

# Effect of Ananpana on concentration of students

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## Abstract

The Government of Maharashtra passed a circular for conducting anapana meditation in schools. Anapana is one of India's most ancient meditation techniques. This project is undertaken to find out the effect of Anapana intervention on concentration of students in learning at Government Medical College and Hospital, Latur, by Department of Physiology and pathology. It is observed from feedback analysis that after Anapana practices there were improvement in concentration and learning. Anapana could contribute as mechanisms, which result in improvement in learning.

**Keywords:** Anapana, concentration, learning.

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## CONTEXT OF THE STUDY

### Aims

1. To enhance the learning process with the help of anapana.
2. To improve the concentration of student in learning process.

### Objectives

1. To improve the academic performance.
2. To minimize the stress during learning process.

### Goal

1. To establish the importance of anapana in routine teaching learning methods.

## INTRODUCTION

Every teacher considers his classroom as battleground. His success lies in what he conveys in the classroom. But students' attention is needed the most for this success. There are many students who complain about lack of concentration despite of having good intellectual capacity.<sup>1</sup> Due to lack of concentration students are mentally not present in the classroom. Stress is one more common problem in the students than common people, which can trigger mental health problems in them.<sup>2</sup> The Government of Maharashtra passed a circular for conducting anapana meditation in schools. The teachers are training for this technique started in research institute.<sup>3</sup> This project is done to study experiences and attitude of students toward this technique.

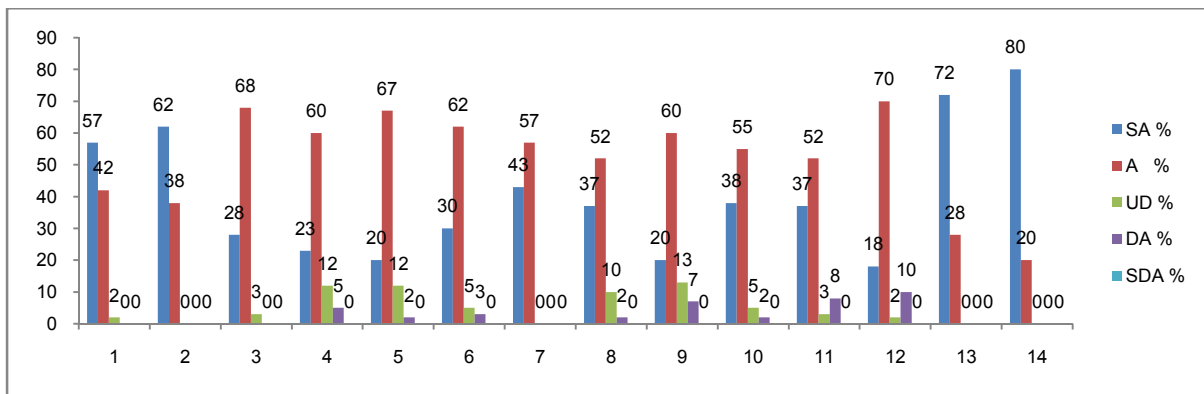
## MATERIALS AND METHODS

**Materials:** This study project was conducted on 30 students of first year Medical students Government Medical College Latur. To carryout project permission from the head of the Institute and head of the department was obtained. After getting clearance from institutional ethics committee, clear idea of the research project and the assessment method was given to all the students and consent was taken from students willing to participate in project. Discussions were done with senior staff members and colleagues regarding the project and their valuable inputs were taken in consideration. Topics of lecture to be taken were finalized and feedback form was prepared to take the inputs from the students regarding their project experience. The study completed in one month.

## OBSERVATION AND RESULT

**Table 1:** Analysis of percentage of student’s feedback (SA=5, A=4, UD=3, DA=2 and SDA=1)

Feedback analysis (n=30)						
Q. No.	Questions	SA %	A %	UD %	DA %	SDA %
1	The clear idea about Ananpana (anapana) is given to me.	57	42	2	0	0
2	Ananpana (anapana) is easy to perform.	62	38	0	0	0
3	anapana is increase in concentration during lecture.	28	68	3	0	0
4	anapana is helpful in grasping the subject’s knowledge.	23	60	12	5	0
5	Students enhance the learning process with the anapana.	20	67	12	2	0
6	anapana shows positive effect on memorization.	30	62	5	3	0
7	anapana induces feeling of peace and calmness of mind.	43	57	0	0	0
8	anapana helps to remove mental stress and worries.	37	52	10	2	0
9	You feel relaxed after lecture.	20	60	13	7	0
10	Students are interested to perform anapana before the start of each lecture.	38	55	5	2	0
11	Five minute time is sufficient for performing anapana.	37	52	3	8	0
12	Time given to complete the feedback is adequate.	18	70	2	10	0
13	It is possible to perform anapana at home also.	72	28	0	0	0
14	Do you feel anapana is religious	80	20	0	0	0



**Figure 1:** Showing student’s perception on each question

This feedback highlighted that students found anapana is very helpful for maintaining concentration with overall understanding of the topic and also enhance the learning process. The students were satisfied and glad with anapana and suggested that starting of every lecture should also be conducted in a similar fashion. Students expressed a feeling of relaxation and learning atmosphere after performing anapana.

