**Title of the Problem:**
The title of the present study is entitled as "Impact of yogic practice on adjustment behaviour of school children".

**Methodology and Experimentations:**
The purpose of the study was to find out the influence of yogic practice on adjustment behavior of school children studied in upper primary classes. The study was formulated as a true random group design, consisting of a pre-test, post-test and retention-test. Forty children from upper primary school were selected randomly as sample for this study. Their ages ranged from 11 to 14 years. The subjects were divided into two equal groups of twenty each. Pre-test was conducted for all the subjects on adjustment behavior. On the basis of the pre-test score the investigator divided two equated groups as control and experimental group. This initial test scores formed as pre-test scores of the subjects. Experimental Group was exposed to yogic practice and Control Group was not exposed to any experimental training. The duration of experimental period was 12 weeks. After the experimental treatment, experimental group and control group were tested on their adjustment behavior. This test scores formed as post-test scores of the experimental group subjects. Analysis of Covariance (ANCOVA) is used to find out the significant difference between yogic practice group, and control group on adjustment behavior. In all cases 0.05 level of significance was fixed to test hypotheses. It is concluded that the children participated in the yogic practice have enhanced their adjustment behavior than counterparts who have not participated in the yogic practice.

**Results and Discussion**

**Table 1 - Analysis of Covariance of yogic practice group and control group children on adjustment behaviour**

<table>
<thead>
<tr>
<th>Source of Variance</th>
<th>Yogi Practice Group</th>
<th>Control Group</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Squares</th>
<th>F-ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Test Means</td>
<td>36.900</td>
<td>37.150</td>
<td>BG</td>
<td>0.625</td>
<td>1</td>
<td>0.625</td>
</tr>
<tr>
<td>Post-Test Means</td>
<td>41.600</td>
<td>36.500</td>
<td>BG</td>
<td>260.100</td>
<td>1</td>
<td>260.100</td>
</tr>
<tr>
<td></td>
<td>WG</td>
<td></td>
<td>W13.311</td>
<td>19.325</td>
<td>38</td>
<td>260.100</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>WG</td>
<td>351.423</td>
<td>37</td>
<td>9.498</td>
</tr>
</tbody>
</table>

**Discussion:**
An examination of table – 1 indicates the results of ANCOVA for pre-test scores of the yogic practice group and control group children. The obtained F-ratio for the pre-test is 0.032 indicating that the random sampling is successful and the table F-ratio is 4.098. Hence the pre-test mean F-ratio is insignificant at 0.05 level of confidence for the degree of freedom 1 and 38.

The obtained F-ratio for the post-test is 19.541 and the table F-ratio is 7.35. Hence the post-test mean F-ratio is significant at 0.01 level of confidence for the degree of freedom 1 and 38. The adjusted post-test means of yogic practice group and control group children are 41.657 and 36.443 respectively. The obtained F-ratio for the adjusted post-test means is 28.605 and the table F-ratio is 7.37. Hence the adjusted post-test mean on adjustment F-ratio is significant at 0.01 level of confidence for the degree of freedom 1 and 37.
FIGURE 1
PRE-TEST, POST-TEST AND ADJUSTED POST-TEST MEAN DIFFERENCES OF YOGIC PRACTICE GROUP AND CONTROL GROUP CHILDREN ON ADJUSTMENT BEHAVIOUR

CONCLUSIONS
It is concluded that the children participated in the yogic practice have better adjustment behavior than counterparts who have not participated in the yogic practice. Yoga could be taught properly with the help of trained teachers at school levels.

REFERENCES