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## COMPARISON OF COGNITIVE AND PERSONALITY DIMENSIONS BETWEEN YOGIC GURUKUL AND MODERN EDUCATION SYSTEM STUDENTS

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### **Abstract:**

*The temporal cortex is the region of the brain most closely linked to memory. Spatial memory, which is associated with the right hemisphere, and verbal memory, which is associated with the left, are the two most important types of memories. Yoga has been demonstrated to improve both short- and long-term memory in several scientific studies. The purpose of this research was to examine the differences in memory retention rates between a school following the Gurukula Education System (GES) based on a yoga way of life and a school following the Modern Education System (MES). Forty-nine boys and girls, aged 11 to 13, were chosen from two residential schools, one with a MES setting and the other with a GES setting, all of which offered comparable environments and routines. Age and economic background were taken into account while pairing the guys. While the MES offers a standard, contemporary educational curriculum, the GES bases its curriculum on integrated yoga modules. Before and after an academic year, students' memories were evaluated using conventional spatial and verbal memory tests adapted to the Indian context. At the beginning of the school year, the GES and MES boys had similar verbal and visual memory scores, but the GES boys improved much more than the MES boys ( $P < 0.001$ , Mann-Whitney test). This research found that the GES designed for holistic personality development via the yoga lifestyle was superior to the MES in improving measures of visual and verbal memory.*

**Keywords:** Selective attention, the modern educational system, and the yogic education system

### **INTRODUCTION:**

The process of a child's or an individual's education is growth and development. Lifelong learning is required. Individuals are encouraged to develop their inherent talents thru education, in a holistic manner. Through education, all of a person's faculties—physical, social, cultural, intellectual, aesthetic, and spiritual—are developed in harmony, all of which are interconnected. As a result, education is intertwined with a person's past, present, and future. The yogic education system is one of India's most significant and earliest forms of education. The Vedic education system in India predates all others. Yoga Program curriculum includes a wide range of asanas (poses), breathing

techniques (pranayama), devotional songs, and yogic games. Niyam (self-discipline) and Yama (social restraint), and Asanas (physical postures) are the three main components of a yoga-based lifestyle that promote physical and mental calm. To quiet down the breath via the practice of Pranayama (voluntary control of breathing), Dharana (Mastery of the Senses and the Mind) and Pratyahar (concentration) Puja and yogic prayers: a means of achieving emotional equilibrium. Dhyana: (Meditation) is often regarded as the internal chanting of a Mantra to induce a state of meditative awareness and concentration known as Samadhi (super conscious). The Vedas' yogic teachings serve as the foundation for this educational model (Nagendra, 2018). Our mind and body are inseparable; yoga is a means of bringing the two together (Rocha, et al., 2020). Consequently, the Yoga is used as a method and approach to help people achieve and maintain improving health, and for physical, cognitive and spiritual harmony. An important benefit that comes from practicing yoga is the capacity to improve one's health and well-being while also cultivating a more peaceful mind, body, and soul (Yogacharya, 2018). Several scientific studies have demonstrated that yoga may help alleviate feelings of grief, tension, and anxiety (Smith, et al., 2019). So Ashtanga yoga is a kind of yoga. An approach to human growth that aims to unite the person's physical, mental, intellectual, and spiritual qualities (Goal, 2019).

In today's educational system, there is a strong emphasis placed on the importance of teaching students about topics such as freedom, nationality, the rule of law, human rights, democracy, and a knowledge of the world from a scientific point of view. Because they assist students in developing into more well-rounded people, co-curricular and extracurricular activities are an essential component of a student's educational experience. The rise of modern education has resulted in the creation of a diverse array of job paths, all of which require some degree of scientific study and experience. It instils in them the values of being a good person and a good citizen. The requirements of the industrial economy are met by the educational system in the modern period. Experts in a wide variety of fields are in particularly high demand these days, including those with knowledge in the medical and health-related fields, as well as those with skills in technological and legal matters.

