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## Chinmudra as a tool for improving attention: A study on college students

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### Abstract

Attention is a main aspect of cognitive function that plays a major role in academic performance. College students, in particular, require high levels of attention to effectively process and retain information. This study aimed to investigate the effect of Chinmudra, a yogic hand gesture, on attention in college students. A group of 60 college students were selected for this study. They were randomly assigned to either a Chinmudra group or a control group. The results showed significant improvements in attention, as measured by the d2 Test of Attention, in the Chinmudra group compared to the control group. The findings suggest that Chinmudra is a valuable tool for improving attention in college students.

**Keywords:** Chinmudra, attention, cognitive function

### Introduction

Attention is a critical component of cognitive function that refers to an individual's ability to focus and maintain attention. Attention is a combination of how long a person can focus and how many things they can focus on. College students, in particular, require high levels of attention to effectively process and retain information. The word 'chin' means consciousness and mudra means gesture; therefore, chin mudra translates to gesture of consciousness. It is believed that the practice of chin mudra may instill wisdom and spiritual enlightenment in an individual. Chinmudra, a yogic hand gesture, has been shown to improve attention and cognitive function in various populations.

### Objectives of the Study

The objectives of this study is.

To find out the whether the practice of chinmudra improves attention ability of college, students.

### Delimitations

- The study was delimited to college students.
- The study was further delimited to attention.

### Limitations

- No motivational techniques used to motivate the subjects were considered as a limitation of the study.
- The life style, habits, heredity and nutritional intake and other personal behaviour styles were beyond the control of the investigator were also considered as the limitations of the study.

### Hypothesis

It is hypothesised that there would be significant improvement in attention of college students due to the practice of chinmudra.

### Methodology

#### Selection of Subjects

For the purpose of this study, 60 college students were selected as subjects. The average age of the subjects was 21 years.

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### Design of the Study

Randomly selected 60 subjects were divided into two equal groups as 'A' and 'B'. After taking the pre-test for the selected variable, the training programme was given to the experimental group 'A', and 'B' was the control group. The experimental group 'A' had undergone the practice of Chinmudra for 10 minutes daily for 12 weeks, and group "B" did not involve in any type of training programme. After twelve weeks of training as per the schedule, a post-

test was conducted for the same variable to both groups. The attention of both groups was measured using the d2 Test of Attention at the beginning and end of the 12-week period.

### Analysis of Data and Discussion of Findings

The t-test was employed to analyse the significant difference between pre-test and post-test on the selected variables. The level of significance chosen was 0.05.

**Table 1:** The Significance of Differences between the Pre-Test and Post-Test Means of Emotional Intelligence Scores of the Aerobic Exercise-with-Music and Control Groups

Groups	Means		MD	SD	SE	't' value
	Pre-test	Post-test				
Chinmudra group(N=30)	35.5	44.3	8.8	1.56	0.257	22.329*
Control group (N=30)	36.4	37.3	0.9	1.87	0.294	1.990

\* Significant at 0.05 level 't' value required at 0.05 level = 2.03 (df 29)

The above table indicates that the chinmudra group showed significant improvement in the attention with pre-test mean score being 35.5 and the post-test mean score being 44.3. Further, it shows that the obtained 't' value (22.329) is much higher than the tabulated 't' value (2.03) at 29 degrees of freedom. Hence the obtained 't' value is found to be highly significant at 0.05 level. On the contrary, the pre-test mean value (36.4) and the post-test mean value (37.3) of the control group shows negligible difference. Further the obtained 't' value (1.990) is less than the required 't' value (2.03) at 0.05 level. Hence it shows that there is no significant difference exists in the attention of the control group.

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### Discussion

The results of this study demonstrate the effectiveness of Chinmudra in improving attention in college students. The yogic hand gesture may have enhanced the cognitive function and attention of the participants. The findings suggest that Chinmudra is a valuable tool for improving attention in college students.

### Conclusion

In conclusion, this study demonstrates the positive effect of Chinmudra on attention in college students. The findings suggest that Chinmudra is a valuable tool for improving attention, which is essential for effective learning and academic performance. The results of this study have implications for college students and highlight the importance of incorporating Chinmudra into daily routine.

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