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## STUDY OF PSYCHOLOGICAL WELL BEING OF ADOLESCENT AND PSYCHONEUROBIC INVOLVEMENT

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### **Abstract:**

*Yoga is perceived as a type of mind-body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health, particularly stress related illnesses. The brain training exercises would be shown significant improvement in all the chose fundamental abilities, psychological abilities and intellectual abilities of tribal school students than the yoga training, brain training and control gatherings. Total 80 New Delhi boys' students were recruited as subjects on a random basis to facilitate the study. It was divided into two same groups, the control group and the experimental group. The pre and post test data on the chose criterion variables would be gathered by administering questionnaire according to the standardized method when four months of the training program.*

**Keywords:** *Yoga, Psychoneurobics, health, brain, psychological, etc.*

## 1. INTRODUCTION

Psychoneurobics is a grounded field in the part of psychology which has more extensive and modern applications on various fields. It has an effective mix of psychology alongside nerve focuses, CNS of people. This field has part of extension and applications in mind control, mind management and concentration of people. It additionally helps being developed of mental balance among individuals who practice it throughout some undefined time frame. It is a drawn out interaction and its effects can be effectively acknowledged by rehearsing these consistently. It doesn't have any results and it has a striking change on the character of individuals who practice it. It likewise prompts mind dominance throughout some stretch of time and it prompts memory upgrade, memory management and gives mental balance of people.

The word cognition comes from the Latin action word cognoscere signifying 'to know'. Intellectual psychology came into the 1950's as the contradiction to the broad behaviorism of the case. The logical vision with their hypotheses in regards to the development and psychological information which are as yet legitimate today cognition is something of knowing, readiness, logic, judgment and recollections. All in all, the social occasion of data that has been gain through schooling or experience. Cognition incorporates a scope of psychological cycles like information, concentration, reminiscence, speech, and logic, executive and so on which are the segment of 11 scholarly advancement and experience. Different intellectual capacities play a capacity in the psychological cycles like discernment, concentration, memory, logic. These psychological capacities work similarly to combine the inventive information and make an 11 understanding of our general surroundings. Intellectual impedances are normal in youthful grown-ups with significant misery and tension problems and their tendency remaining parts mostly 2 unsure. Exercise had been affirmed to contain an accommodating outcome on substantial, psychological and intellectual execution in adjusting populaces. This investigation has investigated the consequence of exercise on occasional memory, perceptual speed and regulatory capacity in 3 youthful grown-ups.

## 2. LITERATURE REVIEW

**Sushama T S, Binny Chauhan, Deepchand D., R Kumeriya (2020)** Imagine writing a test and the second you read the question paper, you cannot recall a single thing you read for? Or then again imagine forgetting your important records at home just before an interview? Both these scenarios are nightmares for the vast majority of us. Both what's common among them is our memory, which was unable to perform the function it has been especially intended for. The WHO, in 2009 estimated that nearly one out of each five adolescents on the planet goes through a type of emotional, mental or behavioral issues. This accounts for a gigantic piece of young people who need immediate assistance. This is when Psycho Neurobics comes into the image. This therapy acts like an Energy Therapy.

**BarkhaShroff, BarkhaShroff (2020)** the stress and fatigue of sleep deprivation may exacerbate psychological changes in youthful adults in danger. Cognition includes different psychological cycles like learning, attention, memory, language, reasoning, decision making and so forth which are part of intellectual turn of events and experience. Neurobic exercise is an extraordinary brain exercise which stimulates neural activity that create more connections between different brain areas and causes nerve cells to deliver neutral brain supplements called neurotrophins. The aim of the examination was to determine the effectiveness of neurobic exercise in improving cognition in youthful individuals. 60 participants were taken in the age range of 17-25 years. All the participants were assessed with Addenbrooke's psychological assessment ACE-III(Indian English version) when the intervention. The participants got neurobic exercises for about fourteen days each week 4 consecutive days.

**Naragatti, Siddappa (2020)** the current paper center to consider the relevance of Yoga on health Normal healthy volunteers with age at the very least 30 years and not over 60 years. Measurements/Variables, WHO Quality of life – Brief. The response was gathered from 50 respondents out of them 25 as control gathering and 25 as a yoga practice gathering. Tests for Normality (Shapiro Wilk's) carried out for all the data variables showed a normally appropriated data. Paired 'T' test was utilized to analyze within bunch contrasts in the yoga and control gatherings and Independent samples 'T' test was utilized to analyze the between bunch effect. The current investigation measured the effectiveness of Yoga on Quality of life domains on normal healthy volunteers compared to control gathering.

