

**EFFECT OF PSYCHONEUROBIS ON THE MEMORY OF SCHOOL CHILDRENS**

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**Abstract**

The study explored the viability of psychoneurobics on memory among highschool youngsters matured 14 to 16 in JSS High School, Lakshmipuram, Mysore, Karnataka State, India. The study utilized one gathering pretest and post-test, pre exploratory structure. The population for the study involved poor entertainers of tenth standard understudies of various segments of High school in Mysore. The understudies were prepared to rehearse psychoneurobicexercises 30 minutes day by day for three months. Ecstatic Neurobics, Enlightenment Neurobics and Dynamic Neurobics were educated and trained to rehearse every day for three months. The device utilized for information gathering was Memory Tests viz. Regular Verbal Memory Test, Audio Visual Memory Test, and the Audio Memory Test. The consequences of Memory Tests were broke down before the initiation of the analysis (Pre-test) and after the time of trial (Post Test). The information gathered were broke down through mean, standard deviation and t-test investigation. The consequence of the study indicated an enhancement in memory scores of understudies, who were rehearsed psychoneurobics works out. ( $t = 3.951$  and  $p$  esteem is  $0.000428$ ) The outcome is critical at  $p < 0.05$ . The study reasoned that psychoneurobic is an imaginative technique in enhancing memory of understudies and in this manner enhancing their scholarly execution.

**Keywords; Effectiveness, Psychoneurobics, Memory, High School Students**

**Introduction**

Impressions of each activity, perception, and representation in sub-cognizant personality are called memory. It is an intensity of the cerebrum to recollect something that has been learned or experienced. Here Brain is considered as „Hardware, and Subconscious Mind is considered as „Software“ of the individual.

The capacity to recollect and overlook is a standout amongst the most perplexing and interesting capacity of the mind.

Psychoneurobicsis activities of moving profound vitality in neuro cell by interfacing (mind) to the incomparable wellspring of otherworldly vitality (God). In psychoneurobics we breathe in the vast vitality through the intensity of brain and

exchange it to our body neuro framework. It coordinates sound, shading and simple neurobics. Psychoneurobic practice makes our body and mind completely fit for ever.

Endeavors to enhance memory are not new. For quite a long time, man has been experimenting with ways and intends to enhance his memory. Since he has understood the significance of having a decent memory. The Greeks created essential memory framework called Mnemonics. Yoga and Meditation are observed to be viable in memory advancement. In a comparable way, examine in the field of psychoneurobics is important to study its adequacy on memory, as it is multi-year old way of life. Consequently, this pilot study is engaged to study the impact of psychoneurobics on memory.

#### Objectives of the study

- To test Visual Verbal Memory, Audio Visual Memory and Audio Memory
- To decide the viability of Psychoneurobics on Memory.

#### Methodology:

The research’s approach was pre-test strategy with one gathering Pre-test and Post-test plan, which includes the appraisal of memory when the test among secondary school understudies. The study was led at J.S.S. Secondary School, Lakshmipuram, Mysore, and Karnataka, India. The example of the study was chosen on scholastic execution premise. 20 poor entertainers of the diverse segments of the tenth standard were chosen for the study. The chose understudies were prepared to rehearse psychoneurobics practices for 30 minutes day by day for three months. The apparatus utilized in the study was a memory test. The test was approved by the specialists in the field of Psychology, Education and Yoga. The evaluations were made when the examination. The information gathered were broke down through measurements. Mean, standard deviation and t-test investigation were utilized for examination of the scores of memory test. The study was disclosed to understudies and guardians and marked educated assent was gotten from them., as per the rules of ICMR

