

Academic Performance and Therapeutic Breathing

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Abstract : This paper explores using breathing techniques to boost the academic performance of students and describes how teachers can foster the technique in their classrooms. The innovative study examines the differential impact of therapeutic breathing exercises, called pranayama, on students' academic performance. The paper introduces approaches to therapeutic breathing exercises as an alternative to improve school performance, as well as the self-regulatory behavior, which is known to correlate with academic performance. The study was conducted in a school-wide pranayama program with positive outcomes. The intervention consisted of two breathing exercises, (1) deep breathing, and (2) alternate nostril breathing. It is a quantitative study spanning over a year with about 100 third graders was conducted using daily breathing exercises to investigate the impact of pranayama on academic performance. Significant cumulative gain-scores were found for students who practiced the approach.

Keywords : academic performance, pranayama, therapeutic breathing, yoga

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