

Integrated Yoga Module And Its Effect On Social Maturity And Academic Achievement Of Government Boys/Girls Senior Secondary School Students Of Bindapur

Archana Dwivedi¹, Dr. Akanksha Srivastava²

Abstract:

Happiness and Health is one of the key aspects for all round development of an individual. It has a significant effect in contributing social maturity as well as academic achievement. In recent days, Integrated Yoga has proved a milestone in achieving good health and happiness among all age group. It helps students in the attainment of desired level of social maturity. This research pertains to the impact of Integrated Yoga module on the social maturity and academic performance of senior secondary school students. Our research is in line with prior studies, which emphasized the need of various social skills which are needed to cope of with unwarranted situation coming before a person. UNICEF itself has acknowledged psychosocial and interpersonal skills on par with literacy and numeracy skills. According to "Hurlock (1950)" "social development means attaining maturity in social relations. Social relations are to be effective and meaningful; one needs to cultivate the social skills which enable him/her to deal with people in a diplomatic manner. Researches indicates that regular practice of Integrated Yoga has increased various skills like loyalty, sincerity, kindness, concentration, confidence, self-identity, decision making ability etc. and reduced stress, anxiety and negative behavior etc. Thus integration of yoga in the curriculum at school level will make the path easy to achieve ultimate goal of social maturity and academic development.

Key words: *Integrated Yoga Module, Social maturity, Academic Achievement*

I INTRODUCTION

Happiness and Health is one of the key aspects for all round development of an individual. It has a significant effect in contributing social maturity as well as academic achievement. Researches indicates that regular practice of Integrated Yoga has increased various skills like loyalty, sincerity, kindness, concentration, confidence, self-identity, decision making ability etc. and reduced stress, anxiety and negative behavior etc. With the regular practice of yoga, asana and meditation health and happiness is bound to be maintained. As a result such students will be social mature and thus will pave the way for happiness and sustainability.

Yoga is a practical philosophy; it aims to unite the body, mind and spirit for health and fulfilment, leading to happiness and well-being (Bhavanani, 2011). The first mention of yoga

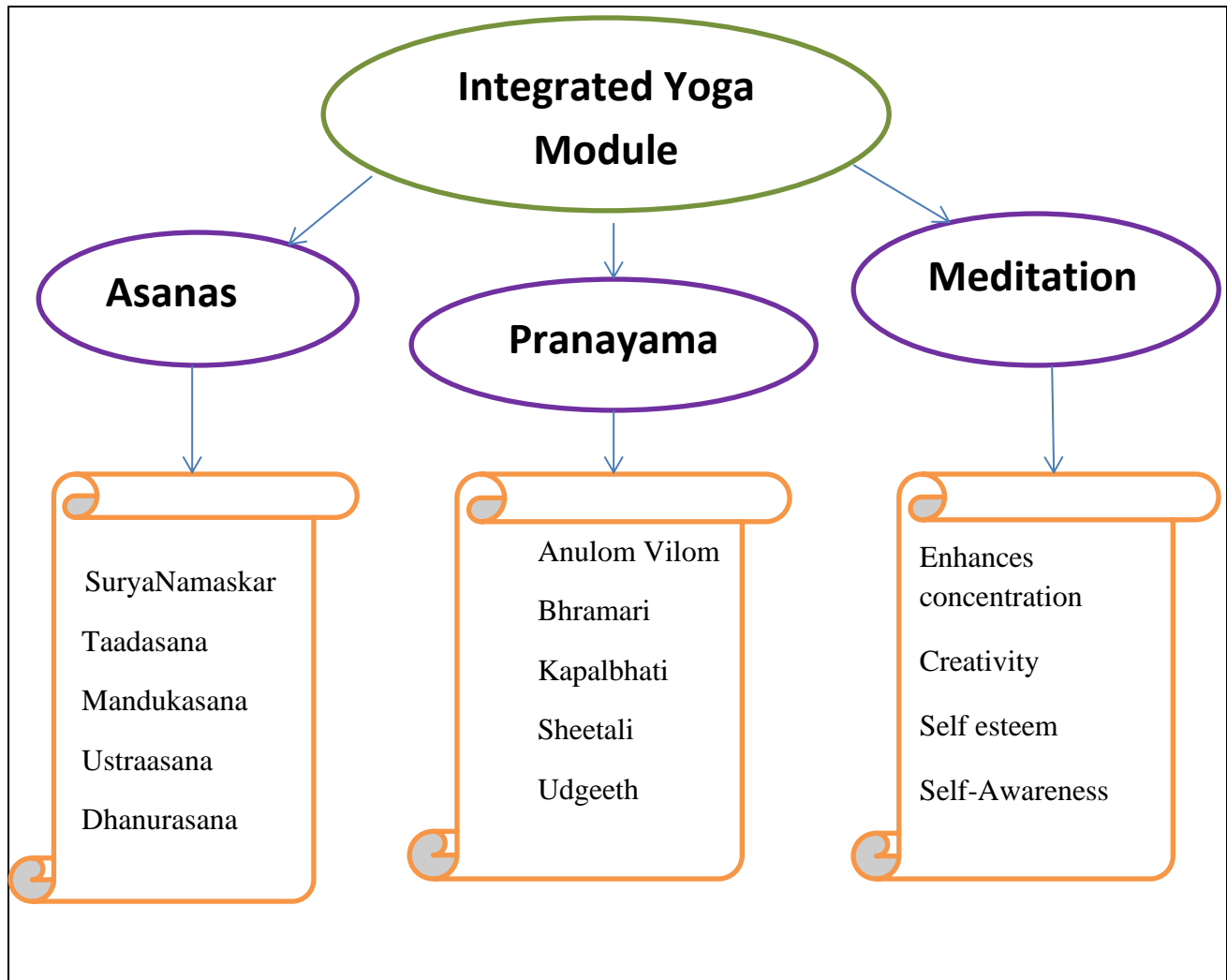
¹(Research Scholar), Sharda University.

