

## A study of spiritual factor in enhancing basic reflexes

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### Abstract

The content of this paper aims to generalize: the probable fact though argued and established fact that the calibration of cognitive domain of an individual on an I.Q. testing or any of its parallel one, does remains within 5% to 10% variation about its general average.

It is so believed that a human personality and its reflexive performance is a combination of three important factors, viz. Physical, Emotional and Intellectual which are grossly dependent and to some extent governed by some factors like passion, psychic, wisdom, perception and spiritual etc.

It is strongly argued and we visualize that the spiritual factor dominates in some proportion over all the other ones.

We hypothesized for that and claimed to establish it, on a small sample, by applying 'paired t test'.

**Keywords:** spiritual bio rhythm, beta average, paired t test, hypothesis

### 1. Introduction

In connection and continuation of our previous paper \*we enjoin this one which, we hope, shall help to establish and excavate more doctrines towards result oriented educational programs.

In the previous paper we worked on a group of students having different levels of achievement and were subjected to different tests administered on same equal time frame, depending upon different span of cycles (Physical, Emotional and Intellectual). Their gross output was than expressed as beta average. In order to verify the efficacy we had devised a sound predictive tool and applied it on the same group. At the end, resulting as an application of Chi square test, we could measure effectiveness of our predictive module.

In this paper we have a sound feeling that many times popped up to our thinking pattern by giving a flash to search for same devise that will enhance the performance and that to a permanent level.

It is, to some extent, claimed that such pre-set (naturally gifted) levels cannot be modified to a higher level but our efforts derived the spiritual lesson plans that when gradually administered to the existing group under control exhibit continuously better or at least not lower performance on general mode of evaluation. (May be compared to changing / altering DNA structure)

We, in this version, evaluated the members of the same group by administering spiritual lessons at a fixed interval and found beta average. This interval is claimed to be of around 53 days. The three cycles which dominantly rotates shaping the outcomes are,

- 1) Physical cycle of 23 days.
- 2) Emotional of 28 days.
- 3) Intellectual of 33 days.

This experimental data indicates that the overall performance exhibits an advanced version on an achievement scale nearly at the end of one spiritual cycle. As the different literatures study indicates that the graph of the spiritual cycle resembles

closely to a sine curve and hence the peak is experienced on about on interval of 26 days.

### 2. Spiritual lessons to be administered

#### a) Vision

It is a conjecture that the spiritual factor is grossly responsible for initiating and controlling the alleged upheavals of three cycles: Physical, Emotional and Intellectual.

These three cycles and their coupled movements can be partially controlled by properly administering the vaccines of spiritual factor.

#### b) Mission

To visualize the incremental factor in the gradual output, we design spiritual lesson plans.

Lesson plans are basically designed to upgrade the performance factor of classified group of 27 students whose birth dates are known and hence the movement of the well defined cycles.

These lessons, when administered gradually on a group of students over a period of one cycle, tend to perform and hence finally achieve the progressive score.

These lessons, in a way, are structurally designed moral plans which are responsible to boost up hidden and inactive resident elements.

Some iterative activities repeatedly strike and activate the idle energy source.

#### Lesson plan: 01

In this lesson we tried to devolve focused listening by considering Sound therapy:

Group of students will perform following activity,

- 1) With closed eyes they are asked to identify type of sounding body and direction of sound.

This process is repeated five times.

- 2) They are asked to recall the order in which the sounding instruments were performed. This is done at the end of

each process.

[This experiment of remembering and identifying the type of sound sounds stability level and known as an Edging Process.

- 3) Students, on experimental level, are subjected to listen to natural sounds like sound of river flow, sound of rain drops, sound of winds with different speed, sound of tree leaves and branches when air flows through, sound of temple bell, etc.

The subjects were asked to envisage the ambience corresponding to the sound that they listen. The next day they were asked to describe what they fancied for on the time of sound displayed.

[This process invokes imagination, and enhances thought

capacity in a directed way and sounds recalling capacity.]

**Lesson no: 02**

Visualization: [Audio- visual Tool]

In this lesson we focused more on strengthening visualization process of students by administering following activities:

- 1) Students are subjected to watch and listen to various pictures for very short time span.
- 2) They are asked to answer all questions related to audio tracks and video clips.

[All these lesson plans discussed above are implemented on group of students at an interval of 02 days which covers full cycle of 05 steps and repeated twice in a slot of 20 days.]

