

MIND MANAGEMENT BY 'RAJ YOGA' MEDIATION : A COMPARATIVE STUDY ON STUDENTS' CONCENTRATION LEVEL

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ABSTRACT :

This study is conducted focusing on 'MIND MANAGEMENT' through the effect of 'Raj Yoga' meditation in enhancing the contraction level among students. Owing to various challenges and inevitable technological distractions of present-day life, it has become a serious issue for the students to concentrate on their study impacting their academic success to a considerable extent. 'Raj Yoga', is a form of meditation, which emphasizes upon mental stability and self-awareness & is considered to have great benefit for enhancing concentration level among students and also contributing for their well-being.

This research is a comparative study engaging a sample of 60 students aged between 15-18, from various schools. The participants were randomly divided into two groups – one 'Meditating' Group consisting of 30 students and another 'Non-Meditating' Group also consisting of 30 students. The students of Meditation Groups were tutored with 'Raj Yoga' meditation and the students of Non-Meditation Group did not undergo any meditation practices. The study was conducted for a period of 12 weeks assessing their concentration levels at the baseline and at the end of the intervention using standardized concentration tests.

The results showed a significant improvement in 'concentration' level among students, who practiced 'Raj Yoga' meditation in comparison to the Non-Meditation Group. The students of Meditation Group showed a statistically significant enhancement in their ability to sustain attention, resist distractions and perform their task in a better cognitive way by achieving almost desired results.

Thus, this research shows that 'Raj Yoga' meditation is a easy, no cost, simple & applied technique in enhancing the concentration level among students. It is high time that Educational Institutions and policy Makers should think over the matter of including 'Raj Yoga' meditation practice in their educational curriculum to support students' cognitive development and well-being.

In this respect, it is pertinent to admit that this research has its limitations with regard to comparatively small sample size and inability to carry on long term follow up creating a gap for the future researchers to look into its long-term effect on the students by opening a new horizon to the others.

Key Words : Raj Yoga meditation, concentration, students, academic result and mental well-being.