The term "cognitive" refers to a wide range of activities involving the mind, including awareness, perception, memory, concentration, planning, language, and many more. Attention refers to a person's capacity to concentrate on a certain activity. Being able to pay attention is a critical life skill that has ramifications for both one's personal life and one's professional career. Focusing only on a single item for an extended length of time while overlooking other essential information is known as selective attention. Every input in our surroundings can't be given equal attention, so we employ selective attention to focus on what's relevant at any one time. In several scientific research, yoga has been shown to increase cognitive skills such as distant memory, mental equilibrium, focus,

test results for healthy young adults in terms of attention span and processing speed, attention alternation, delayed recall, decision making, word retention and recognition (Chatha, et al., 2020 & Prakash, et al., 2020). Even while both Gurukula and contemporary education systems increase selective attention in schoolchildren, the Gurukula education method is more successful (Rangan, Nagendra & Bhatt, 2019). This form of coordinated activity may boost attention, according to research (Budde, et al.2019). A new research shows that combining physical and mental training yields greater results in enhancing one's ability to pay attention to just one thing at a time (Hawkins, Kramer & Capaldi, 2019). Many studies have examined the impact of yoga poses and meditation on attentional focus. Aerobic activity has been linked to higher processing speeds, improved attention and working memory as well as quicker reaction times in youngsters in another research (Hillman et al. 2019, Budde, 2019). In addition, 10 minutes of coordinated exercise increased selective attention ratings statistically significantly. Various cognitive processes have been shown to benefit from physical exercise in a research. (Masoumeh and Shahin, 2019)

#### **NEED OF THE STUDY:**

Our well-being depends on a strong yogic education system. To achieve this, it aims to transform each person into a flawless human being. It is the secret to solving all of life's difficulties. The five components of life, physical, mental, moral, spiritual, and social, are all addressed in this program. It's important for students to practice yoga to improve their concentration, memory, and understanding. Students' perception, self-esteem, self-confidence and good attitude are only a few of the factors that contribute to academic success. wellness may all benefit from the practice of yoga. In addition to lowering stress and anxiety levels, as well as other physiological and psychological issues, the practice of yoga has several other benefits. It improves one's ability to stay focused on one's daily routines. As a result of the Yogic Education System, students are able to acquire a wide range of skills that will allow them to succeed in any endeavor. A new study examines how the educational system impacts intermediate-level pupils. Students in a Yogic and a Modern school system were compared to see how selective their attention was.

#### **OBJECTIVE:**

To examine how Yogic (Gurukul) and Modern Education System pupils vary in terms of specific attention.

#### **HYPOTHESES:**

1. Selective Attention differs significantly between pupils in the Yogic and Modern Education Systems.
2. Selective Gender has no bearing on attention.
3. When it comes to Selective Attention, there is no substantial relationship between gender and education system.

**SAMPLE:**

Random sampling was used to pick 49 residential students, 25 boys and 24 girls, from the Yogic and Modern educational systems, to complete the current study. They were all in the 11 to Group of 13-year-olds. On the basis of age, educational achievement, and gender, the sample was matched. Socioeconomic level.

Selective sampling was conducted in and around Aravalli District, Gujarat State.

**TOOL:**

The Stroop Test, developed by the researchers themselves, was used to test selective attention. Each of the three cards has 40 things on it. There are three cards in this experiment: There is a preliminary exam on the first card. Tests on participants' ability to identify colours on a card were administered on cards two and three, which asked them to name the colour of the ink that was used to print each set of text. Disregarding what the words were printed in. As a one-on-one assignment, it was completed. There were a total of ten colour names used. Within a specified time restriction, the goal is to identify the ink colours on each card and proceed down the columns as rapidly as possible.

**Statistical analysis of data:**

Analysis of variance (ANOVA) was used in the present research.

