

APPENDICES

Appendix – 1

INFORMED CONSENT FORM SVYASA UNIVERSITY

CONSENT TO PARTICIPATE IN RESEARCH (WHO FORMAT)

Informed Consent Form for College Students:

Name of Principle Investigator- Mahesh Narain Tripathi

Name of Organization-Anvesana Research Laboratory (SVYASA University)

Name of Sponsor- Nil

Name of Project:

Effect of Yoga module On Psychological wellbeing and academic performance among college students

This Informed Consent Form has two parts:

- Information Sheet (to share information about the study with you)
- Certificate of Consent (for signatures if you choose to participate)

You will be given a copy of the full Informed Consent Form

Part I: Information Sheet

Introduction

I am Mahesh Narain Tripathi, a PhD scholar from SVYASA University. I am doing research on **Effect of Yoga practices On Psychological wellbeing and academic performance among college students** which is required in this age of wrong life style and era of digital technology. I am going to give you information and invite you to be part of this research. You do not have to decide today whether or not you will participate in the research. Before you decide, you can talk to anyone you feel comfortable with about the research.

This consent form may contain words that you do not understand. Please ask me to stop as we go through the information and I will take time to explain. If you have questions later, you can ask them of me or of another researcher.)

Purpose of the research

When a student enters from school life to college life, he gets disturbed mentally and affecting his academic performance. Psychological Well-being means a person's welfare, happiness, advantages, interests, utility, and quality of life. Psychological well-being is very important in the life of a college student. The stress of the college students has been increased tremendously over the past decade. We want to find ways to stop this from happening. We believe that you can help us by telling us what you know about Psychological wellbeing in general. The purpose of the study is to find out psychological well-being of college students and the factors that affect it.

Type of Research Intervention

This research will involve your participation in simple Yogic practices which involves loosening practices, breathing practices, and simple Asanas and Pranayama including Dhyan for 45 minutes.

Participant Selection

You are being invited to take part in this research because we feel that your experience as a college student can contribute much to our understanding and knowledge about Psychological wellbeing and factors that affects it.

Voluntary Participation

Your participation in this research is entirely voluntary. It is your choice whether to participate or not. If you choose not to participate all the facilities, you receive from this college will continue and nothing will change.

OR

The choice that you make will have no bearing on your examination evaluations or reports. You may change your mind later and stop participating even if you agreed earlier.

Procedures

A. We are asking you to help us learn more about Psychological wellbeing and academic performance among college students. We are inviting you to take part in this research project. If you accept, you will be asked to complete the questionnaires and will be given to Yoga practices for 45 days up to 8 weeks.

B. Fill out a survey which will be provided by myself and collected by myself. You may answer the questionnaire yourself and if unable to understand the questions, will be explained by me.

If you do not wish to answer any of the questions included in the survey, you may skip them and move on to the next question. It will be distributed to all of you in the classroom and after completion, it will be collected. The information recorded is confidential, your name is not being included on the forms, only a number will identify you, and no one else except me will have access to your survey.

Duration

The research takes place over 60 days in total. During that period, I will be coming with my other Yoga trainers to teach Yoga practice for 45 minutes every day in your college hall. It will be continued up to 60 days.

Risks

There is no risk involved in this research project and Yoga intervention. The practice of Yoga is very simple. There is no side effect of practice but only side benefits.

Benefits

There will be no direct benefit to you, but your participation is likely to help us find out the effect of Yoga practice to improve the psychological wellbeing and your academic performance.

Reimbursements

You will not be provided any incentive to take part in the research.

Confidentiality

We will not be sharing information about you to anyone outside of the research team. The information that we collect from this research project will be kept private. Any information about you will have a number on it instead of your name. Only the researchers will know what your number is and we will lock that information up with a lock and key. It will not be shared with or given to anyone except myself, Dr Sony Kumari (research guide) and ethics committee of SVYASA university.

Sharing the Results

The knowledge that we get from this research will be shared with you and your college before it is made widely available to the public. Each participant will receive a summary of the results. There will also be small meetings in the college, and these will be announced. Following the meetings, we will publish the results so that other interested people may learn from the research.

Right to Refuse or Withdraw

You do not have to take part in this research if you do not wish to do so and choosing to participate will not affect your education in any way. You may stop participating in the intervention at any time that you wish without your education being affected.

Who to Contact

If you have any questions, you can ask me now or later. If you wish to ask questions later, you may contact to Mahesh Narain Tripathi on cell 9440720625 or e-mail maheshyogi.om@gmail.com

This proposal has been reviewed and approved by SVYASA Institutional Ethical Committee. , which is a committee whose task it is to make sure that research participants are protected from harm. If you wish to find about more about the IEC, contact Member Secretary, Anvesana Research Laboratory, Ground floor, Prashanti Kutir, Jigani, and Bangalore. Tel: 22639983.

