allowing them to see both the exterior and interior worlds more clearly (consciousness, mind, and body). Because of this, kids are more equipped to handle situations that could otherwise bring up thoughts of mental illness or bad feelings. The practises of yoga, from asanas to yogic breathing, give students the tools they need to remain cool and lucid under pressure. Practicing yoga gives you complete control over your body's response, whether it's physical, psychological, or emotional.

- **Encourage the practise of mindfulness:** To put it another way, mindfulness is just being aware of your own thoughts without making any judgments or inquiries about them. Both yoga and mindfulness attempt to quiet the mind, thus they go hand in hand. As a result, if you do yoga mindfully, you're also engaging in mindfulness. They found that mindfulness training increased their emotional well-being, professional development, and ability to cope with stress. Mindfulness is a component of several different meditation techniques used in yoga. Pranayama breathing techniques, for example, assist yoga practitioners in achieving a state of mindfulness by concentrating on precise breathing patterns.

- **Build Self-Confidence:** All yoga practises and philosophies aim to bring your scattered consciousness from the outside world to the interior of you. As a result, yoga helps you become more self-aware and teaches you that you are wholly and fully contained within yourself. Students' self-confidence grows as a result of this internalisation, and this can help them avoid a variety of mental health disorders. The students' mental health improved, and their grades improved as a result of their yoga practise. Plank, Tree, Bridge, and Warrior Pose are just a few of the many energising yoga positions that help us both physically and psychologically. Poses that give you confidence while strengthening your body are known as empowering postures.

- **Reduce Stress:** College students often experience stress from a variety of sources, including anger, sadness, guilt, and a low sense of self-worth. There are numerous physical and psychological symptoms that can occur as a result of chronic stress, such as headaches, backaches, nausea, dizziness, and problems staying awake at night. Yoga is an excellent way...
method for bringing the body and mind together. It reduces stress on a subliminal level while also alleviating physical and mental problems that contribute to it.

- **Helps Concentration**: Helps Mental illness and a lack of concentration are intimately linked. Symptoms of mental diseases damage numerous sections of the brain that impair our capacity to focus at work. Yoga, particularly meditation, aid the brain's ability to focus by restoring it to a healthier state. Improved concentration, on the other hand, can keep worry and despair at bay.

- **Improves Social Development**: Yoga is an excellent social-emotional learning tool for students. In fact, parents in the United States are encouraging their children to practise yoga at school to help with their social development. Rapid societal change contributes to poor mental health in a number of ways. Feeling isolated at college, for example, may elicit depressive symptoms. "Social adjustment inventory" was used to gauge the social behaviour of yoga practitioners against non-practitioners. Researchers found that students in the yoga class had improved social skills and were more adaptable to fast social change.

- In the end, University students can use yoga as a mental health practise to help those overcome academic hurdles and to provide psychological support. Yoga combines physical activity with breathing exercises and relaxation techniques to help quiet an overactive mind. Yoga has been shown in numerous studies to be beneficial to pupils during times of emotional stress. Consistent yoga practise also improves concentration and builds self-confidence in students.

3. **YOGA PRACTICES ON HIGH SCHOOL STUDENT’S MEMORY AND CONCENTRATION IN RELATION TO EXAMINATION STRESS**

Yoga is an ancient Indian discipline and way of life that incorporates not only physical motions and postures, but also breathing control and meditation. Yoga has been practised for thousands of years and is still practised today. After participating in Yoga, it appears that the participants were better able to concentrate their mental resources, process information more quickly and accurately, and also better able to learn, retain, and update pieces of information. During the past 15 years, there has been a significant increase in the prominence of Yoga in mainstream Indian society. Yoga is a mind-body practise that combines physical postures, breathing exercises, and meditation practices. A growing body of evidence shows that regular yoga practise aids in the development of the body as well as the mind and soul, resulting in a healthier and happier existence. Aside from improving physical health, yoga has been shown to help people maintain cognitive control, particularly in the areas of attention and memory. Yoga activities have been subjected to research in order to determine their impact on attention, concentration, and memory abilities. A positive influence of yoga has been demonstrated on mental health and well-being, attention-concentration-memory-and-physical fitness, among other things. Yoga has been shown to improve students' capacity to concentrate and focus, as well as their memory. It is critical for students' health and well-being that they engage in physical activity on a regular basis in their daily life. Yoga is one type of physical activity that is becoming more popular in schools. It improves academic achievement while also stimulating the brain. According to the study provided, the effects of Yoga on memory and attentional skills are equivocal at best, with the majority of studies finding no effect. The original Yoga poses were often used in conjunction with meditation.
or another form of exercise, according to many researchers. It has been reported that several studies did not explicitly compare experimental groups with control groups, and that in some cases, a control group did not exist at all. Finally, much of the existing Yoga research is based geographically in a region that is well-known for its belief in the physical, mental, and spiritual advantages of Yoga. This is a significant limitation. This fact may cause bias on the part of the investigators or participants as a result of their knowledge of the situation.

