



## Study of attitude of teachers and students of senior secondary level towards yoga education

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**Abstract:** Physical stress and mental stress are increasingly common phenomena in our rapidly changing and stressful modern society. Researches has found 'YOGA' to produce positive and demonstrable stress reduction effects on brain and immune functions. This study is mainly to examine the attitudes of teachers and students of secondary level towards yoga education so that in the near future it can be the compulsory part of our education. The sample comprises 200 units (100 teachers and 100 students) from the C.B.S.E. affiliated school, Delhi. The data was collected using one self-developed test. The collected data was analysed with help of statistical technique like Mean, SD, "t" value. The findings show that there is significant difference between the attitude of teachers and students towards YOGA education.

**Key words:** senior secondary level, teachers' attitude, Yoga education

### Introduction

Yoga is a practice or discipline for Health and Fitness. It is considered that Yoga is invented on Indian Soil. It is a physical, mental, and spiritual art for Human Fitness. Yoga in Indian traditions, is more than physical exercise, it has a core of meditation and spiritual touch. On 11<sup>th</sup> December 2014, The United Nations General Assembly has declared "International Day of Yoga" to be celebrated on "21<sup>st</sup> June" every year in the world.

The word yoga comes from Sanskrit, an ancient Indian language. It is a derivation of the word yuj, which means yoking, as in a team of oxen. In contemporary practice, this is often interpreted as meaning union. Yoga is said to be for the purpose of uniting the mind, body, and spirit. Yoga is about 5000 year old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound

science of unfolding the infinite potentials of the human mind and soul. The science of Yoga imbibe itself the complete essence of the Way of Life, including - *Gyan Yoga* or philosophy, *Bhakti Yoga* or path of devotional bliss, *Karma Yoga* or path of blissful action, and *Raja Yoga* or path of mind control. *Raja Yoga* is further divided into eight parts. At the heart of the *Raja Yoga* system, balancing and unifying these various approaches, is the practice of Yoga Asana.

Apart from the spiritual goals, the physical postures of yoga are used to alleviate health problems, reduce stress and make the spine supple in contemporary times. Yoga is also used as a complete exercise program and physical therapy routine.

While the practice of yoga continues to rise in contemporary American culture, sufficient and adequate knowledge of the practice's origins does not. According to Andrea R. Jain, Yoga is undoubtedly a Hindu movement for spiritual meditation, yet is now being marketed as a supplement to a cardio routine. This



scope "dilutes its Hindu identity." Contemporaries of the Hindu faith argue that the more popular yoga gets, the less concerned people become about its origins in history. These same contemporaries do state that while anyone can practice yoga, only those who give Hinduism due credit for the practice will achieve the full benefit of the custom. Yoga is very popular in India and now it is globally accepted as a natural belief for health. Teenagers and adults also tasted the fruits of Yoga in their day to day life. **Yoga for Weight Loss** is getting more popular world-wide. Some parents feel that the **yoga practice** might improve the Health and daily work association. **Yoga for teenagers** is Important. Yoga Asanas are useful for teenage boys and girls for better fitness and life-style.

Attitude refers to a range of mental sets people can have towards the benefits of yoga education refers to harmonious well-being of body, mind and spirit in people. As yoga typically has the method for making a dynamic body, enriching the mind, and elevating the spirit. Over the past three decades, the research material available based on yoga has convinced the researchers that most of our fundamental attitudes to life have their physical counter parts in the body. Extrinsically attitude is one of the psychological factors that determine one's endeavour and pursuits in life. An attempt has been made in the present study to investigate attitude towards yoga education between teachers and students.