Part II: Certificate of Consent

I have been invited to participate in research about the effect of Yoga practices on psychological wellbeing and academic performance among college students.

I have read the foregoing information. I have had the opportunity to ask questions about it and any questions I have been asked to have been answered to my satisfaction. I consent voluntarily to be a participant in this study.

Print Name of Participant_____

Signature of Participant _____

Date _____

Day/month/year

Statement by the researcher taking consent

I have accurately read out the information sheet to the potential participant, and to the best of my ability made sure that the participant understands that the following will be done:

1. A survey questionnaire will be filled.

2. Simple Yoga practice will be given.

3. It will be given up to 8 weeks.

I confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of my ability. I confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily. A copy of this ICF has been provided to the participant.

Print Name of Researcher/person taking the consent_____ Signature of


Researcher /person taking the consent_____

Date _____

Day/month/year

Appendix – 2

INSTITUTIONAL ETHICS COMMITTEE [IEC] Letter



स्वामी विवेकानन्द योग-अनुसन्धान-संस्थानम्
Swami Vivekananda Yoga Anusandhāna Samsthānam
(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019
Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645
E-mail: svyasa@svyasa.edu.in Website: www.svyasa.edu.in

RES/IEC-SVYASA/54/2015

December 05, 2015

To,
Dr. Sony Kumari
Assistant Professor,
S-VYASA University,
Bangalore.

Reference:

"Effect of Yoga Practices on Psychological Wellbeing and Academic Performance among college students". - Committee Approval of the above mentioned study.

Dear Dr. Sony Kumari,

We have received from you the following study related documents vide your letter dated March 18, 2015

1	Project Proposal
2	Informed consent form

Ethics committee meeting was held on April 25, 2015 at 2:00 PM to 5:00 PM at Eknath Bhavan, Bangalore. Above documents were examined and discussed in the meeting. After due consideration, the committee has decided to approve conducting the aforementioned study.

APPROVED
Subramanya
INSTITUTIONAL ETHICS COMMITTEE
SVYASA, BANGALORE

Appendix – 3

[Questionnaires]

Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Please indicate your degree of agreement (using score ranging from 1-6) to the following sentences from strongly disagree to strongly agree:

1. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.
2. In general, I feel I am in charge of the situation in which I live.
3. I am not interested in activities that will expand my horizons.
4. Most people see me as loving and affectionate.
5. I live life one day at a time and don't really think about the future.
6. When I look at the story of my life, I am pleased with how things have turned out.
7. My decisions are not usually influenced by what everyone else is doing.
8. The demands of everyday life often get me down.
9. I think it is important to have new experiences that challenge how you think about yourself and the world.
10. Maintaining close relationships has been difficult and frustrating
11. I have a sense of direction and purpose in life.
12. In general, I feel confident and positive about myself.
13. I tend to worry about what other people think of me.
14. I do not fit very well with the people and the community around
15. When I think about it, I haven't really improved as much as I can.
16. I often feel lonely because I have few close friends with whom.
17. My daily activities often seem trivial and unimportant to me.
18. I feel like many of the people I know have gotten more out of

19. I tend to be influenced by people with strong opinions.
20. I am quite good at managing the many responsibilities of my
21. I have the sense that I have developed a lot as a person over time.
22. I enjoy personal and mutual conversations with family members
23. I don't have a good sense of what it is I'm trying to accomplish
24. I like most aspects of my personality.
25. I have confidence in my opinions, even if they are contrary to
26. I often feel overwhelmed by my responsibilities
27. I do not enjoy being in new situations that require me to change
28. People would describe me as a giving person, willing to share
29. I enjoy making plans for the future and working to make them a reality.
30. In many ways, I feel disappointed about my achievements in life.
31. It's difficult for me to voice my own opinions on controversial matters.
32. I have difficulty arranging my life in a way that is satisfying to me.
33. For me, life has been a continuous process of learning, changing and growth.
34. I have not experienced many warm and trusting relationships with others.
35. Some people wander aimlessly through life, but I am not one of them.
36. My attitude about myself is probably not as positive as most people feel about themselves.
37. I judge myself by what I think is important, not by the values of what others think is important.
38. I have been able to build a home and a lifestyle for myself that is much to my liking.
39. I gave up trying to make big improvements or changes in my life a long time ago.
40. I know that I can trust my friends, and they know they can trust me.
41. I sometimes feel as if I've done all there is to do in life.
42. When I compare myself to friends and acquaintances, it makes me feel good about who I am.

