

IMPACT OF YOGA PACKAGE ON FRUSTRATION (DIMENSIONS) OF C. B. S. E. SR. SEC. SCHOOL STUDENTS

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Abstract: Learning time in school age gives a deep impact on an individual's life and Yoga is a way to develop all aspects of life whether these developments can be related to personality, behavior, society etc. Yoga can be defined as Science of peace, health, harmony and happiness. Aim of this study is to see the influence of yoga on frustration to Central Board of Senior Secondary school students. Total hundred students from different schools in the age range 15 to 17 were taken as a sample in this study. They were get practice of Yoga Package and assessed before and after Yogic intervention. Result shows significant reduction on the difference dimensions of frustration and this was concluded that the yoga package provides an effective management of frustration and its related consequences.

Keywords: Yoga, frustration, learning and development.

Introduction:-Frustration is an attribute of stress which affects individual's mental status. And frustration is like a blocker between the way of individual and the goal. Achieving of the goal is not always smooth, when blocker or barrier comes in the way to getting goal or fulfilling the set desires it is frustration. From birth to death frustration is inevitable in our life. We have a number of desires, which are not fulfilled due to certain obstacles. There is more or less minor frustration, which is encountered every day-a student missed the bus causing a late arrival in school; parents is ill, the teacher is ill or not present in school, delaying in school assignment etc. Psychologists defined the term frustration in a different way. Frustration is a hypothetical state. Freud (1920) said frustration is occurred when ever pleasure seeking or pain avoiding behaviour was blocked. Gilmar, B. Vonhaller (1966) said frustration is the state of an organism resulting when satisfaction of motivated behaviour is made difficult or impossible when goal is blocked. It is said that frustration is a problem response behavior. This can be positive or negative either it can be internal or external. Frustration is a, fact with act, of restoration, until situation or treatment can revert at the individuals, own hand, without no worry.

Frustration, fact restoration, with useful solution for situation, or treatment can reveal an attempt to the individuals own problems without no worry.

Brudhyajnavalkasmruti says "Yoga teaches us to realize our own problems our draw backs our wrong ideas & views our faulty attitude wrong concepts". Yogavashishtha says "Yoga is a master key to solve problems of wrongly life". Yoga comes as "calm down skilful method submit the mind.

Statement of The Problem

Impact of yoga package on frustration (Dimensions) of C. B. S. E. Sr. Sec. School students.

Purpose of The Study

The purpose of the study was to examine the impact of yoga package on dimensions of frustration to sr. sec school students of central board. The study was to determine the use of yoga in school education would help children to manage their frustration and behavioral problems.

Objectives of The Study

1. To study the effect of yoga package on dimensions of frustration of C. B. S. E. Sr. Sec. School students.
2. To study the effect of yoga package on C. B. S. E. Sr. Sec. School students.

Hypothesis of The Study

There is no significant effect of yoga package on frustration (Dimensions) of C. B. S. E. Sr. Sec. School students.

Variable of Study 1. Yoga 2. frustration

Sample

The sample of the study covered adolescent students from C. B. S. E. schools of Bhopal in the age range 15 to 17 years. This sample had been collected from sr. sec. students before and after yoga practice.

Tools and Techniques

Bisht Battery of Stress Scales (BBSS) by Abha Rani Bisht (1987) was used as a tool. In this battery there are thirteen scale of stress based on four components of stress viz. frustration, conflict, pressure, and anxiety. In this paper one component of stress viz. conflict were taken for all thirteen areas of stresses, Scale of existential stress (SES), Scale of achievement stress (SAchS), Scale of academic stress (SAS), Scale of self concept stress (SSCS), Scale of self actualization stress (SSAS), Scale of physical stress (SPS), Scale of social stress (SSS), Scale of role stress (SRS), Scale of institutional stress (SIS), Scale of family stress (SFS), Financial stress scale (FSS), Scale of vocational stress (SVS), Scale of superstition stress (SSUS). These scales were consisted of different items. Each item is of statement type (closed) to which students were to answer by ticking their option prescribed on the answer sheet. The students were assembled in a hall and made to sit in rows. Booklets containing statement items along with answer sheets were distributed to each student. Instructions were delivered by the investigator, statements were written in Hindi. Meaning of difficult words was also explained. The students were told to finish their test within given time. Statistical techniques as, mean and z test was used for data analysis.

