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Impact of Yogic Exercise on Memory Development of College Boys

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ABSTRACT
The Purpose of the study was to find out the effect of yogic exercises on Immediate Memory of college boys. Selection of Subjects: For the present study 60 male students of Saraswati degree college, Hathras (UP), were selected randomly as the subjects for the study. The age of the subjects ranged between 17–22 years. Selection of Variables: The variables selected for the present study were yogic training (independent variable), Immediate memory (dependent variable). Methodology: For the study pre test–post test randomized group design, which consists of control group (30 subjects) and experimental group (30 subjects) were used. The data were collected through the pre test, before training and post test, after eight weeks of yogic exercises training. Statistical Technique: For comparing pre and post test means of experimental and control groups, descriptive analysis and Analysis of Co-Variance (ANCOVA) were used and the level of significance was set at 0.05 level of confidence. Result: The result of the study shows that the students, who practiced yoga module exhibited betterimmediate memory.
Keywords: Yogic Training, Immediate Memory

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INTRODUCTION

Memory is a complex process that involves acquiring, storing and recalling information. Some memories are very brief, just seconds long, some memories are short term memories which are a bit longer and last about 20 to 30 seconds. Finally some memories are capable of enduring much longer, last days, weeks, months or even decades. Children have the ability to remember events from the time the child developed a sense of himself, which begins between the ages of 18 months and 2 years. Long and short term memory depends on child's ability to use the stored information, not the size of the memory itself. Most students have problems when it comes to memorizing, evaluating and responding to the information that is picked by the brain. This is a sign of low memory power. Memory power lacks for several reasons; improper nutrition, stress, lack of physical exercise, deficiency of oxygen supply [1-7].

Today yoga is becoming an increasingly popular mind and body therapy. In present scenario yogic practises are been used to improve in both short and long term verbal memory following yoga intervention. In yogic practices there are greatest methods that not only increases the memory power, but also improve the concentration of the brain [8].

To find out the effect of yogasanas and Pranayama on Immediate Memory of college males.

METHODS AND METHODS

Sixty undergraduate and post graduate students of Saraswati Degree college, Hathras, Age ranging between 17 years and 22 years were voluntarily enrolled in the present study.

Yogasanas were considered as independent variable and Immediate Memory was considered as dependent variable. Immediate memory test by S.K. Dixit (1986) was implemented to test the immediate memory. Experimental and control group were given pre- test to assess their immediate memory. A yoga module consisting of yoga asanas, pranayama, meditation were administered on experimental group for eight weeks. The experimental and control groups were post tested for their performance in immediate memory.

STATISTICAL ANALYSIS

Data was analysed by SPSS software and expressed as mean±SD, Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05. Differences in means were considered statistically significant when the two-tailed *P* value was<*0.05*.

RESULTS AND DISCUSSION

The findings pertaining to descriptive statistics, Analysis of Co-Variance (ANCOVA) as well as post hoc test for the 60 male students of Hathras,Utter Pradesh has been presented in table no.1 to 3.

Table:1: Post Test Descriptive Statistics of Immediate Memory of Different Groups.

Variables	Groups	N	Mean	SD
Immediate Memory	Experimental	30	4.6	0.88
	Control	30	4.1	0.95

Table 1 reveals that the mean and standard deviation of the post test scores of ImmediateMemory of Experimental and Control group is4.6.±0.88 and 4.1±0.95 respectively.

Analysis of CO-Variance (ANCOVA) results for the post test data on Immediate Memory

Immediate Memory					
Source	**Sum of Square**	**Df**	**Mean Square**	**F**	**Sig (p-value)**
Pre_Immediate Memory	37.484	1	37.484	175.38	.000
Treatment Group	13.377	1	13.377	62.58	.000
Error	12.182	57	14.03	-	-
Corrected Total	53.933	59	-	-	-

F- 175.38 (1, 57)

Table 2 reveals that F-value for within group is significant at 5% level, as p-value (0.000) is lesser than 0.05. Thus it is evident that there is significant difference in Immediate memory development between the experimental and control groups of Yogasanason college males.

Table-3: Analysis of Least Significant Difference post hoc test with regard toImmediate Memory

Immediate Memory			
Treatment Group(I)	**Treatment Group(J)**	**Mean Difference (I-J)**	**Sig (P-Value)**
Experimental Group	Control Group	-.982	.000
Control Group	Experimental Group	.982	.000

***Significant at 0.05 level.**

Table 3 reveals that p-value for the mean difference between experimental and control group of Immediate memory is 0 .000 which is less than 0.05 and hence there is significant difference between adjusted means of experimental and control groups.
The findings of the study revealed thatimmediate memory were increased from pre to post test significantly. Possible reasons for this are: Yoga could be related to the fact that reduces anxiety and stress which directly affect the mental level and improves the delayed recall or response of the mental information [9-11].

CONCLUSIONS

Present study suggests that who practiced yoga module exhibited betterimmediate memory.

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