

**A STUDY TO DETERMINE THE EFFECTIVENESS OF PSYCHONEUROBICS
ON MEMORY AMONG HIGH SCHOOL CHILDREN AGED 14 TO 16;
A PILOT STUDY**

Amarnath

Research Scholar, SIGFA college of Yoga and Psychoneurobics, Faridabad, India

ABSTRACT : *The study investigated the effectiveness of psychoneurobics on memory amongst highschool children aged 14 to 16 in JSS High School, Lakshmipuram, Mysore, Karnataka State, India. The study employed one group pre test and post test, pre experimental design. The population for the study comprised poor performers of tenth standard students of different sections of High school in Mysore. The students were trained to practice psychoneurobic exercises 30 minutes daily for three months. Blissful Neurobics, Enlightenment Neurobics and Dynamic Neurobics were taught and instructed to practice daily for three months. The tool used for data collection was Memory Tests viz. Usual Verbal Memory Test, Audio Visual Memory Test and Audio Memory Test. The results of Memory Tests were analyzed before the commencement of the experiment (Pre test) and after the period of experiment (Post Test).. The data collected were analyzed through mean, standard deviation and t-test analysis. The result of the study showed improvement in memory scores of students, who were practiced psychoneurobics exercises. ($t = 3.951$ and p value is 0.000428) The result is significant at $p < 0.05$. The study concluded that psychoneurobic is an innovative method in improving memory of students and thereby improving their academic performance.*

Key words ; *Effectiveness, Psychoneurobics, Memory, High School Students*

“I INTRODUCTION”

Impressions of every action, observation and visualization in sub conscious mind are called memory[1]. It is a power of the brain to remember something that has been learnt or experienced. Here Brain is considered as ‘Hardware; and Subconscious Mind is considered as ‘Software’ of human being. The ability to remember and forget is one of the most complex and fascinating function of the brain[2].

Psychoneurobics is exercises of transferring spiritual energy in neurocell by connecting psyche (mind) to the supreme source of spiritual energy (God). In psychoneurobics we inhale the cosmic energy through the power of mind and transfer it to our body neuro system. It integrates sound, colour and easy neurobics. Psychoneurobic practice makes our body and mind fully fit for ever.

Attempts to improve memory are not new. For centuries, man has been trying out ways and means to improve his memory. Because he has realized the importance of having a good memory[3]. The Greeks developed basic memory system called Mnemonics. Yoga and Meditation are found to be effective in memory development. In the similar way, research in the field of psychoneurobics is necessary to study its effectiveness on memory, as it is 5000 year old life style. Hence this pilot study is focused to study the influence of psychoneurobics on memory.

II OBJECTIVES OF THE STUDY

- To test Visual Verbal Memory, Audio Visual Memory and Audio Memory
- To determine the effectiveness of Psychoneurobics on Memory.

“III METHODOLOGY”

The research’s approach was pre experimental method with one group Pre- test and Post-test design, which involves the assessment of memory before and after the experiment among high school students. The study was conducted at J.S.S. High School, Lakshmipuram, Mysore, Karnataka, India. The sample of the study was selected on academic performance basis. 20 poor performers of the different sections of 10th standard were selected for the study. The selected students were trained to practice psychoneurobics exercises for 30 minutes daily for three months. The tool used in the study was memory test. The test was validated by the experts in the field of Psychology, Education and Yoga. The assessments were made before and after the experiment. The data collected were analyzed through statistics. Mean, standard deviation and t-test analysis were used for analysis of the scores of memory test. The study was explained to students and parents and signed informed consent was obtained from them., in accordance with the guidelines of ICMR

“IV RESULTS AND DISCUSSIONS”

Table – 1
Comparison Chart

Sl. No.	Type of Memory	Mean		Std Deviation	
		Pre Test	Post Test	Pre Test	Post Test
1.	Visual Verbal Memory	3.85	8.25	+ 2.59	+ 1.81
2.	Audio visual Memory	6.5	6.9	+ 2.42	+ 1.78
3.	Audio Memory	3.3	5.45	+ 1.26	+ 1.46

The data presented in the Table – 1 shows the values of mean and standard deviation of different memory tests.

Psychoneurobic practice has various effects on memory among high school students. It may be believed that factors concerned to memory like attention, concentration, observation, retention and recall may be improved through psychoneurobics. Further students may be motivated to learn and practice psychoneurobics regularly to improve their performance. The present study revealed that psychoneurobic practiced students showed significant improvement in Visual Verbal Memory, Audio Visual Memory and Audio Memory. in the Post test in comparison with pre test results. The same is shown in the figure -1.