Intervention: A yoga package (asana + pranayama + meditation + mudra + kriya) was given to students as an intervention.

Asanas in Yoga Package: Joints mobilizing as toe, ankle, knee hip, shoulder, elbow, wrist, neck movements practice, Suryanamaskar, Sarvangasana, Chakrasana, Naukasana, Bhugangasana, Dhanurasana, Pashchimotnaasana, Vajrasana, Ustrasana, Shashankasana, Gaumukhasana, Padmasana, Parvatasana, Tadasana, Vkrakshasana, Garudasana, Trikonasana.

Pranayama with Mudra and Kriyas: Kapalbhathi, Anuom-Vilom, Ujjayi Pranayama, Bhramripranayama, Om chanting and Practice of **Trataka kriya** and **meditation in Gyan mudra** was given.

Maharshi Patanjali said about Asanas "The position which is steady and enjoyable is asana" so it is said that asanas are the postures which calm down the activities of mind and provide a stable background to the mind. He also said by the practice of asanas one can improve resistance for the problems which are not yet come. Further in Patanjali yoga sutra Maharshi said about pranayama

As an physical activity "Pranayama is mastery over inhalation and exhalation which will be after proved of asana and he said about events "sthiti" of pranayama. Other than this Pranayama leads to the wisdom and knowledge "Tatah Ksheyate Prakashavarnam". Maharshi Patanjali didn't give any name for asana and pranayama. Name for the asanas and pranayama has given in Hathyogic text. So all asanas and pranayama, kriya and mudra had been taken from different text books of hath yoga. Asanas are physical postures and pranayama is the practice for breath awareness which have different types of techniques with its name. Asana and pranayama together give so many benefits for an individual so that foreign people are adopting yogic techniques because yogic techniques provide treatment to the individual before problem arises.

It is like free of cost treatment for mental and physical problems, no need to give and take separate time to doctors, no need to spend money on health. It is the solution before problem comes so it is for healthy person as well as to problematic or ill peoples also.

Hypothesis 1-: There is no significant effect of yoga package on frustration (Dimensions) of C. B. S. E. Sr. Sec. School students.

Table.1
Scores of effect of yoga package on frustration (Dimensions) of C. B. S. E. Sr. Sec. School students.

Dimension		No. of students	Mean score before yoga package	Mean score after yoga package	Z Value	Inference
SES	Frequency	100	34.17	32.69	5.87	Significant
	Quantity		34.08	32.79	5.34	Significant
SAchS	Frequency	100	41.76	38.90	7.14	Significant
	Quantity		40.97	38.40	6.35	Significant
SAS	Frequency	100	54.47	51.80	5.93	Significant
	Quantity		54.94	52.28	6.23	Significant
SSCS	Frequency	100	20.95	20.35	0.715	Not significant
	Quantity		21.30	20.84	0.295	Not significant
SSAS	Frequency	100	27.94	26.94	4.97	Significant
	Quantity		28.32	27.10	5.11	Significant
SPS	Frequency	100	32.16	31.92	2.69	Significant
	Quantity		34.95	34.46	3.20	Significant
SSS	Frequency	100	33.84	33.05	3.41	Significant
	Quantity		36.55	35.38	4.40	Significant
SRS	Frequency	100	25.27	24.77	3.76	Significant
	Quantity		25.28	24.45	4.90	Significant
SIS	Frequency	100	36.0	35.46	3.22	Significant
	Quantity		36.71	35.95	4.21	Significant
SFS	Frequency	100	32.39	32.33	0.188	Not significant
	Quantity		35.44	35.12	0.194	Not significant
FSS	Frequency	100	37.17	36.68	0.195	Not significant
	Quantity		38.55	38.03	0.181	Not significant
SVS	Frequency	100	34.79	34.06	3.84	Significant
	Quantity		36.71	35.94	3.83	Significant
SSUS	Frequency	100	14.48	13.79	3.84	Significant
	Quantity		14.96	14.10	4.13	Significant