### **Review of related literature**

Bethany (2014) conduct a study on examined the effects of a classroom-based yoga intervention on cortical

concentrations and perceived behavior in children. After 10 week Yoga Classrooms intervention he found that school-based yoga may be advantageous for stress management and behavior. Ruth and others (2005) founds in their study that yoga is effective on reducing hypertension. J Nurs Res. (2009) founds in his Research that meditation produces positive and demonstrable stress reduction effects on brain and immune functions. Kauts Amit and Sharma Neelam (2009) founds in their study on Effect of yoga on academic performance in relation to stress that the students who experienced yoga module performed better in overall academics as well as in their separate subjects than those students who did not experience yoga module.

**Statement of the problem:** The Present study is primarily concerned with "study of attitude of teachers and students of secondary level towards Yoga Education".

### **Need of the study**

On the basis of above researches we can say that yoga is very important in our life. Practising yoga on regular basis can creates many changes in our life. As yoga is not only a physical exercise it is a process of integrating mind, body and soul together. Like other subjects yoga education should be given to the school children and tell them about the importance of yoga in their life for removing the anxiety, stress and other psychological problems etc. But here some questions arises that what teachers and students think about yoga education? How much teachers and students aware about yoga? Are they agree for implementing yoga education



as a compulsory subject in schools? Is there any problem in implementing yoga education in schools? Does schools have all equipments necessary for yoga education? For finding out the answer of these questions it is felt that there is a need to study the attitude of teachers and students of secondary level towards yoga education.

**Objectives:** To study the attitude of students towards yoga education. To study the attitude of teachers toward yoga education.

### Hypothesis

Following hypothesis was formulated to achieve the objectives:

There exists no significant difference between the attitude of students (boys and girls) towards yoga education. There exists no significant difference between the attitude of teachers (male and female). There is no significant difference between the attitude of teachers and students towards yoga education.

### Delimitation of the study

The study was confined to 10 schools of Delhi only. Only the students of class 10<sup>th</sup> and their teachers were selected as the sample in the study.

**Data Analysis:** The obtained data were subjected to statistical analysis such as mean, standard deviation and t-test to test the hypothesis. The analysis is presented and discussed below.

Table 1: Mean performance of attitude of students toward yoga education

Group	N	Mean	SD	"t" value	Level of significance
Boys	50	21	4.54	2.04	Significant at 0.01 level
Girls	50	20.8	4.99		

**Method:** The study is descriptive in nature. The researcher has adopted survey method. The school survey is a comprehensive study of existing conditions of school and suggests improvement wherever necessary.

**Population & Sample:** Population of the present study include the teachers and students (studying at the senior secondary school level). The sample extracted out of this population consists of a total no. Of 100 teachers (50 male and 50 female) and 100 students (50 boys and 50 girls).

**Tools used in the study:** In order to meet the needs and objectives of the study the investigator developed two tests one each for teachers and students. Each test contains 25 items based on yoga education. The items were multiple choice types having one correct answer carrying one score. The test was given to the physical education teachers and other subject teachers who are teaching at secondary level to judge the validity of the items. The valuable suggestions were incorporated. So, in this way the content validity of the tests was established. The reliability of tools was established by test and re-test method. The coefficient of reliability of science and social science achievement test was 0.75 and 0.88 respectively.



Table 1 shows the mean performance of attitude of boys and girls towards yoga education. The mean score of attitude of boys is **(21.20)** and the mean score of girls is **(23.1)**. The value of t is **2.04** which is significant at 0.01 level of confidence. It is apparent from t-value of

attitude of boys and girls that the attitude of boys is significantly different from girls. Thus the stated null hypothesis that there exists no significant difference between the attitude of boys and girls towards yoga education is rejected.