**HemantBhargav et al., (2020)** This chapter is actually split into 4 subsections: the very first segment of the chapter offers an update on existing proof for yoga therapy in typical mental health disorders, the next part offers short overview on neurophysiological abnormalities in psychiatric conditions as well as the connection of theirs with mental stress, the third part works with summary of proof for neurophysiological effects of yoga in mental health disorders, and the final part emphasizes on practical factors of yoga therapy with details of scientifically helpful

yoga practices for typical mental health disorders. The mental health conditions covered in this particular chapter consist of depression, anxiety, schizophrenia, kid and adolescent psychiatric disorders, chemical use disorders, and geriatric psychiatric disorders.

**De, Anup&Mondal, Samiran. (2020)**The latest hype of yoga practice is actually concomitant with the reality that it can help the professional to achieve peaceful brain as well as radiant health. The science of yoga has additionally turned into an effective stream of expertise. It's improved the amount of scientific research on various yogic interventions, but has additionally been carried out to assess the effects of its on brain wave activity, especially in neural oscillations. Objectives: In these systematic studies, we reviewed research investigating the impact of incorporated pranayama, meditation, and yoga on brain wave activity which impacts in general cognitive functions. Methods: Broad search method was practiced using a number of internet databases: PubMed, Google Scholar, Web of Science, Embase, Medline, PsycINFO, Europe PMC, Scopus, along with IndMED. Studies had been incorporated in incorporated yoga, meditation, and pranayama with brain wave activity, as well as the whole related articles had been significantly analyzed based on the dynamics of this particular study.

### **3. OBJECTIVES**

- To study about Benefits of Brain Fitness Exercise and its Importance.
- To analyze career decision making and of critical thinking in students.

### **4. METHODOLOGY**

The study would be formulated as random group design in which school students would be isolated into four equal groups. The Yoga Practice Group (YPG) went through chosen yoga posture practice, the Meditation Group (MG) went through chosen meditation program, Brain Exercise Group (BEG) went through chosen brain training exercises, and Control Group (CG) wouldn't go through any training. All the four groups would be exposed to pre-test and post-test on Life skills, Cognitive skills, and Intellectual skills variables preceding the experimental treatment and after the finish of the intervention. The three experimental groups would be participated in their particular training for an hour a day, five days in seven days for about four months all through the study. The pre and post test data on the chose criterion variables would be gathered by administering questionnaire according to the standardized method when four months of the training program. This trial was carried out for 12 weeks of asanas and concentrated meditation to encourage the promotion of mental health, anxiety and perception of value components for school kids in the coastal region. For this experiment, a pre- and post-test random design was used. A yoga intervention would lead to improvements in psychological health, and repetitive measures were tested using Multivariate Analysis of Variance (MANOVA); the time (i.e., pre-, termination, follow-up), and treatment were seen as dependent on repeat factors (i.e., chairy yoga); Time (i.e., Significant main and interaction effects were identified and repeated measures Variance analysis (RM ANOVA). The LSD post-hoc multiple mean comparisons were conducted on each dependent variable independently.

## 5. DATA ANALYSIS

The major goal of the t-ratio was to identify the changes between tribal school pupils' pre-test and post-test means.

The results from previous investigations were therefore evaluated and presented well with graphical presentations in this section.

**Table 1: Significance of Mean Differences between Pre-Test and Post-Test Scores on Selected Variables of Yoga Training Group (YTG)**

Sr. No	Variables	Pre-Test Mean	Post-Test Mean	Meandifference	Std.Dev(±)	$\sigma$ DM	't' Ratio
	Careerdecision Making	26.50	33.11	6.40	2.50	0.49	11.75*
	Interpersonal relationship	74.50	81.60	7.00	5.65	1.24	5.48*
	Critical thinking	74.34	89.71	15.24	3.65	0.80	18.30*
	Visual memory	10.00	13.11	3.15	1.20	0.30	12.50*
	Social intelligence	75.10	100.34	25.20	4.20	1.00	26.95*
	Emotional intelligence	70.50	79.85	9.25	4.00	11.20	10.30*

In the selected professional decision-making variable (11.75), interpersonal relationship (5.48), critical thinking (18.30), visual memory (12.50), social intelligence (26.95) and emotional intelligence the mean differences in both pre-test and post-test ratios are shown (10.30). The ratios 't' achieved were statistically significant at 0.05 level of confidence compared to the table value of 2.09 degrees of freedom (1.19). In selected living skills, cognitive skills and intellectual skills, differences of resources from the pre-test to post-test were significantly improved. It was therefore found to be important. The results of this investigation demonstrated that the impacts were statistically important and beneficial.

