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Effect of Yoga and Meditation on Academic Anxiety of School Children

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Abstract : *The number of suicides due to academic anxiety is increasing day by day. The extreme step of suicide and other disasters happening due to academic anxiety is in a great need of prevention by settling the anxiety of students through a natural way of living. Anxiety is a mental feeling of uneasiness or distress in reaction to a situation that is perceived negatively. Academic anxiety afflicts students during school related situation. Academic anxiety is a common issue that students cannot ignore as they want to succeed in school. It often leads to problems of concentration while studying and remembering information while*

completing tests, which makes the student, feel helpless and like a failure. If academic anxiety isn't properly addressed, it can have many serious and lasting consequences, such as causing a student to procrastinate, perform poorly in school work, fail classes and withdraw from socializing with the peers or pursuing activities that interest him.

These days yoga and meditation are being practiced throughout the world to decrease the stress in day to day life by the adults. If yoga and meditation can help in settling stress of adults, it may also help the school children who are facing tremendous pressure of performance in their academics and hence suffering from academic anxiety.

To study this problem a sample of 100 students was selected by incidental sampling technique. These students were selected from different C.B.S.E. schools of Patna; the students belonged to Baldwin Academy, Delhi Public School, International School, Notre Dame Academy, and St. Michael's High School.

Key words: *Academic Anxiety, Yoga and Meditation.*

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