

IMPACT OF RELAXATION EXERCISE FOR ENHANCING ACHIEVEMENT IN MATHEMATICS AMONG SECONDARY STUDENTS

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Introduction

India has the best mathematician in the world. Ancient period onwards still now we have the great influence in Mathematics. But in our modern school troubles with teaching mathematics to the young mind. Mathematics is basically a logical subject. When you learn Mathematics we need a clear and calm mind to follow the logic of mathematics. Our modern world creates lot of disturbance to divert the students and make the stress on them. Yoga is the best practice to overcome the stress. Many of the yoga practices follow in many traditions in various area. One of the important yoga practice is SKY. SKY is the short form of Simplified Kundalini Yoga. Many of the studies had proven that SKY improved the students learning in various subject. Particularly it helps to improve the autism students to develop their behavior. So the researcher studies the impact of Relaxation Exercise of SKY to enhance the achievement in Mathematics.

Title of the Study

The present study entitled as **“Impact of Relaxation Exercises for Enhancing Achievement in Mathematics among Secondary Students”**

Need and Significance of the Study

For learning Mathematics learner must have analytical mind to understand and solve the problem. To understand and analyze the Mathematical concept mind should be calm. Even though many of the Yoga practices are there, researcher observes only Relaxation Exercise of SKY. It gives the total relaxation of body and mind. It helps to concentrate the concept without any physical and mental disturbances. Thus the researcher implements the Relaxation Exercise to improve the achievement in Mathematics.

Objectives of the Study

- To find out the gain scores of control group and experimental group in Mathematics.

Hypothesis of the Study

1. There is no significant difference in the achievement scores of control group and experimental group in Mathematics Achievement.

Method Used for this Study

Experimental method is used for this study. The researcher selected 40 students from IX standard of Model School and divided by two groups named as Control Group and Experimental Group. Each group has 20 students. Various category of students like low, average and high are selected in each group. The selection of the students are based on their scores in first term exam.

Tools Used for the Study

The question paper was prepared by the researcher with multiple choices for 20 marks. The question items are selected from IX standard, Tamil Nadu State Board Syllabus.

Validity and Reliability of the Tool

The tool which was constructed by the researcher was given to the experts in the field of Mathematics to establish the validity and reliability.

Sample of the Study

There are 40 students are selected from IX standard students of Model School in Madurai.

Sampling Technique

The purposive random sampling technique is used to select the sample for this study.

Data Analysis and Interpretation

Table 1: Percentage Analysis

Level	Pre-test				Post-test			
	Control Group		Experimental Group		Control Group		Experimental Group	
	N	%	N	%	N	%	N	%
Low	5	25	6	30	6	30	1	5
Average	11	55	10	50	11	55	12	60
High	4	20	4	20	3	15	7	35
Total	20	100	20	100	20	100	20	100

In experimental group percentage of high scorers (35%) in Post-test is higher than percentage of high scorers (20%) in Pre-test. It shows that Relaxation Exercise has positively influenced the achievement in Mathematics.

Inferential Analysis

$H_0 1$ - There is no significant difference in the gain scores of control group and experimental group in Mathematics Achievement.

Table 2 Significance of Difference between the Mean of Gain Scores of Control Group and Experimental Group in Mathematics Achievement

Gain Score	N	Mean	SD	't" Value	Significance
Control Group	20	1.25	0.85	3.144	Significant
Experimental Group	20	4.3	2.34		

From the table, it can be inferred that the obtained t- value 3.144 is greater than the table t- value 1.96 at 0.05 level of significance. From this, we can state that there is significant difference in the gain score of the control group and experimental group.

From this, it can be interpreted that the significant difference in the gain score of control and experimental group is because of the effectiveness of Relaxation Exercises given to the students. It can also be stated that the performance of the students in the experimental group is better than the performance of the students in the control group.

Findings

The findings of the study can be stated as follows,

- There is significant difference in the gain scores of control group and experimental group in Mathematics Achievement.

Educational Implications

1. Students can practice the Relaxation Exercises before starting their home studies
2. The teacher can use the relaxation exercises before starting the class hours.
3. The positive suggestion should be given by the instructor when they are in relaxed state.
4. Relaxation Exercises can be used to avoid exam fear and other type of stress

Conclusion

In our modern technological world students are suffered with stress and other psychological problem. Relaxation Exercises which is taken by the SKY works effectively in Mathematics Achievement. Students can improve themselves positively.

References

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