²(Associate Professor), Sharda University.

Corresponding Author : Akanksha Srivastava

was documented in ancient Hindu scripture and written in 2000 BCE (White, 2009), though yoga is as old as civilization itself (Wallace and Benson, 1972). Yoga is made up of 3 key intervention components: physical activity ('asanas'), breathing techniques ('pranayama'), and mindfulness meditation (Tamilselvi and Mala, 2016).

Figure 1 Integrated Yoga Module



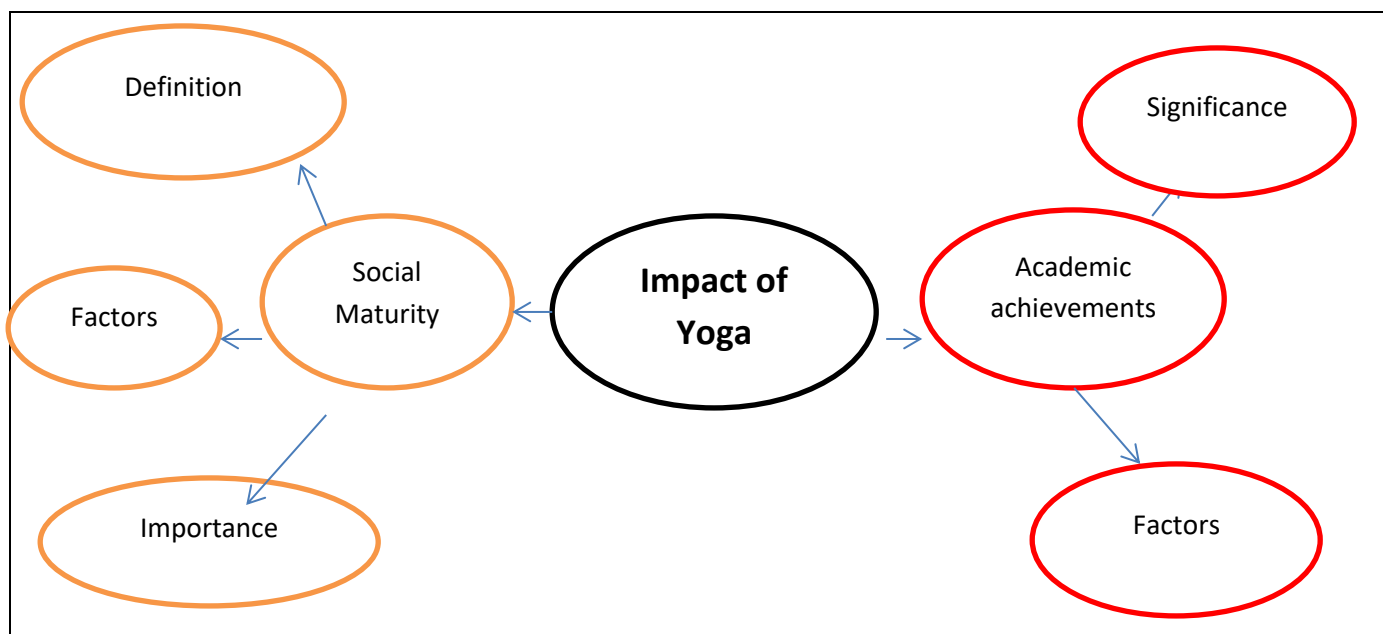
Yoga is accepted as a holistic system of practices that includes many techniques, such as physical postures, various breathing exercises, and relaxation techniques (Khalsa and Butzer, 2016), and have shown promise in improving children's physical (Kongkaew et al., 2018) and mental health (Miller et al., 2020). Studies have attracted interest in developing and applying meditation and yoga based interventions in schools worldwide (Khalsa and Butzer, 2016). Some researched benefits of practising yoga are higher energy levels, fine motor coordination, muscle tone, flexibility, postural alignment, and cardiovascular fitness (Felver et al., 2020). Also, yoga requires limited space and no equipment; it is easy to learn and has been accepted worldwide (Mehta et al., 2012), and appeared in the U.K. in the early 1970s; approximately 500,000 people practise yoga each week in the U.K. (Wood, 2020).