#### Results and Discussions:

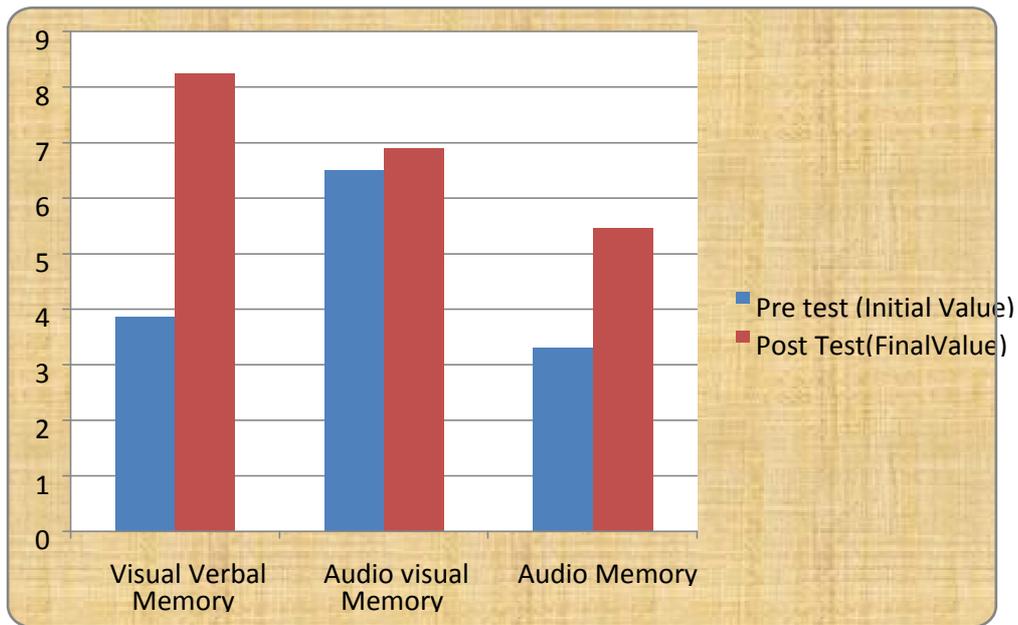
**Table – 1: Comparison Chart**

| Sl. No. | Type of Memory       | Mean     |           | Std Deviation |           |
|---------|----------------------|----------|-----------|---------------|-----------|
|         |                      | Pre Test | Post Test | Pre Test      | Post Test |
| 1.      | Visual Verbal Memory | 3.85     | 8.25      | + 2.59        | + 1.81    |
| 2.      | Audio visual Memory  | 6.5      | 6.9       | + 2.42        | + 1.78    |
| 3.      | Audio Memory         | 3.3      | 5.45      | + 1.26        | + 1.46    |

The information introduced in the Table – 1 demonstrates the estimations of the mean and standard deviation of various memory tests.

Psychoneurobic practice effects affects memory among secondary school understudies. It might be trusted that factors worried to memory like consideration, focus, observation, maintenance, and review might be enhanced through psychoneurobics. Further understudies

might be inspired to learn and practice psychoneurobics consistently to enhance their execution. The present study uncovered that psychoneurobic rehearsed understudies demonstrated the huge enhancement in Visual Verbal Memory, Audio Visual Memory, and Audio Memory. in the Post-test in correlation with pre-test results. The equivalent appears in the figure - 1.



**Figure -1:** Memory Score before and after the psychoneurobic practice

**Table – 2:** Comparison of Pre and Post Test scores of Memory Test among High School Students

| Test      | M     | SD     | T     | P value  | Remarks                                 |
|-----------|-------|--------|-------|----------|---|
| Pre Test  | 13.65 | ± 4.5  | 3.951 | 0.000428 | The result is significant at $p < 0.05$ |
| Post Test | 20.75 | ± 4.08 |       |          |   |

The information introduced in the Table-2 demonstrates the consequences of the measurable investigation. The discoveries uncovered that the t esteem is 3.95, and p esteem 0.000428. The outcome is critical at  $p < 0.05$ .

**Conclusion**

The study uncovers that there was a huge increment in memory scores among secondary school understudies in the post-test in correlation with a pre-test. The adequacy of psychoneurobics, among secondary school understudies combined t-test, indicates 3.95 (p esteem is .000428) essentialness at the dimension of  $p < .05$ .

Later on, specialist proposes to expand the example measure so as to amplify the impacts and to make more mindfulness about psychoneurobics to enhance memory and in this manner enhance overall scholastic execution of the understudies. The need for research in psychoneurobic can likewise be comprehended by keeping in perspective of the accompanying focuses.

1. Effective learning and instructing
2. Academic advancement
3. Improvement of learning.
4. Developing new devices
5. Verify and test old realities

In this way, the requirement for compelling examination in psychoneurobics is a nonstop one and such aptitudes are exceedingly esteemed by a wide range of people who are rehearsing psychoneurobics.

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