

**A Study On The Effect Of
PSYCHONEUROBICS
In Enhancing Moral Values Among Students Of
Satchidanandan Jothi Niketan International School.**

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ABSTRACT

This study is aiming at inculcating values among students at school through **Psycho neurobics** practices. The purpose of our life is to love and serve others and it is to be taught to the children at the school level itself. Eight moral values are selected as variable for study. Psychoneurobics is the exercises of transferring spiritual energy in neuro cells by connecting psyche (Mind) to the Supreme source of spiritual energy (GOD). The preferred **Psychoeurobics** to train the children to enhance their moral values are **Neurobics Spa, Enlightening and Blissful Neurobics**. This study has been focused to document quantitatively the effect of **Psychoneurobics** in enhancing moral values among the students of VIII grade (age group 13 – 14 years) of Satchidananda Jothi Nikethan International School at Kallar, Mettupalayam, Coimbatore district, Tamil Nadu, India. This study also aims at the comparative study of the change in personal values among the experimental and control group of students on these selected eight values with the pre and post test conducted using a Standardized Personal Value Scale by Madhulika Verma and Vindeshwari Waxar Pawar. The comparative study is made using bar graphs and the paired ‘t’ test are tabulated. The practice of Psycho neurobics had a significant effect on enhancing the **Overall Moral value** among students of age group 13 -14 (Grade VIII) of Satchidananda Jothi Nikethan international school.

Key words: Moral Value, Psychoneurobics, Neurobics Spa, Enlightening and Blissful Neurobics.

I. INTRODUCTION

Try not to become a man of success but a man of values – Albert Einstein.

The present condition of our society is changing rapidly with modern means of development of new technology and communication. Today humanity is divided against itself and threatened with nuclear war and mutual destruction. No political means are adequate to solve this problem. We need to realise that we are slowly losing the basic qualities of life. According to the renowned historian Arnold Toynbee, of the past twenty – one civilisations on the earth, nineteen were wiped out not because of any aggression from outside but because of degradation of human's moral values. But do we really think of making human out of every child? We strive to make doctors, engineers, lawyers, business tycoons and so on. Slowly our children are carried away by the whims and fantasies of this western materialism forgetting the basic ethics and values. And the present day education provides them only the raw knowledge of valuing people by appearance and thus dominating each other by economic status. We all invest in shares and properties, but it's time to invest in our children to develop a better society for them to live in. We need to train our children in the art of living through educational institutions. Great philosopher Plato defined that education implies such training which develops good morality in the children through good habits. Thus it is the moral responsibility of parents and teachers to concentrate on character building through value inculcation and prepare children to face the challenges of this cut throat competitive world.

Value could be defined as the one which is good, true, right and desirable. The moral values of interest are Honesty, Love, Helpfulness, Courage, Good manners, Faithfulness, Discipline and Cleanliness. Each value is related to each other, symbiotic and complementary in nature. Inculcating any one of these values among pupils blooms all the other values as watering one plant gives in-numerous beautiful and fragrant flowers.

Psychoneurobics deals with the Science of Body and Mind. It cleanses the thought process and thus designs positive personality. Psychoneurobics is the exercise of transferring spiritual energy in neuro cells by connecting psyche (Mind) to the Supreme source of spiritual energy (GOD). It is a blend of hand gestures, regulated breathing and mental visualisation of colours coupled with different sound vibrations. Breathing controls the mind. Sound vibrations perfectly created can prevent cancer too. Chanting of mantra produces powerful vibrations in the body which heals both mind and body.

II. OBJECTIVES OF THE STUDY

- To study of the personal values among students of age group 13 – 14 years (Grade VIII) on the selected eight values.
- To document quantitatively the effect of Psychoneurobics in enhancing the selected moral values among the students on these selected eight values with the pre and post test conducted using a standardised personal value scale.

III. METHODOLOGY

- It was a true experimental study carried out with the students of age group 13 – 14 (grade VIII) of Satchidanandan Jothi Niketan International School using the Psycho Neurobics techniques Neurobics Spa, Enlightening and Blissful Neurobics.

- VIII – grade students of Satchidanandan Jothi Niketan were selected as the subjects for this study.
- Aim of this study, details of psychoneurobics training and its benefits were briefed to the students and their parents and their consent was received for the same.
- A pre – test was conducted using a standardised personal value questionnaire by Madhulika Verma and Vindeshwari Waxar Pawar.
- Based on the pre test scores the experimental and control groups were decided.
- Two sets of 20 students were considered as experimental and control group.
- Three months training on these 3 types of psychoneurobics was given to them regularly and consistently.
- A post- test was administered to both experimental and control groups using the same standardised personal value questionnaire.
- Data were collected, organised and tabulated.

IV. RESULTS AND DISCUSSION

The research hypothesis was that the post test scores would show improvement in the different value scores over the pretest score of the same. The paired ‘t’ test was administered to find the difference between the means of the two independent samples and to see how close or apart they were. The critical value of paired ‘t’ test at 0.05 level of significance for 19 degrees of freedom was studied.

