

## EFFECT OF SAHAJA YOGA MEDITATION IN REDUCING ANXIETY LEVEL OF CLASS VI STUDENTS TOWARDS ENGLISH AS A SECOND LANGUAGE

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### ABSTRACT

*Anxiety is one of the major causes for poor achievement in English as a second language in India. Sahaja Yoga Meditation treatment was associated with significant improvements in quality of life and anxiety reduction. The objective of the present study is to find out the effect of Sahaja Yoga Meditation in reducing anxiety level of class VI students towards English as a Second Language. Children Foreign Language Anxiety Scale and Sahaja yoga meditation module are used as tool for this study. Pre-test and post-test experimental method has been used in this study. 122 Class VI students are randomly selected as control and experimental group. Independent t-test and ANCOVA Statistical analysis is assessed through SPSS. The ANCOVA result reveals that the effect size of the SYM module is medium on experimental group to reduce anxiety towards English as a second language than control group while controlling the varied pre-test values.*

**KEYWORDS:** *Anxiety, Sahaja Yoga Meditation, Children Foreign Language Anxiety Scale*