One of the elements for the development of any student is one's social maturity. Social Maturity is a term commonly used in two ways like, with respect to the behaviour that is appropriate to the age of the individual under observation and secondly the behaviour that conforms to the standard and expectations of the adults. Thus Social Maturity permits more detailed perception of the social environment which helps adolescents to influence the social circumstances and develop stable patterns of social behavior. So every school should strive hard to improve the level of social maturity of each and every student. No doubt social maturity plays a significant role in the life of students. Students can be benefited if the school provides them proper inputs. They should be appreciated for their goals and attitudes. For enhanced academic achievement and social adjustment students should be set free to take decisions. Socially matured atmosphere may be helpful in achieving the targets and better academic performance.

According to Yashvir Singh and Mahesh Bhargava (1990) individuals who have social maladjustment will be having lack of social adaptability and have hatred, they seem to be exclusive but always boasting. If a student marches towards social maturity he seems to have the ability and capacity to make effective adjustment with him and other members of the society, culture and environment. He has the potential of total adjustment. Indeed yoga holds the key to the transformation of human life to a higher level of health and happiness.

“Academic achievement is one performance outcome of instruction and is an important factor for shaping a person's outlook on life (Steinmayr et al., 2015)”. “It is associated with lower stress (Zajacova, Lynch, & Espenshade, 2005), higher self-concept (Guay). Academic achievement is essential for mastering several central developmental goals across the life span, especially during the school years and young adulthood (Heckhausen, Wrosch, & Schulz, 2010)”. “Engagement with educational goals is related to more positive developmental outcomes in terms of both subjective well being and educational attainments (Heckhausen & Chang, 2009)”. “In addition to its relevance on an individual level, academic achievement forms a base for the wealth of a nation (Steinmayr, Meißner, Weidinger, & Wirthwein, 2014) and is closely linked to national economic growth (Cheung & Chan, 2008)”. (Steinmayr et al., 2014) opined that “Academic achievement can be measured with a wide range of indicators. To ensure comparability across studies, we restricted the present meta-analysis to achievement measures with a criterion-oriented reference standard such as grades or academic achievement tests, and excluded measures with an individual reference standard such as performance compared to other students in class”.

Figure 2 Social Maturity and Academic Achievement



BACKGROUND OF THE STUDY

Integrated yoga is a combination of physical, mental, and spiritual practices. A number of Yoga practices are seen in Hinduism and other religions such as Buddhism, and Jainism. Yoga and Asanas were first practiced and well described by Patanjali in the classic text. Today, many of us assume yoga only with yoga-asana and it works for healing mental and physical ailments. “Yoga has been considered as a tool that integrates an individual's physical, mental and spiritual aspects to improve stress related illnesses (Atkinson NL, Permuth-Levine R2009)”. There have been instances which show that “stress amounts to the cases of heart disease, cancer as well as other chronic diseases (Granath J, Ingvarsson S, von Thiele U, Lundberg U.2006)”. Yoga has gained importance in school education in recent years. CBSE has included it in Physical Education syllabus. It is being taught at 11th and 12th level as a subject. But the researcher is of the view that Integrated Yoga still needs to gain desired ground so that its actual effect on Social Maturity and Academic Achievement can be traced and thus become a guiding force for the secondary school students. The “World Health Organization (WHO) in 1999 identified the key cross cultural areas of life skills as creative thinking, critical thinking, communication skill, decision-making, interpersonal skills, self-awareness, empathy, resilience, emotions and stress”. The “UNICEF lists psychosocial and interpersonal skills on par with literacy and numeracy skills. UNICEF acknowledges social and emotional life skills identified by the Collaborative for Academic, Social and Emotional Learning (CASEL)”. It has identified “five core groups of social and emotional competencies: Self-awareness, Self-management, Social awareness, Relationship skills and Responsible decision-making”.

Modern world society is facing numerous challenges. No doubt people seem to think that he has conquered nature, but he has not conquered on his own. Their own inventions and discoveries have supposed to be threatening their own existence. People are living in fearsome environment under the threat of some kind of plunder and are scared of their own life. Love or kindness has become a distance dream in the present day society. Condition of people have become like animals. Here, one has to think swiftly how to deal the situations dynamically with confidence. Integrated Centre for Yoga at NIMHANS, Bengaluru, India conducted a Tele Yoga

Session during COVID 19 for four weeks and found that fifty out of fifty four participants reported to be safe. Further “It suggested that tele-yoga interventions can be safe, feasible and useful in improving individual well- being and reducing stress (Asian J Psychiatr, 2020 Dec. Published online 2020, August 2)”. The Modern age requires various professional skills for one’s existence. This is because recent era is somewhat vibrant as compared to earlier one. These skills are more related to intellectual than those of physical. Intellectual abilities are required in the sphere such as achievement in the academic field, public relations, human resource development. Capacity building, self-efficacy and work ability to work have also become very significant in the present age.

Yoga is a life-science which helps in many ways. It reduces tension and stress and further helps in all round development. Practicing yoga continuously results in the improvement of essential life skills. Certain significant “life skills” that Yoga demonstrators follow are patience, self-awareness technique, management of stress and the technique of breathing. Nowadays everybody always seems indulge in doing something and one cannot remain idle. Yoga contributes us to honor silence, coolness and follow smoothness. The quality of our living dynamics is improved by augmenting consciousness and self-awareness. Adolescence is a critical period for the development of social skills and relationships. Research underscores the importance of social maturity, including effective communication, conflict resolution, and empathy, in fostering positive peer interactions and overall well-being. . The role of yoga as a potential tool within the framework of holistic education, particularly in relation to social maturity and academic achievement, warrants further exploration.

