

## **7.0 DISCUSSIONS**

The finding of this 60 days research study suggested the effectiveness of the *Yoga* practices in improving psychological wellbeing and academic performance among college students. It was observed in the research findings that environmental mastery was positive related in female students than male for achieving the psychological wellbeing. Result showed that autonomy, environment mastery and self-acceptance were highly correlated. Environment mastery and self-acceptance were highly correlated with all other domains. Personal growth, positive relation and purpose in life were highly correlated with all except autonomy.

It was revealed in the study that socializing, carrier decidedness and current motivation was positive related with academic performance. Personal adjustment was highly correlated with lack of anxiety and internal motivation / confidence. Concentration had no correlation with any domain. Lack of anxiety highly correlated with external motivation/ future only. General academic skill had no correlation with any other dimensions. Internal motivation / confidence were highly correlated with only personal adjustment. External motivation/future was highly correlated with lack of anxiety. Socializing, instructor efficacy, carrier decidedness and external motivation/current had no correlation with any other dimensions. Female students in academic performance were more significant in personal adjustment, lack of anxiety, carrier decidedness and external motivation/current.

Autonomy and personal adjustment were correlated at 0.05 levels while environmental mastery and carrier decidedness are also correlated at 0.05 levels only.

### **Previous study result**

Previous study had indicated that academic performance improves by optimizing the stress level with the intervention of *Yoga*. Those students who were having high stress level were getting less

academic excellence in respect to low stress level Pael (2018) while as per Yusril, et al. (2019) student participation leads to academic performance but Sheela, et al. (2013) confirms that sustained attention leads to academic performance. Yasin & Dzulkifli (2011) found that self-esteem leads to academic excellence. But no one tried to assess the overall academic performance since this depends upon so many factors in this fast-changing digital era. Further, physical activities helped to increase the psychological wellbeing (Molina et al., 2011). Spirituality and *yoga* practices increased the dimension of psychological wellbeing among college students (Mahalingam et al., 2015). According to Banth and Talwar (2012) *Yoga* helps for meaningful life, a component of psychological wellbeing in college students but none of the researcher had measured the multidimensional psychological wellbeing which can discover the human potentialities.

Mahalingam et al. (2015) concluded that *Yoga* practices reduced the negative effects and increased the positive effects while in our study all the domain positive growth ( $p < .05$ ) in *yoga* group in psychological wellbeing. Study group was excluded for those who have not practiced *yoga* from last one year, but other forms of exercises were not in control of researcher.

Control group had positive only in personal growth and self-acceptance because of sports activity & lecture on “spirituality in life” in psychological wellbeing.

No variables had significant improvement in between groups in psychological wellbeing ( $p < .05$ ). Study of Mane, et al. (2014) tells about effect of *Yoga* practices releases stress and enhance academic performance while in our study 10 variables were significant ( $p < .05$ ) in *Yog*. Confidence and carrier decidedness were only two which were significant domain in control group. Personal adjustment, lack of anxiety and external motivation/current were significant improvements between groups ( $P > .05$ ).

## **Comparison**

This research confirmed that better psychological wellbeing was the basis for well academic performance. If college students were taking care of their psychological well-being, then academic performance will be automatically be superior. This study also confirmed that female students were having better psychological wellbeing than boys so academic performance will be more for girl's students than boys. With respect to the present findings it can be argued that self-disciplined life (autonomy), talent to balance ourselves with the present situation (environmental mastery), trick to deal with individual problem (personal adjustment) and determination towards the walk of the life (career decidedness) leads combine the psychological wellbeing and academic success. A *Yogic* concept of *svadharma* facilitates the college study to become easy and enjoyable and one chooses a carrier as per one's inherent nature after the college life. *Yoga* practices lead a great phenomenon of 'perception' which is not conditioned by emotions or intelligence and is different from sensory perception. It flowers the true intellect which enables the college students for deep understanding instead of rote learning (Mayur, 2016). *Yoga* improves the psychological wellbeing (Banth and Talwar, 2012; Deb et al., 2019). *Yoga* unfolds the talents of academic performance (Sheela et al., 2013; Pael, 2018; Yusril et al., 2019). Previous study and this study are identical in research finding. Based on study we can see that *Yoga* practices helped to improve the psychological wellbeing and academic performance among college students.

## **Mechanism:**

Practice of *OM* meditation, *nāṛīśodhan prāṇāyāma* and *Sūrya Namaskāra* helped to achieve psychological wellbeing and academic performance. This integrated practice deepens the awareness and releases even very subtle knots. Combined practice has emphasized on meaning of life. *OM* meditation weakened the distraction of the mind and helped for *SAMATVAM*.

*Nāṛīśodhan prāṇāyāma* felicitates for clarity of thoughts and lowered anxiousness. *Sūrya*

*Namaskāra* helped for the mastery over the situation.