Scoring Instruction:

- 1) Recode negative phrased

items:#3,5,10,13,14,15,16,17,18,19,23,26,27,30,31,32,34,36,39,41

- 2) Add together the final degree of agreement in the 6 dimensions:

1. **Autonomy:**items1,7,13,19,25,31,37

2. **Environmental mastery:**items2,8,14,20,26,32,38

3. **Personal Growth:**items3,9,15,21,27,33,39

4. **Positive Relations:**items:4,10,16,22,28,34,40

5. **Purpose in life:**items:5,11,17,23,29,35,41

6. **Self-acceptance:**items6,12,18,24,30,36,42

Appendix – 4

[Questionnaires]

ACADEMIC SUCCESS inventory for college students (ASICS)

For the following questions, please list the number that corresponds to your answer

(1 for strongly disagree, 2 for moderately disagree, 3 slightly disagree, 4 for neutral, 5 for slightly agree, 6 for moderately agree, 7 for strongly agree)

1. Personal problems kept me from doing well in this class.
2. It was easy to keep my mind from wondering in this class.
3. I was nervous for tests even when I was well prepared.
4. I studied the correct material when preparing for tests in this class.
5. I had an easy time concentrating in this class.
6. I got satisfaction from learning new material in this class.
7. I needed to do well in this class to get a good job later on.
8. I worked hard to prove I could get a good grade.
9. I enjoyed the challenge of just learning for learning's sake in this class.
10. I felt confident I could understand even the most difficult material in this class.
11. I was pretty sure I could make an A or a B in this class.
12. I tried everything *I* could to do well in this class.
13. Sometimes I partied when I should have been studying.
14. I worked hard in this class.
15. Studying for this class made me anxious.
16. I had a hard time concentrating in this class.
17. My grades suffered because of my active social life.
18. I knew that if I worked hard I could do well in this class.
19. This class will be very useful to me in my carrier.

20. I worried a lot about failing this class.
21. I got easily distracted in this class.
22. I was disappointed with the quality of teaching.
23. I kept a good study schedule in this class.
24. I did poorly because the instructor was not effective.
25. I would have done much better in this class if I didn't have to deal with other problems in my life.
26. It was important to get a good grade in this class for external reasons (my parents, a scholarship, university regulations).
27. I worked hard in this class because I wanted others to think I was smart.
28. I would have done better if my instructor was better.
29. I was pretty sure I would get a good grade in this class.
30. I felt pretty confident in my skills and abilities in this class.
31. I worked hard in this class because I wanted to understand the materials.
32. I got anxious when taking tests in this class.
33. I studied a lot for this class.
34. I think I used good studies skills when working in this class.
35. The instructor in this class really motivated me to do well.
36. Any thing I learned on my own. The instructor in this class was not a good teacher.
37. I got behind in this class because I spend too much time partying or hanging out with my friends.
38. This class is important to my future success.
39. I needed good grades in this class to keep up my GPA.
40. I had some personal difficulties that affected my performance in this class.
41. I think in the future I will really use the material I learned in this class.
42. Sometimes my drinking behavior interfered with my studying.

43. I made good use of tools such as planners, calendars, and organizer.
44. I used goal setting as a strategy in this class.
45. I was good at setting specific homework goals.
46. I was well organized.
47. I am certain about what occupation I want after I graduate.
48. I know what I want to do after I graduate.
49. I am having hard time choosing a major.
50. I am certain that my major is a good fit for me.

Appendix – 5

Ryff Wilcoxon Signed Ranks and Mann-Whitney Test

YOGA GROUP

Test Statistics^a

	ryfd1po - ryfd1pr	ryfd2po - ryfd2pr	ryfd3po - ryfd3pr	ryfd4po - ryfd4pr	ryfd5po - ryfd5pr	ryfd6po - ryfd6pr
Z	-8.422 ^b	-8.448 ^b	-8.303 ^b	-8.261 ^b	-8.312 ^b	-8.449 ^b
Asymp. Sig. (2-tailed)	.001	.001	.001	.001	.001	.001

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks

CONTROL GROUP

Test Statistics^a

	ryfd1po - ryfd1pr	ryfd2po - ryfd2pr	ryfd3po - ryfd3pr	ryfd4po - ryfd4pr	ryfd5po - ryfd5pr	ryfd6po - ryfd6pr
Z	-.321 ^b	-1.060 ^b	-2.189 ^b	-1.756 ^b	-.896 ^c	-2.280 ^b
Asymp. Sig. (2-tailed)	.748	.289	.029	.079	.370	.023

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

c. Based on positive ranks.