Integrated Yoga

Yoga is a traditional method which leads towards self-perfection by developing one’s potential on the physical, mental, intellectual, and spiritual aspects. Integrated yoga is combination of meditation, asanas and pranayams. According to Oxford (1990) Yoga is Hindu system of philosophic Meditation and asceticism designed to reunion with the universal spirit. According to Joshi (1960) The Static condition and posture of the body, delightfully was called asana. Yoga Sutras says “Yoga is the removal of the fluctuations of the mind”. According to Swami Kuvalayendra (1993) Pranayamas to get control over the taking and releasing breath according to desire. Here the researcher applied five yogasanas, five pranayams and meditation on the two hundred students of senior secondary school of Bindapur New Delhi. These yogasanas and pranayams are Suryanamaskar, Tadasana, Mandukasana, ustraasana, Dhanurashana and AnulomVilom, Bhramari and Kapalbhati, Sheetal, Udgeet.

Asanas (20 Minutes)

- 1)SuryaNamaskar
- 2) Taadasana
- 3) Mandukasana
- 4) Ustraasana
- 5) Dhanurasana

All the above asanas i.e. Surya Namaskar, Tadasana, Mandukasana, Ustrasana, Dhanurasana, are a holistic exercise that offers numerous benefits such as stress reduction, improved digestion, enhanced focus and concentration, boosts energy levels enhanced emotional well-

being, time-efficient exercise, cultivation of healthy habits. It also helps in posture improvement, mind-body connection and core strength. On the other hand it strengthens core muscles and energetic release. These asanas strengthens back muscles, spinal flexibility, and enhanced lung capacity.

Pranayam (15 Minutes)

- 1) Anulom Vilom
- 2) Bhramari
- 3) Kapalbhathi
- 4) Sheetal
- 5) Udgeeth

With regard to pranayams Anulom Vilom enhances respiratory function, enhances focus during examinations. Bhramari helps in headache relief mind-body connection. Kapalbhathi increases oxygenation, helps in detoxification, abdominal toning, improves digestion, positive impact on mood. Sheetal helps in temperature regulation, calmness and mental clarity, stimulation of digestive system. Udgeeth improves sleep quality, emotional balance, besides it all the above pranayams contributes in stress reduction, improved concentration, boosts energy level and all other intrinsic and extrinsic capabilities.

Meditation (5Minutes)

Besides improvement in concentration meditation is an agent to better coping mechanisms, increased self-awareness, enhanced Creativity, enhanced self-esteem and well-being, emotional regulation.

Since the students of senior secondary schools tends to pass through several emotional, academic and exam related stress, the above integrated yoga module asanas, pranayams and meditation became an aid to cope up with these adverse situations.

Social Maturity

“Social Maturity is the process of developing appropriate attitudes for personal, interpersonal, and social adequacies of an individual, which are essential for functioning effectively in the Society. Social maturity means knowing what to do and striving for it by following role models to reach the desired level of acceptable social behavior. Social maturity is a complex process” (A. Shanmuganathi, 2020). Students are supposed to come forward and mingle with people in the society who are socially mature so that they can learn and adept social mature behavior. The students can try to reach the expectations of the social system, parents, teachers, siblings and peers who matter to them. Social Maturity behavior is the need of the hour as it is required in every walk of life be it personal or professional. In this study the researcher intended to see the effect of integrated yoga on social maturity of the two hundred students under consideration by conducting pre and post tests.

Academic Achievement

As per Wikipedia “Academic achievement or academic performance is the extent to which a student, teacher or institution has attained their short or long-term educational goals.

Completion of educational benchmarks such as secondary school performance represents academic achievement in this study. Academic achievement is commonly measured through examinations or continuous assessments but there is no general agreement on how it is best evaluated.

Objectives of the study

- To find out the effect of Integrated Yoga on the Social Maturity of senior secondary school students.
- To find out the effect of Integrated Yoga on the Academic achievement of senior secondary school students.

HYPOTHESIS

On the basis of the knowledge reflected by the available literature, research finding, experts' opinion and the scholars own understanding of the problem it was hypothesized that:

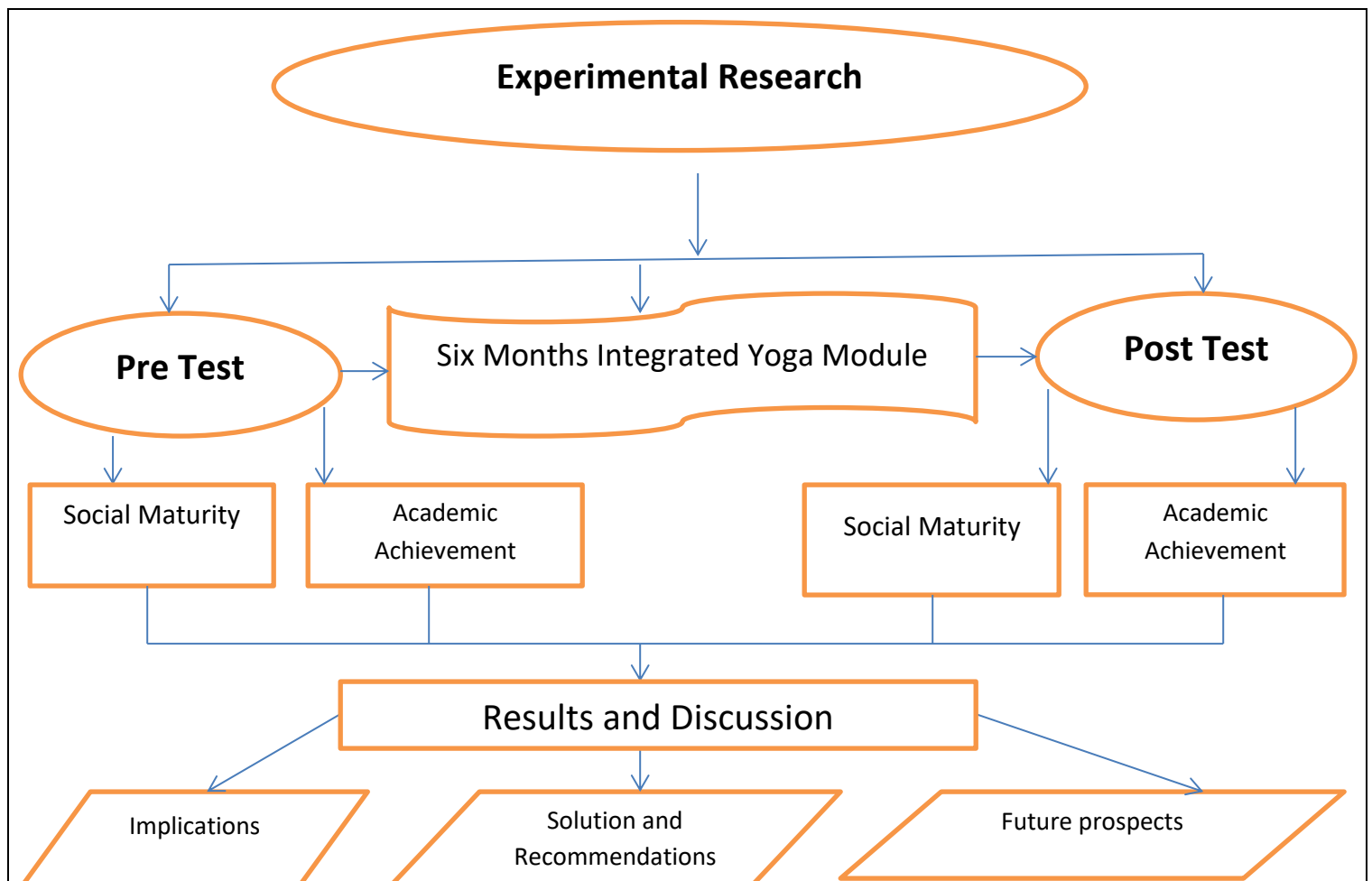
1. There will be significant effect of Integrated Yoga on Social Maturity of senior secondary school students.
2. There will be significant effect of Integrated Yoga on the academic achievement of senior secondary school students.

METHODOLOGY

Sample: The sample comprised of 200 CBSE higher secondary school students from New Delhi between the age group of 16-19 years employing experimental Technique.

Tools: Social Maturity Scale developed by Dr.Nalini Rao of Psychotronics, Banglure/ National Psychological Corporation,Agra has been used. Social Maturity of senior secondary school students of class 12th from age group 16 to 19 years has been assessed on the following dimensions such as personal adequacy (work orientation, self-direction, and ability to take stress), Interpersonal adequacy (Communication, enlightened trust and cooperation) and social adequacy (social commitment, social tolerance, openness to change). For Academic Achievement periodic tests of the concerned students with a gap of six months, one in the month of July 2022 and the other in the month January 2023 were taken into account.

Figure 3 Methodology, Results and Implications



EXPERIMENTAL METHOD

The sample for this study comprised 200 students, with an even distribution of 100 boys and 100 girls. These students were selected from a diverse group of individuals within the age range of 16 to 19 years. The balanced representation of both genders in the sample was essential to ensure that the study's findings would not be influenced by gender-related biases. This approach allowed the researchers to investigate social maturity and its impact on academic achievement without any gender-related confounding factors. Each student's participation was voluntary, and informed consent was obtained from both the students and their parents or legal guardians, underscoring the ethical considerations in the study. This equal division of boys and girls in the sample facilitated a comprehensive exploration of the research objectives while maintaining a gender-balanced approach.

Statistical Technique Used: Shapiro-Wilk Test, Wilcoxon test has been used in this research.

non-parametric test

Integrated Yoga Module (Six Months) for Senior Secondary School Students:

Objective: The primary goal of this integrated yoga module is to enhance the social maturity and overall well-being of Senior Secondary School Students aged between 16 to 19, while simultaneously evaluating its impact on academic achievement. This six-month program utilized yoga as a holistic approach to address personal adequacy (work orientation, self-direction, and ability to take stress), Interpersonal adequacy (Communication, enlightened trust and cooperation) and social adequacy (social commitment, social tolerance, openness to change).