Table: 1 reveals that mean scores of effect of yoga package on frustration (Dimensions) of C. B. S. E. Sr. Sec. School students (N-100) before and after yoga package mean scores of scale of existential stress frequency are (34.17 and 32.69) and quantity are (34.08 and 32.79), mean scores of scale of achievement stress frequency are (41.76 and 38.90) and quantity are (40.97 and 38.40), scale of academic stress frequency are (54.47 and 51.80) and quantity are (54.94 and 52.28), scale of self concept stress frequency are (20.95 and 20.35) and quantity are (21.30 and 20.84), mean scores of scale of self-actualization stress frequency are (27.94 and 26.94) and quantity are (28.32 and 27.10), scale of physical stress frequency are (32.16 and 31.92) and quantity are (34.95 and 34.46), mean scores of scale of social stress frequency are (33.84 and 33.05) and quantity are (36.55 and 35.38), scale of role stress frequency are (25.27 and 24.77) and quantity are (25.28 and 24.45), mean scores of scale of institutional stress frequency are (36.0 and 35.46) and quantity are (36.71 and 35.95), scale of family stress frequency are (32.39 and 32.32) and quantity are (35.44 and 35.12), financial stress scale frequency are (37.17 and 36.68) and quantity are (38.55 and 38.03), scale of vocational stress frequency are (34.79 and 34.06) and quantity are (36.71 and 35.94), scale of superstition stress frequency are (14.48 and 13.79) and quantity are (14.96 and

14.10). This shows that the before yoga practice C. B. S. E. Sr. Sec. School students have more frustration on different dimensions (quantity, frequency) as compared to after yoga package.

Z-value of SES (5.87,5.34), SAChS (7.14,6.35), SAS (5.93,6.23) SSAS (4.97,5.11), SPS (2.69,3.20), SSS (3.41,4.40), SRS (3.76,4.90), SIS (3.22,4.21), SVS (3.84,3.83), SSUS (3.84,4.13) which are more than the critical value 1.96 and significant at $\alpha=0.05$. There is significant effect ($p>0.05$). The results indicate that the positive effect of Yoga package on the described frustration (Dimensions) of C. B. S. E. Sr. Sec. School students.

SSCS (0.715, 0.295), SFS (0.188, 0.194), FSS (0.195, 0.181) which is less than the critical value 1.96 and significant at $\alpha=0.05$. There is no significant effect. The results indicate that no positive effect of yoga package on SSCS, SFS, FSS of C. B. S. E. Sr. Sec. School students.

So, the hypothesis 1 there is no significant effect of yoga package on frustration (Dimensions) of C. B. S. E. Sr. Sec. School students SSCS, SFS, FSS are accepted and SES, SAChS, SAS, SSAS, SPS, SSS, SRS, SIS, SVS, SSUS are rejected.

Conclusion

Study reveals that the positive impacts of yoga package have been found on some dimensions of frustration of CBCE sr. sec. school students. It is said that yoga practice is helpful to manage frustration and its consequences. It can conclude from the findings of the study that yoga renders education to manage frustration and related problems. Yoga gives equilibrium situation between materiality and spiritually. When there is equilibrium situation, the balance is there. Where there is a balance there is the progress which leads development. Yoga is unity with work and not only unity, yoga is unity with skilled work. Yoga provides a total control over life. Geeta says samattvmyoga uchchayate, which means whatever the condition is coming face it with keeping your mind cool (keep your mind in equilibrium) because nothing is permanent the situation of today will change.

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