

4.0 AIMS AND OBJECTIVES

This study was planned with an assumption that if *Yoga* can enhance psychological wellbeing and academic performance among college students. To accomplish the purpose, following aim and objectives had been considered:

4.1 AIMS OF THE STUDY

The aim of this research work was to examine the outcome of *Yoga* on psychological wellbeing and academic achievement among college students.

4.2 OBJECTIVES OF RESEARCH

- Measuring the outcome of *Yoga* on psychological wellbeing in college students applying Ryff Scale of Psychological Wellbeing (RPWB)
- Measuring the outcome of *Yoga* on academic performance among college students using Academic Success Inventory for College Students (ASICS)
- To examine the correlation between psychological wellbeing and academic performance scale
- To examine the effect of *Yoga* gender wise in both the scale

4.3 JUSTIFICATION OF THE STUDY

The researcher had taken interest on College students, because in this modern world the lifestyle and food habits are changing day by day. Hence maximum college youth are affected by physical and psychiatric health ailments. To create awareness to the public the researcher has selected this topic. The researcher selected *Yoga* practices to identify the changes on psychological wellbeing and academic performance among College students.

Psychological wellbeing and academic performance are needed to analyze the various changes that take place in their physical and mental level before and after the training period.

There was no *yoga-based* study which enhances the psychological wellbeing and academic performance among college youth. College youth are more prone for mental disturbance. Mental fluctuation is more in this age group (Bewick et al., 2010). Youth needs emotional and psychological support to avoid in engagement of contradictory affair. They are more prone to sleep problem, liquor habit and other sedentary behavior. In some cases, this problem is going up to suicidal habits. Research confirms about looking of wellbeing is essential aspect in the time of university term (Chao, 2012).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.

Hence the researcher wants to find out the effect of *Yoga* practices separately among College students.

4.4 HYPOTHESIS

- (i) The effect of *yoga* practices would be significant on psychological wellbeing and academic performance among college students.
- (ii) There was significant gender difference for the effect of *yoga* practices on psychological wellbeing and academic performance.
- (iii) There was significant correlation between psychological wellbeing and academic performance scale.

4.5 NULL HYPOTHESIS

- (i) The effect of *yoga* practices was NOT significant on psychological wellbeing and academic performance among college students.

- (ii) There were NOT significant gender difference for the effect of *yoga* practices on psychological wellbeing and academic performance.

- (iii) There was NOT significant correlation between psychological well-being and academic performance scale.