Table No: 4.1

Pre and Post Test Scores of Experimental Group

S.No.	Variables	Pre test Mean	Post test Mean	Pretest SD	Post test SD	‘t’ ratio
1	Honesty	13.20	16.75	2.04	1.59	8.72*
2	Love	12.55	15.70	2.63	1.66	6.01*
3	Helpfulness	14.00	16.55	1.72	1.23	6.71*
4	Courage	13.25	16.50	2.15	1.54	5.99*
5	Good Manners	13.20	16.65	1.96	1.23	7.47*
6	Faithfulness	16.85	21.40	2.91	2.01	8.66*
7	Discipline	12.55	16.70	1.67	0.98	11.38*
8	Cleanliness	13.25	16.35	1.45	1.04	8.24*

9	Overall Moral Value	108.85	136.60	8.08	6.79	16.22*
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***Significant at 0.05 level: 2.09**

Table 4.1 shows the result of psychoneurobics training on the moral value variables and **overall Moral values**. Pretest - Posttest Means and Standard Deviations are shown in the table. The obtained ‘t’ value is greater in each variable and overall moral value than the table value of 2.09 with the degrees of freedom 19 at 0.05 level of significance. Hence the psychoneurobics training had a significant improvement on enhancing the overall Moral values. The comparison graph of pre and post test score mean is given in the figure – 4.1

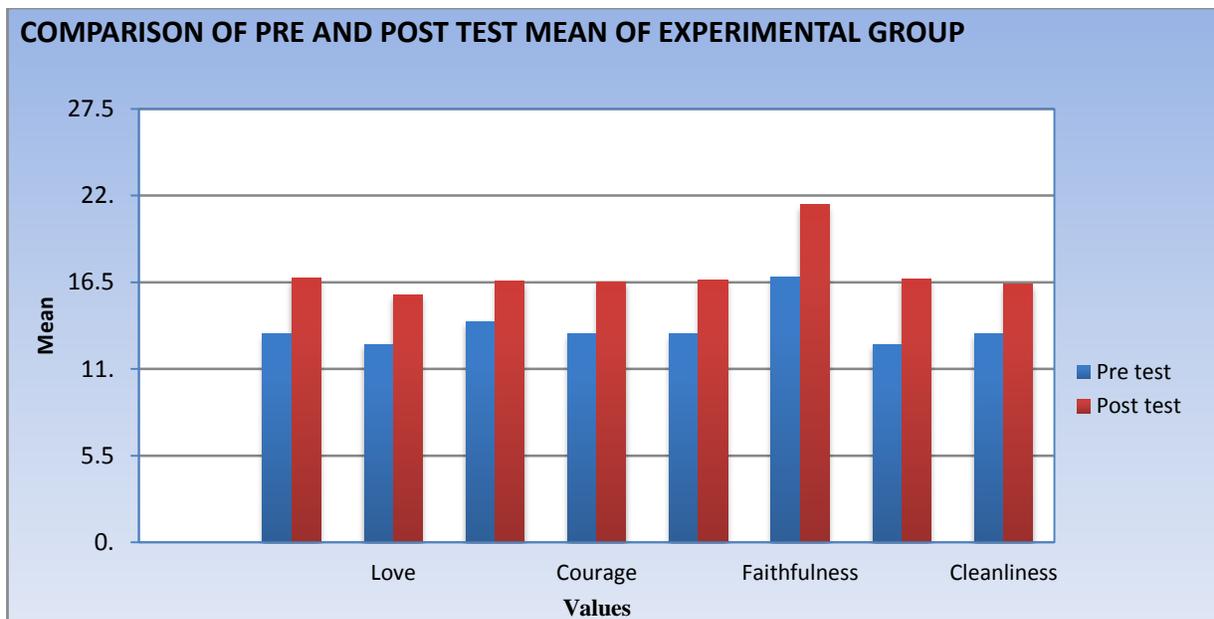


Figure No: 4.1

V. CONCLUSION

The calculated ‘t’ score was larger than the critical value of 2.09, the null hypothesis got rejected naturally and simultaneously other hypotheses became significant to 0.05 level of significance.

With the limitations of the study, the following conclusions were drawn from the study of effect of psychoneurobics training on the moral values:

- The practice of Psycho neurobics had a significant effect on enhancing the **Overall Moral value** among students of age group 13 -14 (Grade VIII) of Satchidanandan Jothi Niketan international school.

- It is recommended that the practice of Psychoneurobics could be included in the school curriculum as one of the activities which is to be practiced at least 4 - 6 periods per week with other co – curricular activities as it has a fruitful results in bringing moral values among students.
- The practice of Psychoneurobics could be propagated to the society through school practices, orientation to parents and free promotion programs to the public so as to bring down disorder among the public and improve National Harmony in a great manner.
- As this study was limited only to the students of age group 13 – 14, it is suggested that there is a scope for study on the same line for the other age group students, such as high school, higher secondary, Under Graduate and Post Graduate students.
- This study had evaluated moral values using a questionnaire answered by the students themselves; instead evaluation could also be done in the perspective of their teachers and parents too.
- Same study could also be done on other value variables.

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