**Table 1:** Flow under natural shift

Student No	Date of Birth	Date of Bio Rhythms	Days Till Date	[P]	[I]	[E]	B= (P+4i+E)/6	[A] Marks On 31 Oct 2016
1	03-Aug-98	26-Nov-16	6690	-0.7308	-0.9898	-0.4339	-0.8540	7
2	17-Jan-98	26-Nov-16	6888	0.1362	-0.9898	0.0000	-0.6372	18
3	31-Jul-98	26-Nov-16	6693	0.0000	-0.9096	0.2225	-0.5693	22
4	19-Jan-98	26-Nov-16	6886	0.6311	-0.8660	-0.4339	-0.5445	23
5	02-Oct-98	26-Nov-16	6630	0.9977	-0.5406	-0.9749	-0.3566	32
6	04-Jul-98	26-Nov-16	6720	0.8879	-0.7557	0.0000	-0.3559	32
7	28-Aug-98	26-Nov-16	6665	-0.9791	-0.1893	0.2225	-0.2523	37
8	03-Jun-98	26-Nov-16	6751	-0.1362	-0.4582	0.6235	-0.2243	39
9	09-Jan-98	26-Nov-16	6896	-0.8879	-0.1893	0.9749	-0.1117	44
10	31-Oct-98	26-Nov-16	6601	0.0000	0.1893	-1.0000	-0.0405	48
11	03-May-98	26-Nov-16	6782	-0.7308	-0.0951	0.9749	-0.0227	49
12	02-Dec-98	26-Nov-16	6569	-0.6311	0.3717	-0.6235	0.0387	52
13	14-Apr-98	26-Nov-16	6801	-0.9423	0.5406	-0.6235	0.0995	55
14	26-Jan-98	26-Nov-16	6879	0.5196	0.2817	-0.9010	0.1243	56
15	19-Jun-98	26-Nov-16	6735	-0.8879	0.5406	-0.2225	0.1754	59
16	28-Nov-98	26-Nov-16	6573	-0.9791	0.9096	-1.0000	0.2766	64
17	07-Jun-98	26-Nov-16	6747	0.8170	0.2817	-0.2225	0.2869	64
18	27-Nov-98	26-Nov-16	6574	-0.8879	0.9718	-0.9749	0.3374	67
19	08-Jun-98	26-Nov-16	6746	0.9423	0.4582	-0.4339	0.3902	70
20	16-May-98	26-Nov-16	6769	0.9423	0.6901	-1.0000	0.4504	73
21	21-Nov-98	26-Nov-16	6580	0.5196	0.6182	0.0000	0.4987	75
22	11-May-98	26-Nov-16	6774	-0.1362	0.9898	-0.4339	0.5649	78
23	02-Feb-98	26-Nov-16	6872	-0.9791	0.9989	0.4339	0.5750	79
24	04-Feb-98	26-Nov-16	6870	-0.9423	0.9096	0.7818	0.5797	79
25	20-Oct-98	26-Nov-16	6612	0.1362	0.7557	0.7818	0.6568	83
26	22-Oct-98	26-Nov-16	6610	0.6311	0.9450	0.4339	0.8075	90
27	10-Mar-98	26-Nov-16	6836	0.9791	0.8146	0.7818	0.8365	92

**Table 2:** Spiritual Lessons - 01

Student No	[A] Marks On 31 Oct 2016	[B] Marks On 26 Nov 2016	Difference of [A] And [B]
1	7	9	2
2	18	18	0
3	22	24	2
4	23	23	0
5	32	34	2
6	32	33	1
7	37	38	1
8	39	39	0
9	44	44	0
10	48	48	0
11	49	51	2
12	52	52	0
13	55	55	0
14	56	57	1
15	59	61	2
16	64	64	0

17	64	66	2
18	67	68	1
19	70	72	2
20	73	75	2
21	75	77	2
22	78	78	0
23	79	80	1
24	79	79	0
25	83	83	0
26	90	90	0
27	92	92	0
Average	55.074074	55.925926	

H0	There Is Not Any Effect Of Spiritual Seating
H1	There Is An Effect Of Spiritual Seating
Mean:	0.85
S.D.:	0.91
T Calc:	4.7869
D.O.F.:	26
T Table:	1.3150
Incremental Factor	0.015467384
Conclusion	T Calc > T Table [H0 Rejected]

