

Investigating The Effectiveness Of Yoga In Fostering Academic Resilience Among Adolescent Students

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Abstract

The positive psychological factor is an essence relating to academic resilience of the adolescent students in this tough competitive world. These students are required to face the academic and social challenges. At this point, yoga was found to be the best solution to come out of all such issues. Despite the adversity and drawbacks, the adolescent students had shown the best achievement in this competition and come out with the flying colours. Through the experimental design, the Yoga practices were extended to the selected adolescent students and data was collected for analysis. The findings of the study had conclusively proved beyond doubt that yoga had made a significant improvement to be more resilient academically among the adolescent students. The conclusion was that the yoga program was much useful to go for success beyond the extent of the adolescent students.

Keywords: Academic resilience, yoga, adolescent students.

Introduction

In this competitive world, the student community especially adolescent students are facing academic and social challenges in all walks of life. The ability to handle the setback, stress or pressure is called the resilience. The resilient students have to make all

efforts to maintain good academic record for their sustenance in future. The capacity and ability of the students would definitely ensure all the sincere efforts to become successful in spite of adverse circumstances by changing the existing behavioural aspects. In this context, yoga education and practices would lead the way to remove the stress, strains and pressures in any form leading to achieve success in their career. It improves the concentration, creativity of human being and sharpens the memory level leading to immunity and mental stability.

Meaning and definition of academic resilience

Academic resilience is a dynamic development process with a lot of involvement of protective factors. The students are essentially to be nurtured to the great extent possible to become resilient academically in all aspects. Academic resilience means that the students do a good job in their field of education inspite of any adversity. It is also clarified that the academic resilience is the students' capacity to thrive in the face of external aversive events. Academic resilience is defined as good academic achievement despite adversity in the educational process. It is the ability to successfully deal with the drawback and challenges which are typical in nature in day-to-day life and also to maintain academic performance in the face of life.

Meaning and definition of yoga

Yoga is considered to be a system of mental and physical health with the aim of developing a healthy body. Yoga is declared as the harmonizing system to rejuvenate the body, mind as well as soul. It also increases the physical, spiritual and mental status of the human being leading to positive feeling towards life and it is an integration of personality in its all aspects of life.

Yoga is defined as physical, mental and spiritual practice on discipline that denotes the variety of goals. According to Sri Sri Ravi Shankar "Yoga is not just exercise and asanas. It is the emotional integration of spiritual evicition with a touch of mystic element, which gives you a semblance something beyond all imagination".

Need and significance of the study

In this major development and challenging world, the students are required to compete with a lot of challenges in respect of higher

studies, employment opportunities, business and family venture. The adolescent students at this stage are expected to prepare very well and also satisfy the great expectation of parents, teachers, peers and school authorities.

It is an established fact that human mind is a great gift of god and it is essentially for the fullest utilization of time and energy of students. In this process, resilience plays an important role making the ability to cope with change and adversity leading to great success in their career.

Objectives of the study

The objectives of the study were to examine the components of Academic Resilience among adolescents studying in higher secondary school and also to evaluate the effect of yoga on improving the components of Academic Resilience among adolescents studying in higher secondary school.

Hypothesis of the study

H1: There is no significant difference in Academic Resilience and its dimensions between pre and post-tests among adolescent students of Experimental group.

Review of Related Literature

The review of related literature on the topic earlier done by other scholars would be an important factor in the field of any research process. It would be considered very useful to investigate and go further in all earnestness.

Rajan, S.K., Harifa, P. R., and Pienyu, R. (2017) had undertaken the study to examine the influence of locus of control, academic engagement and self-efficacy on the academic resilience among the school children. A sample size of 155 boys and girls from high school was considered. Various scales were utilized for taking the measurements. The correlation analysis showed a correlation between academic resilience and self-efficacy. The independent sample t-test the results revealed a significant difference between male and female for academic resilience. However, there was no significant difference among the males and females for self-efficacy, academic engagement and locus of control.