Module Structure:

Month 1: Foundation of Yoga and Personal Adequacy

- Introduction to yoga principles and practices
- Yoga Asana 1: Taadasana (Mountain Pose)
- Pranayama 1: Anulom Vilom (Alternate Nostril Breathing)
- Breathing techniques to release stress
- Yoga postures for physical and mental balance
- Development towards work orientation and self-direction,
- Asanas (20 Minutes): SuryaNamaskar, Taadasana
- Pranayama (15 Minutes): Anulom Vilom
- Meditation (5 Minutes)

Month 2: Building Interpersonal adequacy

- Understanding and managing Communication Skills through yoga
- Yoga Asana 2: Mandukasana
- Pranayama 2: Bhramari Pranayama (Bee Breath)
- Meditation and mindfulness for building enlightened trust and Cooperation
- Yoga for improving concentration
- Asanas (20 Minutes): Taadasana
- Pranayama (15 Minutes): Anulom Vilom, Bhramari
- Meditation (5 Minutes)

Month 3: Enhancing Social Adequacy

- Social Commitment through yoga
- Yoga Asana 3: Dhanurasana (Bow Pose)
- Pranayama 3: Sheetali Pranayama (Cooling Breath)

- Yoga for Social Tolerance
- Building inner strength and confidence
- Openness to Change.
- Asanas (20 Minutes): Dhanurasana, Taadasana
- Pranayama (15 Minutes): Anulom Vilom, Bhramari, Sheetali
- Meditation (5 Minutes)

Month 4: Social Maturity and Self-Mastery

- Advanced yoga postures for self-control
- Yoga Asana 4: Ushtrasana
- Pranayama 4: Udgeet
 - Mind-body connection through yoga
- Stress-relief strategies for students
- Asanas (20 Minutes): Taadasana
- Pranayama (15 Minutes): Anulom Vilom, Bhramari, Sheetali, kapalbhathi,Udgeet
- Meditation (5 Minutes)

Month 5: Integrating Yoga with Academic Excellence

- Yoga for memory enhancement
- Yoga Asana 5: Padmasana (Lotus Pose)
- Pranayama 5: Kapalabhati Pranayama (Skull-Shining Breath)
- Time management skills and study techniques
- Goal setting and motivation
- Strategies for balancing academics and Social adequacy
- Asanas (20 Minutes): Surya namaskar. Taadasana
- Pranayama (15 Minutes): Anulom Vilom, Bhramari, Sheetali, Udgeet, Kapalabhati
- Meditation (5 Minutes)

Month 6: Culmination and Assessment

- Final assessments of social maturity using the Social Maturity Scale
- Analysis of academic achievements through periodic tests

- Individual progress reports and feedback
- Group discussions on the impact of yoga on Social Maturity and academics

Methodology:

- Weekly yoga sessions were conducted for students throughout the six-month module, with each session lasting approximately 40 minutes.
- Experienced yoga instructors will lead the sessions, ensuring the safety and effectiveness of the practices.
- Assessments of social maturity on the basis of its various dimensions using the Social Maturity Scale were performed at the beginning and end of the program.
- Academic performances were tracked through periodic tests administered after the gap of six months.
- Participants were engaged in self-reflection, group discussions, and feedback sessions to share their experiences and challenges.
- Ethical considerations and informed consent were upheld throughout the program.

Outcome: The integrated yoga module aimed to equip Senior Secondary School Students with the tools to enhance their social maturity, which in turn, was expected to positively influence their academic achievements. By cultivating personal, interpersonal and social adequacy students seemed to be better prepared to navigate the challenges of both their academic and personal lives. This holistic approach to education underscores the importance of social commitment, social tolerance and work orientation as tools essential of overall success and fulfillment. The program's outcomes were assessed through pre- and post-module evaluations, allowing for the examination of its effectiveness in achieving these objectives.

DATA ANALYSIS AND DISCUSSIONS

Objective 1: To find out the effect of Integrated Yoga on the Social Maturity of senior secondary school students.

The objective 1 of the current study seeks to explore effect of Yoga Module on Social Maturity. To find the effect of Yoga on social maturity, Hypothesis 1 is tested by comparing the result of pre-test and post-test on social maturity after administration . The hypothesis 1 can be tested by comparing means of pre and post scores of social maturity before and after the administration of integrated yoga module.

The dependent variable Social Maturity requires to meet all four assumptions prior to the application of the paired t-test as discussed below. The dependent variable must be measure in scale, the group for pre and post result must be kept intact, there shall be no outliers and data is normally distributed.

The social maturity is measured using scale and the pre and post test was conducted on the same class, thus the group is kept intact thus assumption of matched pair is sustained. The data must follow normal distribution.

The assumption for normality is tested using Shapiro-Wilk Test. The results of the test are depicted in table below.