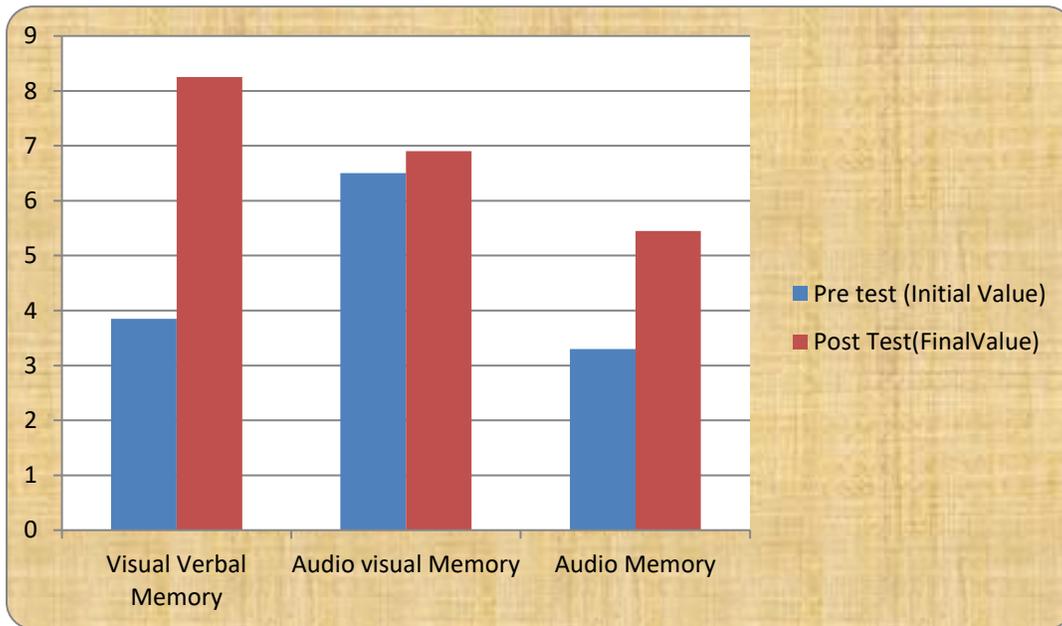


Figure -1
Memory Score before and after the psychoneurobic practice

Table – 2
Comparison of Pre and Post Test scores of Memory Test among High School Students

Test	M	SD	T	P value	Remarks
Pre Test	13.65	± 4.5	3.951	0.000428	The result is significant at p<0.05
Post Test	20.75	± 4.08			

The data presented in the Table-2 shows the results of the statistical analysis . The findings revealed that the t value is 3.95,and p value 0.000428. The result is significant at p < 0.05.

“V CONCLUSION”

The study reveals that there was significant increase in memory scores among high school students in the post test in comparison with pre test. The effectiveness of psychoneurobics , among high school students paired t- test shows 3.95 (p value is .000428) significance at the level of $p < .05$.

In the future, researcher suggests to increase the sample size in order to magnify the effects and to create more awareness about psychoneurobics to improve memory and thereby improve over all academic performance of the students. The need of research in psychoneurobic can also be understood by keeping in view of the following points.

- 1, Effective learning and teaching
2. Academic promotion
3. Improvement of knowledge.
4. Developing new tools
5. Verify and test old facts

Thus the need for effective research in psychoneurobics is a continual one and such skills are highly valued by a wide range individuals who are practicing psychoneurobics.

References.

1. Dr.B.K.Chandrashekhar “Science of Memory”, SIGFA SOLUTIONS, 2012, PP 4-5
2. Dr.H.R.Nagendra, Dr.Shirley Telles “Yoga & Memory”, V.K.Y. Prakashana, 1999 PP 2-3
3. Tannushree Poddar “Smart Memory”, Pusthak Mahal Publication, 2002, PP 24-25
4. Dr.B.K.Chandrasekhar “Text Book of Research Methodolgy”, Faridabad SIGFA Solutions, 2012
5. Dr.B.K.Chandrasekhar “Health in your Hand”, Faridabad Invisible Doctors Services, 2012
6. Dr.B.K.Chandrasekhar “Comprehensive Memory Development Course” V &S Publishers, 2013
7. Virendra Mehta “Unlock your memory” ACME Learning Pvt. Ltd, 2008.