

ATTITUDE OF SECONDARY SCHOOL STUDENTS TOWARDS YOGA



Education

KEYWORDS: attitude, secondary school students, yoga

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ABSTRACT

In this study an attempt has been made to study the attitude of secondary school students towards yoga. The investigator used the descriptive survey method for this study. The sample consists of 100 secondary school students from Bangalore rural and urban district. Stratified random sampling technique has been used for selection of sample. Yoga attitude scale was administered to them to study the significance difference, t-test was applied. The overall result indicates that the secondary school students studying in rural schools have favorable attitude towards yoga than compared with secondary school students of urban schools. There is a significance difference in the attitude of secondary school students towards yoga in relation to their gender locality and type of school.

INTRODUCTION:

Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame. The word 'yoga' is derived from the Sanskrit root 'yui' which means join or union. Thus literally yoga means union. I.e. spiritual union of individual soul with universal soul and is used in this sense in the Vedic Vedanta. The gita defines yoga as a state than which there is nothing higher or worth realizing, and a person firmly rooted in it is never taken even by the greatest pain: that state free from all pain and misery is yoga. According to patanjali, yoga does not; mean union but spiritual effort to attain perfection through the control of the body, senses and mind and through right discrimination between purusha and prakriti

Yoga is closely related to Sankhya philosophy. Gita considers Sankhya and yoga as one. Yoga means spiritual aspiration, Sankhya means knowledge. Sankhya is theory; yoga is practice hence Sankhya and yoga may be treated as the theoretical and practical sides of the same system. They are just like the sides of a coin, presenting different views of something, and that one is implied by the other. Thus yoga is the practical path for the realization of the theoretical ideals of Sankhya philosophy.

Patanjali: "Interpreted yoga to mean the art of fixing or concentrating the mind in abstract meditation."

Oxford Dictionary: "A Hindu system of philosophic meditation and asceticism designed to effect the reunion of the devoted soul with the universal sound."

Lord Shri Krishna: in the gita defines yoga as a way by which a person can discharge his duties efficiently, with mental equilibrium and body poise

According to the sage Vyasa yoga is essentially, a meditative trance. Patanjali believes that yoga is effected by preventing the modifications of Citta or the thinking principle, by keeping the mind in its unmodified state – a state a stage clear as crystal when uncolored by contact with other substances and by the practice of Vairagya- a state of abstinence or non- attachment that is complete suppression of the passions.

Benefits of Yoga in daily Life

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to asanas (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling.

With all this and much more to offer, the benefits of yoga are felt in a profound yet subtle manner. Here, we look at the top 10 benefits of yoga practice.

1. All-round fitness. We are truly healthy when we are not just physically fit but also mentally and emotionally balanced. As Sri Ravi Shankar puts it, "Health is not a mere absence of disease. It is a dynamic expression of life.

2. Weight loss. What many want! Yoga benefits here too. Sun Salutations and Kapal Bhati pranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.

3. Stress relief. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. You can also experience how yoga helps de-tox the body and de-stress the mind.

4. Inner peace. We all love to visit peaceful, rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.

5. Improved immunity. Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthen muscles; breathing techniques and meditation release stress and improve immunity.

6. Living with greater awareness. The mind is constantly involved in activity – swinging from the past to the future – but never staying in the present. By simply being aware of this tendency of the mind, we can actually save ourselves from getting stressed or worked up and relax the mind. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused.

7. Better relationships. Yoga can even help improve your relationship with your spouse, parents, friends or loved ones! A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you.

8. Increased energy. Do we feel completely drained out by the end of the day? Shuttling between multiple tasks through the day can

sometimes be quite exhausting. A few minutes of yoga everyday provides the secret to feeling fresh and energetic even after a long day. A 10-minute online guided meditation benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day.

9. Better flexibility & posture. we only need to include yoga in your daily routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieve you of body pain due to incorrect posture.

10. Better intuition. Yoga and meditation have the power to improve your intuitive ability so that you effortlessly realize what needs to be done, when and how, to yield positive results. It works. we only need to experience it yourself.

NEED FOR THE STUDY:

Development of science and technology in the recent years has made man's life fast. Busy and full of tensions the pressure on the muscles has been largely taken away by the machines, but the pressure on the nerves has greatly increased. This has resulted in what are called stress disorders or the psychosomatic disorders. Our mind and body is capable of bearing the load of tension to a certain limit. If tension continues beyond that limit, then the balance of the psycho – physiological processes is disturbed. And that results into various symptoms of mal – adjustment. The mind expresses the tension in the form of impulses that flow from the brain to various muscles of the body . If these muscles continue to make an impact on the glands and organs, this will give rise to the malfunctioning of the organ or glands concerned. Unless and until the mind be relief of tension prevailing in it. The disorder of the organs concerned cannot rectified. The most important benefit of yoga is physical and mental therapy.

So keeping in view the importance and benefits of yoga the researcher selected this study to know the attitude of secondary school students towards yoga.

OBJECTIVES OF THE STUDY:

1. To find out the attitude of secondary school students towards yoga.
2. To find out if any significance difference in the attitude of secondary school students towards yoga based on their gender, locality and type of school
3. To find out there is significant association if any between male and female rural and urban students.