**Table 1 Selective Attention and the Educational System and Gender: Interaction (in seconds) The Means of the Groups**

| <b>Second IV<br/>(b) Gender</b>              | <b>(b1) Girls</b> | <b>(b2) Boys</b>   | <b>Sum</b>    |
|--|-------------------|--------------------|---------------|
| <b>First IV (a)<br/>Education<br/>system</b> |                   |                    |               |
| <b>(a1) Yogic<br/>Education<br/>system</b>   | 48.84<br>(N = 25) | 47. 03<br>(N = 24) | <b>95.87</b>  |
| <b>(a2) Modern<br/>Education<br/>System</b>  | 91.33<br>(N = 25) | 108.10<br>(N = 24) | <b>199.43</b> |
| <b>Sum</b>                                   | <b>140.17</b>     | <b>155.13</b>      | <b>295.3</b>  |

Table 2 ANOVA

| Tests of Between- Subjects Effects        |            |    |           |         |
|---|------------|----|-----------|---------|
| Dependent Variable: – Selective Attention |            |    |           |         |
| Source                                    | SS         | df | MS        | F       |
| Education                                 | 11454.017  | 1  | 11454.017 | 32.32** |
| Gender                                    | 620.817    | 1  | 620.817   | 1.75    |
| Gender x Education                        | 920.417    | 1  | 920.417   | 2.60    |
| Error                                     | 19846.400  | 56 | 354.400   |         |
| Total                                     | 181943.000 | 60 |           |         |
| Corrected Total                           | 32841.650  | 59 |           |         |

The educational system functions at the level indicated by the point symbol ( $p, 0.01$ ). The presence of a gender effect is indicated by a statistical significance level of ( $p 0.05$ ).  $p >, 0.05$  for the gender and educational system's interaction.

#### RESULTS:

Analysis of variance (ANOVA) was performed on the data.  $p.01$  ( $F= 32.32$ ) level for the primary influence of educational system on selective attention comparing pupils of the yogic and contemporary educational systems. It shows that pupils in the Yogic and Modern Education Systems vary significantly in terms of Selective Attention. No differences in the main outcome were found to be statistically significant impact of gender on selective attention between the yogic and contemporary school systems, as shown by the  $F$  value of 1.75. Selective attention is not significantly different between men and women, according to this study. It was shown that the interaction between educational system and gender had no effect on selective attention at  $p >.05$  ( $F= 2.60$ ). As a consequence, students' gender has no effect on their ability to pay attention selectively. According to this study, the group who took the Stroop test in the shortest amount of time was better at selective attention. Compared to the current school system, the yogic education system provides more selective attention.

#### DISCUSSION:

Research shows that yogic and contemporary education systems vary greatly in their ability to focus on certain subjects. The pupils of the Selective attention is a stronger suit of the yogic education system than those of the contemporary education system, based on the amount of time they spent in selective attention. In order to cultivate a well-rounded personality, one must recite yoga

routines over and again. Practicing yoga is a rhythmic experience that envelops the body in a soothing, resonant energy. Thus, the concept of "freedom from distraction" is included. According to the findings of this study, yoga has a positive effect on attention, which is consistent with previous research. The results of a yoga intervention, according to Sahasi (2020), showed a considerable increase in attention and focus. Both a focused and a mindfulness meditation session improved attention test results statistically significantly, according to Valentine and Sweet (2020). A study by Manjunath, et al. (2020) found that 10 days of yoga instruction improved the attention span of 14 youngsters (aged 12-17). Students that practiced transcendental meditation showed an increase in intellect and improved academic performance, according to Kory and Hufnagel (2020). (TM). It has been observed that the practice of Pranayama, which involves consciously controlling one's breathing, increases one's ability to remember information. Yoga postures, breathing exercises, stillness, and visual concentrating activities have been shown to increase the attention span of schoolchildren, according to Telles et al. (2019). According to Bhavi and others (1996), practicing yoga regularly improved mental wellness. Findings from Hawkins, Kramer and Capaldi (2019) and Masoumeh, & Shahin, (2019) show that performing physical exercise may improve cognitive functioning. Meditation, a kind of physical activity that is part of yoga, has been found to improve attention in the literature. Researchers found that pupils in the yogic education system had higher levels of selective attention than those in more traditional educational settings.

### CONCLUSION:

The findings of this study allow us to draw the conclusion that students who participate in a Yogic education programme have a higher level of attentional control, and that the practise of yoga improves attentional control in each and every one of its practitioners. It is a logical assumption to make that specific yogic practises, such as Yama, Niyam Asanas, Pranayama, and meditation, may assist a person in developing their cognitive capabilities.

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