**Table 2:** Result of qualitative analysis of student responses showing main domains of experience after anapana

Main Domains	Sub-Domains and the responses
General feeling and advantages after Anapana	<p><b>Concentration of mind and relaxing experience</b> - anapana improves concentration and reduce tension. It made our body and mind relaxed. It helps in reducing stress, felt energetic, controlling flooding of thoughts. It is more helpful in last lectures of the day. anapana is the best method to improve the students’ grasping power.</p> <p>Enhance learning process with the help of anapana. Concentration level was better than usual lectures, better controlling of mind power, could concentrate for longer duration. Sometimes I lost concentration during regular learning process. "I felt sorry, but could not concentrate more than 30 - 40 minute. The following are some representative comments from children who took an Anapana course:</p>
Representative comments on learning process	<p>"After taking this course I feel that everyone should take this course."                      "It's challenging and tough at first but enjoyable later on."                      "I have gained a lot, got lots of calmness out of this course."                      "It is difficult but essential; will sure help me in my studies."                      "I just can't say how wonderful it is here. I wish my elder sister could have come." "I learnt that my mind is like a monkey, always wandering. And I have learnt how to control it." "I did this course last year and it helped me a lot in my studies. Now I have come again." "I liked the serene, peaceful atmosphere here and though meditation is difficult at times, it is very beneficial." "I hope by doing Anapana I will become a better person." "I get angry very easily, but</p>

with Anapana I can control my anger."

The reactions of parents and teachers are also encouraging. A school teacher who used to meditate with students before beginning the lessons was asked by fellow teachers the secret behind the exceptional peacefulness in her classroom. Another teacher found that her interaction with the students had become more harmonious.

Difficulties during the exercise

At starting there is feeling of anxiety. Feeling of freckling movements in the particular organ when newly starting anapana. Some time fill warm due to anapana. There was no difficulty found during project because complete idea given about anapana. It is very easy to perform.

Advantages in perspective of Students.

First I felt uncomfortable to start anapana in front of classmate. I never done this process before that. "If any type of mistake occurs or it had been done wrong manner then it can harms the human body." During anapana sometime I lost concentration due to wandering of mind. It helps to be calm and strengthens the nervous system. Regular practice helps to reduce stress. It improves mental health. It improves appetite. Induces feeling of peace. Felt threat less atmosphere which help for better learning process.

Suggestion

You can use other methods of breathing exercise also. Anapana should proceed at the starting of every lecture. Anapana should be performed in the open and silent space. I think that is more helpful if doing early in the morning.

## DISCUSSION

Students have lot of distracters during learning process. Students are not attending concentration in the classroom. Most of the time, the classroom teaching is monotonous and overload of study. These results in interferences in learning process and distract from further learning. Concentration by the learner is extremely important in learning process. But, mind has an inherent nature of wandering either.<sup>4</sup> When participants regularly meditate before studying and examinations, academic scores tend to improve.<sup>5,6</sup> Another important body of research has had to do with the effects of meditation at improving attention regulation, or concentration. Several studies on meditators have determined that meditators score significantly higher on tests of attention than non-meditators<sup>7,8,9</sup>. Feedback analysis on the basis of 5 points likert scale shows that most of the students agree or strongly agree with feedback questionnaire. [Table and Graph] As excessive stress affects overall academic performance negatively and this results in tune with the earlier studies, concluded that excessive stress is harmful to academic performance. Stress overloads our mental and physical resources and interferes with the effective use of our skills and thus, affects negatively on the performance.<sup>10,11</sup> At the beginning of lecture performing anapana students felt relaxed with calmness of mind during learning process. After performing anapana the students' qualitative analysis of feedback mentioned the influence of the technique on learning process with a wide range of responses ranging from excellent concentration to no effect on concentration. So it is suggested that anapana technique module should become a regular feature in the learning process.

## CONCLUSION

Anapana improves concentration of the students and enhances the learning process. Anapana helps students to minimize the stress and improve academic performance. Anapana is feasible and cost effective procedure students can adapt it in routine learning methods.

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