4. EFFECTS OF A YOGA PROGRAM ON HEALTH, BEHAVIOUR AND LEARNING ABILITY IN SCHOOL CHILDREN

Education professionals, health care providers who work with children and researchers have all been trying to figure out what causes academic underachievement in children of ordinary intellect, especially when it isn't due to physical, social, or environmental issues. Academic underachievement has been linked to a variety of behavioural issues in children, including depression, anxiety, and attention deficit hyperactivity disorder (ADHD). Students who suffer from depression as a result of peer pressure, family strife or needing to help support the family financially may suffer emotional anguish, cognitive dysfunction and a decline in academic performance. Learning difficulties and poor academic performance have both been linked to higher rates of school dropout. Attempts to increase class participation, such as providing free lunch, have fallen short. According to national sample survey statistics, Karnataka's dropout rate is 7.9% in rural regions and 3.1% in urban areas, with males dropping out at a slightly higher rate than females. Reduced attention, lethargy, poor concentration and memory, and a reduced ability to persevere in tasks are all symptoms of depression that have emerged as roadblocks to efficient learning. Furthermore, a decline in academic achievement has been linked to an increase in social and behavioural difficulties though overt clinical depression is detected in a few, the majority of the display depressive mood fluctuations that are commonly encountered in teenagers.

The stress to perform well, as well as the physiological and behavioural stress responses that go along with it, can cause mood swings, emotional anguish, sleep loss, and cognitive impairment. Children with depressive symptoms frequently do poorly in the classroom even when no other learning disabilities are present. There have also been reports of negative connections between the intensity of depressive symptoms and cognitive ratings, particularly by adolescence. Similar results have been found in youngsters with depressive symptoms who scored worse on a number of cognitive functioning tests. Academic achievement indicators such as math and knowledge clusters and reading abilities have also shown a lower performance in these children. Student weariness grows dramatically from elementary school to junior high school, according to research on behavioural signs of melancholy, such as attention issues. Thus, identifying fatigue-related factors is critical to avoiding tiredness spikes during this period of transition. Students have learned to cope with emotional, social, and mental stressors as a result of exercises and play. They are now better prepared to face the challenges of adulthood. Exercise, participation in group activities, and play has all been shown to boost self-esteem, which is crucial for navigating the emotional upheavals of adolescence. Regular physical activity and exercise have been shown to generate strong, healthy bones and muscles, reduce the risk of obesity and chronic diseases, reduce anxiety, and increase psychological well-being. Another factor leading to adolescent obesity is the fact that physical activity diminishes with age or grade in school. Physical activity improves mood, self-esteem, and self-image, relieves stress and premenstrual tension, and increases alertness, vitality, and the body's ability to deal with stress. Asanas, breathing exercises, and pranayama (controlled nostril breathing) are all components of yoga's mind-body approach, which has similar metabolic consequences as a workout. According to
research, breathing through the right nostril increases basal metabolic rate and lowers obesity, whereas breathing through the left nostril has anxiolytic properties. Tidal volume is influenced by pranayama as well.

5. YOGA INCREASE SUBJECTIVE ENERGY AND STATE SELF-ESTEEM

Aside from that, research on the practise of yoga, which is characterised by non-competitive physical exercise, breathing techniques (pranayama), and meditation techniques, has found that practising yoga is associated with improved psychological well-being and positive self-esteem. Yoga postures help to improve vagal tone, which helps to increase the amount of energy available in the body. This suggests that engaging in yoga postures may increase bodily energetic resources as well as the subjective sense of energy, as well as have a positive impact on one's self-perception. Rather than the meaning of interpersonal dominance, power, or confidence associated with the posture, it is possible that this mechanism is related to the effects of body alignment on the autonomic nervous system. The practise of yoga is beneficial to both healthy individuals and those who are suffering from a variety of physical or mental health issues. Practice of yoga has been shown to improve mental health in those suffering from depressive disorders, anxiety disorders, posttraumatic stress disorder, and schizophrenia. Yoga practise has been shown to reduce stress and anxiety associated with performance. Yoga is just as effective as cognitive-behavioral therapy in terms of stress management and improving emotional health as it is in these areas. In terms of psychological well-being, research conducted among patients who are prone to fatigue (e.g., those recovering from cancer) found that patients who participated in yoga practise experienced less fatigue.

Yoga practise has been shown to reduce negative effects while simultaneously increasing positive effect, subjective feelings of energy, and positive self-esteem. As a result, engaging in expansive body postures may have an effect on subjective feelings of energy and self-perceptions, not because the poses convey a message of interpersonal dominance, but rather because they increase the amount of bodily energetic resources available. Opening and lifting of the chest are emphasised in yoga poses, which also stimulate the vagal nerve. However, they are not associated with competition or dominance, but they are likely to result in increased physical energy as well as a subjective sense of empowerment and power. The comparison between yoga poses and "power poses" is particularly useful for determining whether the association with interpersonal dominance is responsible for the effects of body poses on the subjective sense of energy and control. It is possible that the effects of open body postures on psychological states are real (as recently questioned by one of the authors of the original research on 'power posing,' but the underlying mechanisms of this effect may not be related to the meaning of domina), but the underlying mechanisms of this effect may not be related to the meaning of domina in this context. A meaningful comparison can be made between the immediate effects of momentarily performing standing yoga poses and those of sitting yoga poses, which have previously been overlooked in research on the psychological effects of yoga practice.

6. CONCLUSION

The students who were exposed to yoga showed improved memory and self-confidence, as well as a reduction in stress levels afterward. Students with high intelligence outperformed those with low intelligence, indicating that there is a relationship between yoga treatment and intelligence in terms of memory, self-confidence, and stress scores. Yoga has no statistically significant effect on memory, stress, or self-confidence, regardless of the gender of the practitioner. The spiritual dweller has self-confidence that has been acquired through spiritual energy, but everyone else must acquire it, and in

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this state, yoga and meditation are the most effective methods of expanding memory and self-confidence. Yoga and meditation will undoubtedly help students to improve their memory and self-confidence while also providing stress relief.

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