HYPOTHESES OF THE STUDY:

1. There exists no significant difference in the attitude of secondary school students towards yoga.
2. There exists no significant difference in the attitude of secondary school students towards yoga in relation to their gender.
3. There exists no significant difference in the attitude of secondary school students towards yoga in relation to their locality.
4. There exists no significant difference in the attitude of secondary school students towards yoga in relation to type of school.

DELIMITATION OF STUDY:

1. The investigator selected only 100 secondary schools students in Bangalore for the study.
2. The investigator selected only 2 schools for study.
3. The investigator has done the research only in Bangalore , rural and urban.

METHODOLOGY:

The investigator used the descriptive survey method to study the attitude of secondary school students towards yoga.

SAMPLE:

A total sample of 100 secondary school students from Bangalore urban and rural district. Stratified random technique is used for the

selection of the sample. The stratification is done on the basis of gender, locality and type of school management.

TOOL:

For the collection of data investigator used yoga attitude scale by Dr. MK Mucchal.

DATA COLLECTION:

For data collection the investigator visited 2 schools from Bangalore urban and rural district and collected the data from the respondents. The data were collected with the help yoga attitude scale. The investigator sought permission from principals and approached the students in their respective school, the tool was distributed to the students and investigator assured that their responses would be kept confidential and used for research purpose only.

ANALYSIS OF DATA AND INTERPRETATION

To test above Null Hypotheses, t-test was used and obtained results have been shown in Table-1 as below

Table-1 : Comparison of Attitude scores of secondary school students towards Yoga with respect their sex, type of management and locality

Moderate Variables	Group	No.	Mean	Standard Deviation	Mean Difference	't' value & sig. level	Sig. (P Value)
Sex	Boys	45	42.711	9.430	3.730	2.18**	0.032
	Girls	55	38.981	7.204			
Type of Management	Government	50	43.580	8.159	5.840	3.67*	0.000
	Private	50	37.740	7.753			
Locality	Urban	50	37.740	7.753	5.840	3.67*	0.000
	Rural	50	43.580	8.159			

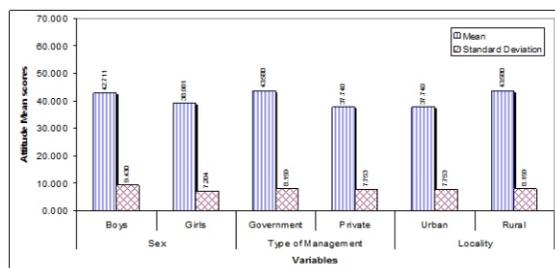


Fig.1

Comparison of Attitude scores of secondary school students towards Yoga with respect their sex, type of management and locality

The table-1 and Fig.1 shows that attitude mean scores of secondary school boys and girls are 42.711 and 38.981 and their standard deviations 9.430 and 7.204 respectively. The obtained 't' value is 2.18 (P=0.032; P<0.05) which is greater than the table value of 1.98 (df=98) at 0.05 level and thus it is significant at 0.05 level. Hence the stated hypothesis is **rejected** and an alternative hypothesis has been formulated that "there is a significant difference in the Attitude of secondary school boys and girls towards Yoga" The secondary school boys (M=42.711) had favourable attitudes when compared with secondary school girls M=38.981).

The table also shows that attitude mean scores of secondary school students studying in government and private schools are 43.580 and 37.740 and their standard deviations 8.159 and 7.753 respectively. The obtained 't' value is 3.67 (P=0.000; P<0.01) which is greater than the table value of 2.63 (df=98) at 0.01 level and thus it is significant at 0.01 level. Hence the stated hypothesis is **rejected** and an alternative hypothesis has been formulated that "there is a significant difference in the Attitude of secondary school students towards Yoga studying in government and private schools." The secondary school students studying in government schools (M=43.580) had favourable attitudes when compared with secondary school students studying in private

schools $M=37.740$).

The table further shows that attitude mean scores of secondary school students studying in urban and rural schools are 37.740 and 43.580 and their standard deviations 7.753 and 8.159 respectively. The obtained 't' value is 3.67 ($P=0.032$; $P<0.05$) which is greater than the table value of 2.63 ($df=98$) at 0.01 level and thus it is significant at 0.01 level. Hence the stated hypothesis is rejected and an alternative hypothesis has been formulated that "there is a significant difference in the Attitude of secondary school students towards Yoga studying in urban and rural schools" The secondary school students studying in rural schools ($M=43.580$) had favourable attitudes when compared with secondary school students studying in urban schools ($M=37.740$).

DISCUSSION OF FINDINGS:

1. There is significance difference in attitude of secondary school boys and girls towards yoga.
2. The secondary school boys have favorable attitude towards yoga when compared with secondary school girls.
3. There is significance difference in attitude of secondary school students towards yoga studying in government and private schools.
4. The secondary school students studying in government schools have favorable attitude towards yoga when compared with the students' studying in private schools.
5. There is significance difference in attitude of secondary school students towards yoga studying in urban and rural schools.
6. The secondary school students studying in rural schools have favorable attitude towards yoga when compared with the students' studying in urban schools.

CONCLUSION:

Yoga teaches us to cure what need not be endured and endure what cannot be cured. Yoga, an ancient but perfect science, deals with the evolution of humanity. This evolution includes all aspects of one's being, from bodily health to self realization. Yoga means union - the union of body with consciousness and consciousness with the soul. Yoga cultivates the ways of maintaining a balanced attitude in day to day life and endows skill in the performance of one's actions. Every school must give more emphasize towards yoga classes.

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