Shokri et.al (2016) conducted the study to find out the effectiveness of attributional retraining program on students' emotion-cognitive regulation strategies and academic resilience. The quasi-experimental research with pre-test post-test non-equivalent group design was adopted in this study. A sample size of 41 undergraduate students of the university was taken for this study. The participants were divided into two groups namely experimental group and control group. The required information and data were collected from the participants before and after the training. The participants of the experimental group were imparted with 7 resilience training sessions of 2 hours per session. The results of the multivariate covariance analysis indicated that attribution retraining program was fruitful in increasing the adaptive cognitive coping strategies. Further, the results of the univariate covariance analysis revealed that the attributional retaining program was a very useful in increasing the academic resilience.

Methods and procedures

The research methodology is the backbone of any research work. It was clearly spelt out the various procedures and methods to be adopted to carry out the research work in a methodical manner to get the fruits of hard labour involved in this work to achieve valid and reliable results for further rigorous analysis of the data. The investigator had decided to adopt experimental method which is considered to be the blueprint of the procedures to be followed in testing the hypothesis with the valid conclusions about the relationships between the independent and dependent variables.

The sample size of the study involved 30 students of boys and girls who were studying in higher secondary school. The one-group pre-test post-test research design was used for this study. The students were imparted with yoga practices for about 45 minutes daily which lasted for one month.

Tools of the study

The academic Resilience scale by Neena K Kottalil (2017) was adapted and developed by the investigator and supervisor.

Analysis and Interpretation

H1: There is no significant difference in Academic Resilience and its dimensions between pre and post-tests among adolescent students of Experimental group.

Table showing the Mean comparison in Academic resilience and its dimensions between pre and post-test among adolescent students of Experimental group.

Academic Resilience and its Dimensions	Pre Test		Post Test		t-value	P value and Significant Level
	Mean	SD	Mean	SD		
Self-belief	34.03	3.000	43.40	3.979	12.081	0.000 P < 0.05
Perceived control	30.33	5.874	37.70	3.087	7.866	0.000 P < 0.05
Persistence	29.27	4.448	36.77	2.687	12.299	0.000 P < 0.05
Anxiety	18.17	2.730	22.87	3.104	9.298	0.000 P < 0.05
Overall Academic Resilience	111.80	12.212	140.73	9.955	20.543	0.000 P < 0.05

The above table shows the mean and standard deviation scores of pre and post-test among adolescent students in Academic resilience and its dimensions. The table indicates that the significant values (Self-belief 0.000, Perceived control 0.000 Persistence 0.000 and Anxiety 0.000) are less than 0.05 which is a significant at 5% level. Hence it is noticed that there is a significant difference in the dimensions of Academic resilience i.e. Self-belief, Perceived control, Persistence and Anxiety between pre and post-test among adolescent students of Experimental group.

Further, the significant value in Academic resilience (0.000) is less than 0.05 which is significant at 5% level. So, null hypothesis is rejected. Therefore, it indicates that there is significant difference in Academic resilience between pre and post-test among adolescent students of Experimental group.

Findings of the study

- The Academic Resilience of adolescent students of the Experimental group had improved after yoga practices.
- It also reveals that the mean score of self-belief, perceived control, persistence and anxiety of the post-test is significantly greater than the pre-test of the Experimental group.

Suggestions of the study

The investigator gained a lot of experiences while conducting the research work in all aspects in a true manner and would like to outline the following suggestion for the study:

- It is always good and proved that the sample size should be larger to ensure a wider spectrum of the population.
- The investigator is of the strong and earnest opinion that the study should include other variables also to understand the broader perspective.

Conclusion

It was well established and proved beyond doubt that yoga had provided all possible efforts to make the adolescent students to come out successful in all graciousness despite the adversity and setbacks in their life. The parents, teachers and society should come forward in all earnestness to help the students for their continued success at all times.

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