Table 1

| | Shapiro-Wilk | | |
|--------------|--------------|-----|------|
| | Statistic | df | Sig. |
| post-test SM | .978 | 199 | .003 |
| Post-test SM | .977 | 199 | .000 |

Shapiro Wilk for SM

The result of the Shapiro-Wilk test indicates that the data for the pretest and posttest on the Social Maturity is not normally distributed. Therefore, parametric test (paired t-test) cannot be used and the hypothesis 1 is tested using Non-parametric test; Wilcoxon test. The summary of the test is given in tables below;

Table 2

Descriptive Statistics

| | N | Mean | Std. Deviation | Minimum | Maximum | Percentiles | | |
|--------------|-----|--------|----------------|---------|---------|-------------|---------------|--------|
| | | | | | | 25th | 50th (Median) | 75th |
| pre-test SM | 199 | 189.03 | 15.257 | 163 | 224 | 176.00 | 189.00 | 201.00 |
| post-test SM | 199 | 236.14 | 21.111 | 192 | 281 | 219.00 | 237.00 | 252.00 |

Table 3

Ranks

| | N | Mean Rank | Sum of Ranks |
|----------------------------|----------------|------------------|--------------|
| post-test SM - pre-test SM | Negative Ranks | 0 ^a | .00 |
| | Positive Ranks | 199 ^b | 19900.00 |
| | Ties | 0 ^c | |
| | Total | 199 | |

Table 4

Test Statistics^a

| | post-test SM - pre-test SM |
|------------------------|----------------------------|
| Z | -12.233 ^b |
| Asymp. Sig. (2-tailed) | .000 |

A Wilcoxon signed-rank test showed that the integrated course did a statistically significant change in social maturity among secondary school students ($Z = -12.233$, $p = 0.001$). Indeed, median social maturity scale has increased from 189 in pretest to 237 in posttest.

Thus null hypothesis stating that there is no effect of yoga on social maturity is not accepted and research hypothesis 1 is accepted.

H1. There will be a significant effect of Integrated yoga on Social Maturity of senior secondary school students.

4.3: Objective 2: To find out the effect of Integrated Yoga on the Academic achievement of senior secondary school students.

The objective 2 of the current study seeks to explore effect of Yoga Module on Academic Achievement. To find the effect of Yoga on academic achievement, Hypothesis 2 is tested by comparing the result of pre-test and post-test on academic score after administration of integrated yoga module.

The dependent variable academic score requires to meet all four assumptions prior to the application of the paired t-test as discussed below. The dependent variable must be measure in scale, the group for pre and post result must be kept intact, there shall be no outliers and data is normally distributed.

The academic score is measured using scale and the pre and post test was conducted on the same class, thus the group is kept intact thus assumption of matched pair is sustained. The data must follow normal distribution.

The assumption for normality is tested using Shapiro-Wilk Test. The results of the test are depicted in table below.

Table 5

| | Shapiro-Wilk | | |
|--------------|--------------|-----|------|
| | Statistic | df | Sig. |
| pre-test AA | .984 | 199 | .020 |
| Post-test AA | .975 | 199 | .010 |

Shapiro Wilk for AA

The result of the Shapiro-Wilk test indicates that the data for the pretest and posttest on the academic score is not normally distributed. Therefore, parametric test (paired t-test) cannot be used and the hypothesis 2 is tested using Non-parametric test; Wilcoxon test. The summary of the test is given in tables below;

Table 6s

Descriptive Statistics

| | N | Mean | Std. Deviation | Minimum | Maximum | Percentiles | | |
|--------------|-----|-------|----------------|---------|---------|-------------|---------------|-------|
| | | | | | | 25th | 50th (Median) | 75th |
| pre-test AA | 199 | 47.90 | 4.301 | 37 | 59 | 45.00 | 48.00 | 51.00 |
| post test AA | 199 | 67.02 | 5.838 | 47 | 81 | 64.00 | 68.00 | 71.00 |

Table 7

| Ranks | | N | Mean Rank | Sum of Ranks |
|----------------------------|----------------|------------------|-----------|--------------|
| post test AA - pre-test AA | Negative Ranks | 0 ^a | .00 | .00 |
| | Positive Ranks | 199 ^b | 100.00 | 19900.00 |
| | Ties | 0 ^c | | |
| | Total | 199 | | |

Table 8

| Test Statistics | |
|------------------------|----------------------------|
| | post test AA - pre-test AA |
| Z | -12.238 ^b |
| Asymp. Sig. (2-tailed) | .000 |

A Wilcoxon signed-rank test showed that the integrated course did a statistically significant change in social maturity among secondary school students ($Z = -12.238$, $p = 0.000$). Indeed, median academic score has increased from 48 in pretest to 68 in posttest.

Thus null hypothesis stating that there is no effect of yoga on academic achievement is not accepted and research hypothesis 2 is accepted.

H2. There will be significant effect of integrated yoga on the academic achievement of senior secondary school students.

Solutions and Recommendations:

The Paper intended to explore the avenues of integration of Yoga Module at school level. Nowadays almost every person has one or other issue in the fast changing society. Everybody has to compete with the complex situations. COVID-19 had worsened the situation during the last two years. Students were also not spared of this situation. Their natural development had been ceased. Concentration and interest towards studies had weakened. Social distancing had somewhat damaged the social bonding among peers, friends and relatives. Emotions had gone away. Amidst this Integrated Yoga became important. Earlier Studies indicated that yoga has played an important role in minimizing frustration, stress and keeping themselves away from isolation.

