EFFECT OF YOGA ON ATTENTION AND REMEMBRANCE IN RELATION TO ANXIETY

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ABSTRACT

BACKGROUND: Attention means wholeness unity, equilibrium. It is the focusing of attention upon a particular object. Remembrance is an ability to recall or remember past events or previously learnt information or skills. The process of attention and a power of recalling (Remembrance) are the major factors in learning. Improvement in Attention and Remembrance has been reported in several yogic studies.

AIMS AND OBJECTIVES: The main objective of the study was to assess the effect of yoga module on Attention and Remembrance.

MATERIALS AND METHODS: The study started with 800 adolescent students; 159 high anxiety students and 142 low-anxiety students were selected on the basis of scores obtained through Stress Battery. Experimental group and control group were given pre-test to assess their attention as well as short term remembrance. A yoga module consisting of yoga asanas, pranayama, meditation, prayer and a value orientation programme was administered on experimental group for 7 weeks. The experimental and control groups were post-tested for their performance in attention and remembrance tests.

RESULTS: The results show that the students, who practiced yoga module yielded higher attention levels and exhibited better short term remembrance.

KEYWORDS: Attention, Short term Remembrance, Anxiety, yoga, yoga module.