BETWEEN GROUP

Test Statistics^a

	ryfd1po	ryfd1pr	ryfd2pr	ryfd2po	ryfd3pr	ryfd3po	ryfd4pr	ryfd4po	ryfd5pr	ryfd5po	ryfd6pr	ryfd6po
Mann-Whitney U	751.000	2918.000	2620.500	616.000	3249.000	982.500	2564.500	655.500	3240.000	734.000	2355.500	643.000
Wilcoxon W	3991.000	6158.000	5860.500	3856.000	6489.000	4222.500	5804.500	3895.500	6480.000	3974.000	5595.500	3883.000
Z	-9.366	-3.124	-3.980	-9.760	-2.166	-8.703	-4.140	-9.651	-2.192	-9.419	-4.744	-9.684
Asymp. Sig. (2-tailed)	.001	.002	.001	.001	.030	.001	.001	.001	.028	.001	.001	.001

a. Grouping Variable: Group

Appendix – 6

ASICS Wilcoxon Signed Ranks and Mann-Whitney TEST

YOGA GROUP

Test Statistics ^a										
	asicsd1po - asicsd1pr	asicsd2po - asicsd2pr	asicsd3po - asicsd3pr	asicsd4po - asicsd4pr	asicsd5po - asicsd5pr	asicsd6po - asicsd6pr	asicsd7po - asicsd7pr	asicsd8po - asicsd8pr	asicsd9po - asicsd9pr	asicsd10po - asicsd10pr
Z	-8.573 ^b	-8.492 ^b	-8.573 ^b	-8.557 ^b	-8.557 ^b	-8.531 ^b	-8.433 ^b	-8.562 ^b	-8.573 ^b	-8.512 ^b
Asymp. Sig. (2-tailed)	.001	.001	.001	.001	.001	.001	.001	.001	.001	.001

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

CONTROL GROUP

Test Statistics ^a										
	asicsd1po - asicsd1pr	asicsd2po - asicsd2pr	asicsd3po - asicsd3pr	asicsd4po - asicsd4pr	asicsd5po - asicsd5pr	asicsd6po - asicsd6pr	asicsd7po - asicsd7pr	asicsd8po - asicsd8pr	asicsd9po - asicsd9pr	asicsd10po - asicsd10pr
Z	-.707 ^b	-.319 ^b	-.346 ^b	-1.401 ^b	-2.426 ^b	-.469 ^c	-1.063 ^b	-1.404 ^b	-2.054 ^b	-1.878 ^b
Asymp. Sig. (2-tailed)	.480	.750	.730	.161	.015	.639	.288	.160	.040	.060

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

c. Based on positive ranks.

BETWEEN GROUP

Asymp. Sig. (2-tailed)	Z	Wilcoxon W	Mann-Whitney U	
.105	-1.623	7785.000	3032.000	asicsd1pr
.001	-10.711	2848.000	147.000	asicsd1po
.006	-2.747	7428.000	2675.000	asicsd2pr
.001	-10.587	2884.500	183.500	asicsd2po
.247	-1.158	5878.000	3177.000	asicsd3pr
.001	-11.089	2729.000	28.000	asicsd3po
.001	-3.674	5076.500	2375.500	asicsd4pr
.001	-11.153	2701.000	.000	asicsd4po
.001	-7.492	5919.500	1166.500	asicsd5pr
.001	-10.654	2860.500	159.500	asicsd5po
.001	-4.444	6891.000	2138.000	asicsd6pr
.001	-10.560	2902.500	201.500	asicsd6po
.001	-10.135	3029.500	328.500	asicsd7po
.001	-7.366	5962.500	1209.500	asicsd7pr
.002	-3.066	7322.500	2569.500	asicsd8pr
.001	-10.905	2781.500	80.500	asicsd8po
.028	-2.191	7602.500	2849.500	asicsd9pr
.001	-11.123	2718.000	17.000	asicsd9po
.080	-1.753	7741.000	2988.000	asicsd10pr
.001	-10.538	2902.000	201.000	asicsd10po

Appendix – 7

List of publications from this doctoral thesis (Appendix 7)

Following original articles are published in journals as below -

1. Mahesh Narain Tripathi, Sony Kumari, Tikhe Sham Ganpat (2018).Psycho physiological effects of yoga on stress in college students. *Journal of Education and Health Promotion*, 7 (43),1-3
2. Mahesh Narain Tripathi & Dr. Sony Kumari (2019).Effect of Yoga Practices on Psychological Wellbeing among college students. *Adalya journal*, 8(10),1349-1366
3. Mahesh Narain Tripathi & Dr. Sony Kumari (2019).Effect of Yoga Practices on Academic Performance among College Students.*Think India Journal*, 22(14), 817-823.

Appendix – 8

Photo of Yoga practice session