- So the integrated yoga may play a vital role in developing the level of social maturity.
- The study may be helpful to improve the physical and psychological status of individual.
- This study would promote awareness of physical activity and yoga among students.
- It would provide guidance and new knowledge to the physical education and yoga teachers.
- It shall promote children interest in yogasana, pranayama and meditation.

- The study shall be torch bearer for the future investigators who were interested to find out the prevailing situation in children mental abilities and problem solving abilities.
- Yoga can maintain a good degree of attention, concentration, and memory among students.

Conclusion: This research aims to contribute to the understanding of the holistic benefits of Integrated Yoga module in education by specifically examining its impact on social maturity and academic achievement in senior secondary school students. Physical, social, and academic developments are connected to one another, so the study discussed innovative approaches that promote comprehensive student growth during a crucial phase of their educational journey.

Future Prospects

The Researchers is of the view that Integrated Yoga seems to play a vital role in developing the level of social maturity and thus positively bringing out desired academic achievement. Socially matured behavior will prove an added advantage to achieve the desired goals. The researcher suggests that developed social maturity will help the students to achieve faster with maximum accuracy in their studies. Both parents and teachers will be able to know the changing social needs of a child to manage the social needs of senior secondary school students effectively. At the same time regular practice of pranayama, asanas and meditation will prove helpful in augmenting academic achievement in their academic field.

The particular study will be a guiding force in ascertaining how integrated yoga can play a vital role in determining overall performance of students. This research will be helpful to those who want to explore new dimensions of life and especially in Yoga. It will prove a milestone in the area of educational history. More researches are needed in order to increase our understanding as how the Integrated Yoga can contribute in determining students' various abilities.

Future researches could explore many of the limitations such as diverse larger samples in details. Additionally, investigating the long-term effects of such interventions within and beyond the academic settings could provide a more comprehensive understanding of the sustained impact on students' lives and abilities

REFERENCES

- 1.Amit Kauts, Neelam Sharma, "Effect of yoga on academic performance in relation to stress" International urnal of Yoga □ Vol. 2:1 □ Jan-Jun-2009
2. Anthony N V, K B Jasmine Suthanthira Devi, (January 2020) "Effectiveness of Yoga on Memory of Learners in Secondary Level" "International Journal of Recent Technology and Engineering (IJRTE)" ISSN: 2277-3878, Volume-8 Issue-5
- 4.Anxiety (2010). "In Merriam-Webster Online dictionary". Retrieved from <http://www.merriam-webster.com/dictionary/anxiety>.
- 5 Annie Ward; Howard W. Stoker; Mildred Murray-Ward (1996), "Achievement and Ability Tests - Definition of the Domain", Educational Measurement, vol. 2, University Press of America, pp. 2–5, ISBN 978-0-7618-0385-0
6. Amuthasanthi.A. (APRIL – 2015) "Effectiveness of Yoga on Resilience among adolescents at Selected Schools in Madurai", Tamilnadu, Dr.M.G.R. Medical University, CHENNAI – 600032
7. Bisweswari Sahu, "Yoga An Effective Tool for Life Skill Education for Adolescents: Its Relevance and Importance", Irish Interdisciplinary Journal of Science & Research (IJSR) Volume 3, Issue 3, Pages 19-26, 8.

- Bilal Mudasir Wani, (July-September 2019) "Effect of yoga for cognitive enhancement, International Journal of Physiology, Nutrition and Physical Education" 2019; 4(1): 2527-2529
9. Bhardwaj AK, Singh N, Balkrishna A, Telles S. (2017) "Sustained improvement in self-esteem in children after 13 months of unsupervised yoga practice". *Int J Complement Alt Med*;7:00223.
13. Felver JC, Butzer B, Olson KJ, Smith IM, Khalsa SBS. (2015) "Yoga in public school improves adolescent mood and affect". *Contemp Sch Psychol*;19:184-92.
14. Folleto JC, Pereira K R, Valentini NC, (2016) "The effects of yoga practice in school physical education on children's motor abilities and social behavior". *International journal of yoga*, 9(2), 156–162
15. Jyotsana K Shah (2012), *Journal of Education and Practice* Vol.3, No 7
16. (KnoxCollegeLibrary371S.WestSt.Galesburg, Illinois, USA)
- 17 (*International Journal of Yoga and Allied Sciences* Vol 11, No: 1, Jan-June 2022 pp: 57-63)
- 18 (*International Journal of Physiology, Nutrition and Physical Education* 2022; 7(1): 499-504)
- 19 (*Jouney of education and practice*, Vol.3, No 7, 2012)
- 20 *The International Journal of Social Sciences and Humanities Invention*
Volume 2 issue 06 2015 page no.1437-1444 ISSN: 2349-2031
Available Online At: <http://valleyinternational.net/index.php/our-jou/theijsshi>
- 21 *The International Journal of Social Sciences and Humanities Invention* Volume 2 issue 06 2015 page no.1437-1444 ISSN: 2349-203)
- 22 (*International Journal of Applied Research* 2015; 1(7): 44-46)
23. (*Malaysian Online Journal of Educational Technology* 2023 (Volume 11 - Issue 1)
24. (Wikipedia).