Figure 1. Mean performance of students' attitude towards yoga education

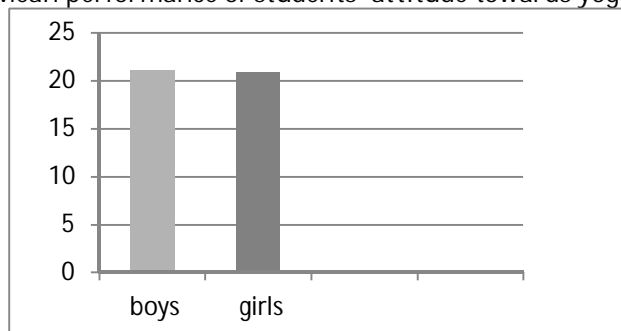


Table 2 : Mean performance of attitude of teachers towards yoga education

Group	N	Mean	SD	"t" value	Level of significance
Male	50	21.4	4.1	0.75	Significant at 0.05 level
Female	50	20.8	4.3		

The result in table 2 reveals the mean performance of attitude of teachers towards yoga education. The mean score of attitude of male teachers is **(21.4)** and the mean score of female teachers is **(20.8)**. The value of t is **0.75** which is not significant at 0.05 level of confidence. it can be inferred from t-value that the male and female teachers' attitude toward yoga education is comparatively not differ from each other . Thus the stated null hypothesis that there exists no significant difference between the attitude of teachers (male and female) towards yoga education is accepted.

The result in table 3 reveals the mean performance of attitude of teachers and

students towards yoga education. The mean score of attitude of students **(21.20)** and the mean score of teachers is **(23.1)**. The value of t is **0.52** which is not significant at 0.05 level of confidence. On the basis of t- value it can be inferred that there exists no significant difference between the attitude of teachers and students towards yoga education. Thus the stated null hypothesis that there exists no significant difference between the attitude of teachers and students towards yoga education is accepted. Mean performance of teachers and students' attitude towards yoga education



Figure 2. Mean performance of teachers' attitude towards yoga education

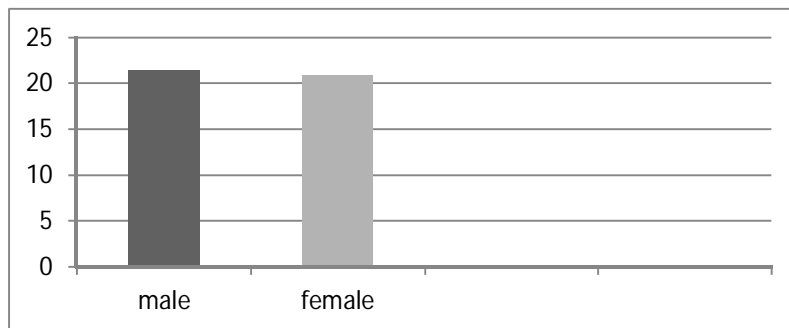


Table 3: Mean performance of attitude of teachers and students towards yoga education

Group	N	Mean	SD	"t" value	Level of significance
Students	100	21.20	4.57	0.52	Significant at 0.05 level
Teachers	100	23.1	4.03		

**Major findings:** The findings of the study are: There exists significant difference in attitude of boys and girls towards yoga education. There exists no significant difference in attitude of male and female teachers towards yoga education. There exists no significant difference in attitude of teachers and students towards yoga education.

### Conclusion and suggestions

The study concludes that there exists no significant difference in the attitude of teachers and students towards yoga education. Both groups are highly excited for yoga education in school campus but teachers are more positive towards yoga education as it is very much helpful in physical and mental development of the child or any individual. The outcome clearly reveals that mean scores of attitude of boys is more positive than girls. The disparity in the attitude may be due to significant disparity of in socio-cultural status. In our society males gives

more attention toward physical activities than females. That is why girl students are not highly interested in yoga education. Yoga education should be given in schools as a compulsory subject because yoga helps in positive attitude and provide us physical relaxes and it is also helps in attaining goals and achievements. By doing yoga on regular basis students can develops self-trust by valuing internal voice of oneself and it can develops their focus on studies too. Yoga helps teenagers to avoid bad habits like drug or alcoholic consumptions and Develops body mechanics for healthy routine. Healthy mind lives in a sound body and by yoga we can prove that. Hence, we can say that Yoga is a sum of Physical, Mental and Spiritual development.

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