Table 3: Spiritual Lessons-02

Student No	[B] Marks On 26 Nov 2016	[C] Marks On 22 Dec 2016	Difference Of [B] And [C]
1	9	11	2
2	18	21	3
3	24	28	4
4	23	25	2
5	34	36	2
6	33	35	2
7	38	42	4
8	39	43	4
9	44	47	3
10	48	50	2
11	51	55	4
12	52	56	4
13	55	58	3
14	57	59	2
15	61	64	3
16	64	67	3
17	66	70	4
18	68	72	4
19	72	76	4
20	75	79	4
21	77	80	3
22	78	82	4
23	80	83	3
24	79	82	3
25	83	85	2
26	90	90	0
27	92	92	0
Average	55.925926	58.814815	

H0	There Is Not Any Effect Of Spiritual Seating
H1	There Is An Effect Of Spiritual Seating
Mean:	2.89
S.D.:	1.15
T Calc:	12.7570
D.O.F.:	26
T Table:	1.3150
Incremental Factor	0.051655629
Conclusion	T Calc > T Table [H0 Rejected]

Table 4: Spiritual Lessons-03

Student No	[C] Marks On 22 Dec 2016	[D] Marks On 17 Jan 2017	Difference of [C] And [D]
1	11	16	5
2	21	27	6
3	28	34	6
4	25	30	5
5	36	43	7
6	35	41	6
7	42	48	6
8	43	48	5
9	47	51	4
10	50	58	8
11	55	60	5
12	56	62	6
13	58	63	5
14	59	63	4
15	64	68	4
16	67	71	4
17	70	77	7
18	72	76	4
19	76	80	4
20	79	84	5
21	80	87	7
22	82	87	5
23	83	88	5
24	82	87	5
25	85	90	5
26	90	91	1
27	92	93	1
AVERAGE	58.814815	64.407407	

H0	There Is Not Any Effect of Spiritual Seating
H1	There Is An Effect of Spiritual Seating
Mean:	5.00
S.D.:	1.57
T Calc:	16.2500
D.O.F.:	26
T Table:	1.3150
Incremental Factor	0.095088161
Conclusion	T Calc > T Table [H0 Rejected]

Table 5: Spiritual Lessons-04

Student No	[D] Marks On 17 Jan 2017	[E] Marks On 12 Feb 2017	Difference Of [D] And [E]
1	16	21	5
2	27	32	5
3	34	39	5
4	30	33	3
5	43	48	5
6	41	45	4
7	48	53	5
8	48	53	5
9	51	55	4
10	58	62	4
11	60	65	5
12	62	67	5
13	63	68	5
14	63	68	5
15	68	72	4
16	71	74	3
17	77	80	3
18	76	80	4
19	80	84	4
20	84	88	4
21	87	91	4

22	87	90	3
23	88	91	3
24	87	90	3
25	90	94	4
26	91	92	1
27	93	93	0
AVERAGE	64.407407	68.296296	

H0	There Is Not Any Effect Of Spiritual Seating
H1	There Is An Effect Of Spiritual Seating
Mean:	3.89
S.D.:	1.25
T Calc:	15.8555
D.O.F.:	26
T Table:	1.3150
Incremental Factor	0.060379528
Conclusion	T Calc > T Table [H0 Rejected]

Table 6: Spiritual Lessons-05

Student No.	[E] Marks on 12 Feb 2017	[F] Marks on 10 Mar 2017	Difference of [E] And [F]
1	21	23	2
2	32	33	1
3	39	40	1
4	33	35	2
5	48	50	2
6	45	46	1
7	53	55	2
8	53	54	1
9	55	56	1
10	62	64	2
11	65	67	2
12	67	69	2
13	68	69	1
14	68	70	2
15	72	74	2
16	74	76	2
17	80	81	1
18	80	81	1
19	84	85	1
20	88	89	1
21	91	92	1
22	90	90	0
23	91	92	1
24	90	92	2
25	94	96	2
26	92	93	1
27	93	93	0
AVERAGE	68.296296	69.666667	

H0	There Is Not Any Effect Of Spiritual Seating
H1	There Is An Effect Of Spiritual Seating
Mean:	1.37
S.D.:	0.63
T Calc:	11.1038
D.O.F.:	26
T Table:	1.3150
Incremental Factor	0.020065076
Conclusion	T Calc > T Table [H0 Rejected]