**Table 2: Significance of Mean Difference between Pre-Test and Post-Test Scores on Selected Variables of Meditation Training Group (MTG)**

S. No	Variables	Pre-Test Mean	Post-Test Mean	Meandifference	Std. Dev(±)	D M	't' Ratio
	Career decision Making	27.00	33.05	5.51	3.00	0.70	9.10*
	Interpersonal Relationship	75.10	81.40	6.20	6.32	1.45	4.32*
	Critical Thinking	74.85	90.15	15.40	3.60	0.80	19.25*
	Visual memory	10.30	13.05	2.85	1.50	0.35	8.00*
	Social intelligence	77.05	99.55	22.55	4.90	1.10	20.80*
	Emotional intelligence	69.40	80.25	10.75	5.10	1.15	9.60*

\*Significant at 0.05 level

Table 2 displays the 't' ratios achieved in the pretest and post-test mean in the selected career decision-making variable (9.10), interpersonal relationships (4.32), critical thinking (19.25), visual memory (8.00). (9.60). The ratios 't' achieved were statistically significant at 0.05 level of confidence compared to the table value of 2.09 degrees of freedom (1.19). In selected living skills, cognitive skills and intellectual skills, differences of resources from the pre-test to post-test were significantly improved. It was therefore found to be important. The results of this investigation demonstrated that the impacts were statistically important and beneficial.

**Table 3 Significance of Mean Differences between Pre- Test and Posttest Scores on Selected Variables of Brain Training Exercises Group (BTEG)**

S. No	Variables	Pre-Test Mean	Post-Test Mean	Meandifference	Std.Dev (±)	DM	't' Ratio
	Careerdecision making	27.20	37.75	10.60	3.10	0.70	15.30*
	Interpersonal relationship	75.05	85.35	10.25	6.19	1.40	7.35*
	Critical thinking	75.20	96.90	21.75	3.40	0.80	28.95*
	Visual memory	10.25	16.25	6.00	1.60	0.40	16.30*
	Social intelligence	76.40	108.50	32.15	5.30	1.20	27.20*
	Emotional intelligence	69.50	85.45	16.00	3.85	0.90	18.70*

\*Significantat0.05level

The mean difference in the selected variable of professional decision making (15.30), interpersonal relations (7.35), critical thinking (28.95), visual memory (16.30), social intelligence (27.20) and emotional intelligence is shown in table 5.3. (18.70). The ratios 't' achieved were statistically significant at 0.05 level of confidence compared to the table value of 2.09 degrees of freedom (1.19). In selected living skills, cognitive skills and intellectual skills, differences of resources from the pre-test to post-test were significantly improved. It was therefore found to be important. The results of this investigation demonstrated that the impacts were statistically important and beneficial.

**Table 4: Significance of Mean Differences between Pre-Test and Post-Test Scores on Selected Variables of Control Group (CG)**

S.No	Variables	Pre-Test Mean	Post-Test Mean	Meandifference	Std. Dev(±)	DM	't' Ratio
	Careerdecision Making	26.20	26.50	0.40	3.30	0.75	0.40
	Interpersonal relationship	72.80	73.35	0.60	4.60	1.10	0.60
	Critical thinking	75.50	75.52	0.10	2.80	0.65	0.10
	Visual memory	10.25	10.50	0.30	1.45	0.30	0.80
	Social intelligence	75.40	75.65	0.30	3.35	0.80	0.40
	Emotional intelligence	70.95	70.70	0.40	3.10	0.70	0.50

\*Significantat0.05level

Table 4 illustrates the mean differences achieved in the selected variable of professional choice making (0.40) and in the interpersonal interaction (0.60), the critical thought (0.10) and visual memory (0.80). (0.50). The observed 't' ratios were judged statistically insignificant in 0.05 confidence compared to the table value of 2,09 degrees of freedom (1, 19). In selected living skills, cognitive skills and intellectual abilities the disparities of means between pre-tests and post-tests were shown to be noticeably improved. It was therefore found unimportant.

## 6. CONCLUSION

Mental health, anxiety and value perception were the criterion variables considered for this study. The selected factors have been evaluated using standardized test items one day before and immediately following the training period. The experimental design employed in this study included a random group design before and after the exam, comprising 80 subjects, randomly divided into 4 groups of 20 each. The categories were not attempted in any way to equate. Therefore, covariance analysis (ANCOVA) was performed to make modifications to discrepancies between the baseline means and to test the adjusted post-test means for significant differences between the groups.



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