



## ABSTRACT

### BACKGROUND

An academic ecosystem of campus students in college is intermediate evolutionary time at the time of commencement. Undergraduate learners are registered to achieve the highest degree result with trueness. Challenge of college students in academic success depends upon their psychological wellbeing ((PWB). Impact of excellence in education is reason for ‘A’ grade job in our country in any field of the employment. Good job makes the students ‘on life’ instead online if unemployed in high tech era of digital technology. College students can deal with any challenge in future if they are studying with true self. Studying with true self will enhance self-empowerment to manage crucial periods during student life. Academic is a potent factor especially in tenure of college life. Employment is the hope after finishing the graduation in modern era. Trueness in the campus life is the base for highest quality of net result as well as employment. Psychology wellbeing focuses inner happiness instead superficial. Practice of yoga enhances knowledge and simultaneously allows letting go off all the hurry and worry of frustrated life by creating the awareness.

### AIMS AND OBJECTIVES

Aim and objective of the present research was to ascertain:

- Effect of *Yoga* practices on psychological wellbeing in college students
- Effect of *Yoga* practices to assess academic performance
- Impact of *Yoga* to get gender wise analysis for psychological wellbeing as well as academic performance
- To find out correlation between psychological wellbeing and academic performance

After intense scientific review, I could not get study which propels the psychological wellbeing as well as academic performance in college students.

There was no *Yoga* based study which enhances the psychological wellbeing as well as achievement in education. Separate research confirms that college students are more mentally disturbed (Bewick et al., 2010). The lacuna of the present-day education system remains that there are no mechanisms to facilitate college students to lead the college life with good psychological wellbeing and higher academic performance. However, the ancient *Yoga* based education has been able to inculcate human values, culture and promote psychological wellbeing of not only the individual but also of a society.

## **METHOD**

Complete research was experimental and divided in two groups. Groups design was named as pre-test – post-test. 180 students (100 girls and 80 boys) as sample were taken randomly from 300 college students.

## **PARTICIPANTS**

Subjects were selected from TSR & TBK College, Gajuwaka town, Visakhapatnam city, Andhra Pradesh.

## **DESIGN**

Research was designed with pre-post computation as well as randomized control.

## **ASSESSMENTS**

Ryff Scale of Psychological Wellbeing (RPWB)

Academic Success Inventory for College Students (ASICS)

## **INTERVENTION**

Subjects were practiced by *yogic* discipline. Training duration was total 60 days. Base of the practice was taken according to tradition of *Yoga* and *Ūpaniṣad*. It involved *sūrya namaskāra*,

*āsana, kriyā, prāṇāyāma*, loosening exercise, breathing application and meditation. Subjects were doing practice 5 days only in a week and time duration was 45 minutes.

## **RESULTS**

Research about Ryff scale of psychological wellbeing showed using within group Wilcoxon signed rank test positive and significant increased ( $P < 0.05$ ) of all the dimensions of positive functioning in *yoga* group than control group slightly significant ( $P < 0.05$ ) in two domains only. Research also revealed that none of the variables had significant difference between groups ( $P < 0.05$ ) analysis using Mann-Whitney test. Environmental mastery (d2) was more significant in female students than male in psychological wellbeing. Result showed that autonomy (d1), environment mastery (d2) and self-acceptance (d6) were highly correlated in psychological wellbeing while Autonomy (Ryff d1) and personal adjustment (asics d1) And Environment mastery (Ryff d2) and carrier decidedness (asics d9) were correlated at 0.05 levels.

ASICS result found that *Yoga* practices had positive effect on all domain of academic performance among college students, whereas control group have positive effect on only two domains of academic performance among college students while between groups were having significant change only in three domains. Female students in academic performance were more significant in personal adjustment (d1), lack of anxiety (d3), carrier decidedness (d9) and external motivation/current (d10). Personal adjustment (asics d1) was highly correlated with lack of anxiety (asics d3) and internal motivation / confidence (asics d5).

## **CONCLUSIONS**

The present study concluded that 60 days of *yoga* training is effective in improving psychological wellbeing and academic performance among college students.