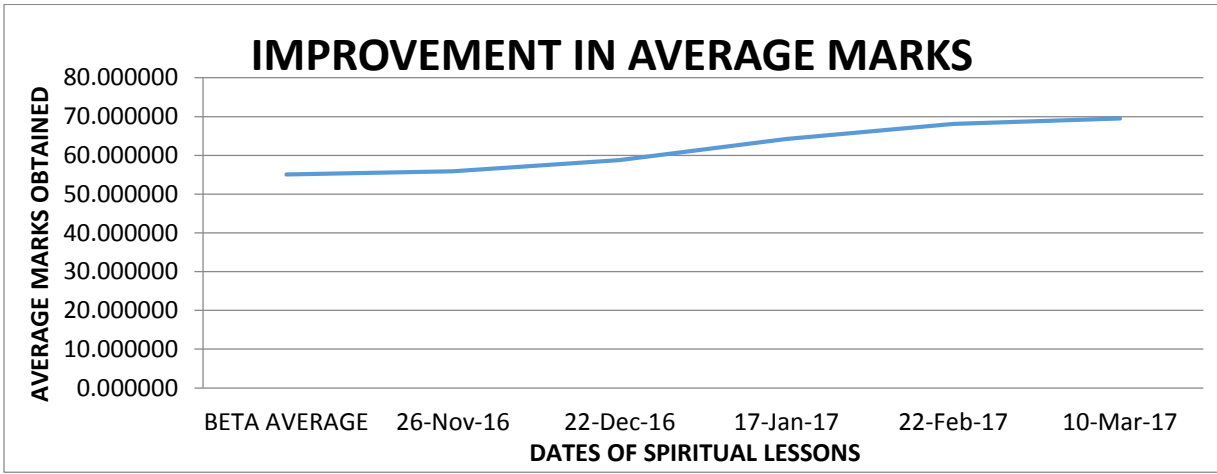


Fig: 1

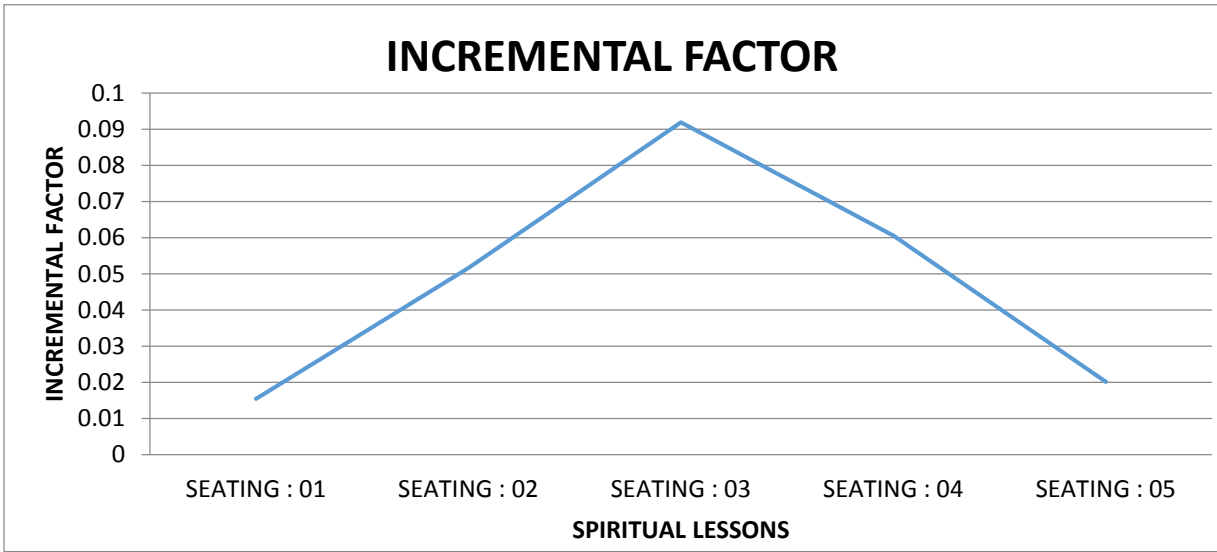


Fig: 2

**3. Conclusion**

We, at the end of our research plans, are satisfied with the target – A gross compressed facial reflex and associated performance, primarily claimed to be an inborn status, may be subjected to a better performance by gradual application of spiritual lesson plans- has been sounded by innovative activities and the same probably keeps many innovative plans and ideas wide open for modifications in a progressive path.

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