



A STUDY ON THE EFFECTIVENESS OF YOGA AMONG HIGH SCHOOL STUDENTS

Education

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ABSTRACT

Yoga is one of the most widely used complementary and alternative medicine therapies to manage illness. The present research work was undertaken to study the opinions of high school students towards the effectiveness of Yoga. The study consists of 80 male, 80 female high school students belonging to Warangal district of Telangana. The researcher had taken up a random sample of 160 High School Students. The researcher has developed a questionnaire to measure the opinions of High School Students towards The Effectiveness of Yoga among High School Students. The data collected was subjected to statistical analysis such as Mean, S.D. and “t” values. Results revealed that there is a significant difference between the opinions of High School Students.

KEYWORDS

Yoga, Resilience, Multitude, Alleviation, Awkwardness, Oblivion, Concentration, Conflict,

I. INTRODUCTION

Yoga is the science of life and the art of living. It is India's oldest scientific, Perfect spiritual discipline. It is a method of training the mind and body for discovering spiritual truths. It offers human beings a simple, easy remedies, techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense. It is a technique for achieving purest form of self – awareness, avoid of all thoughts. It helps the human beings to lead the life in a right path. Yoga helps the students in solving the problems of unhappiness, restlessness, conditional imbalance etc. It helps the man to evoke the hidden personalities of a man in a systematic and scientific way by which man becomes a full individual.

Meaning of Yoga

The word Yoga is derived from the sanskrit root “Yuj” which indicates a unity, a harmony and a balance between internal and external consciousness. In other words we can say that Yoga means union of ‘Atma’ and ‘Paramatma’.

According to Patanjali, Yoga is “Yogaschitta vritti nirodah”. i.e. with drawl of sense organs from the worldly objects. Geetha defines Yoga as the “events of temper” practically speaking. Yoga is a science which deals with the health of the body and harmony of mind. Its ultimate objectives are ‘self – perfection’ and ‘self – identification’. The Yoga sutras have five niyamas namely shaucha, santhosha, tapas, swadhyaya and ishwara pranidhan, which help us introspect and turn in ward. Yoga is a way of communicating with the inner self, counteracting helplessness and weakness, increasing self – esteem.

Definitions of Yoga

Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture tomorrow.

-Swami Satyananda Saraswati

The young the old extremely aged, even the sick and the infirm obtain perfection in Yoga by constant practice, success in Yoga is not obtained by mere theoretical study or talking about it or reading the sacred texts. Constant practice alone is the secret of its success.

-Hatha Yoga Pradeepika

Importance of Yoga for students

The ancient practice of Yoga offers a multitude of benefits to modern day students at almost every grade level. Yoga's combination of breath and movement can help alleviate social and academic stress, clear the mind and soothe cramped bodies. Yoga is making its way into schools with plenty of potentially positive outcomes

- **De-stressing for students :** One of Yoga's primary benefits for students is the alleviation of stress. Students may be young, but they are not immune to stress. Students who participated in Yoga exhibited improvements in mood, anxiety. Perceived stress and

resilience.

- **Enhance body image :** Students often struggle with poor body image and awkwardness of movement. High school students who practiced Yoga regularly, reported better kinesthetic awareness the sense of how your body moves through space and more respect for their own bodies.
- **Improved concentration :** Yoga may help students be better at applying themselves when studying or learning in a class room. Yoga, especially breathing techniques, can also increase concentration and academic performance in students struggling academically
- **Reduced conflicts :** Yoga may also help students get along better with one another which fosters a more positive learning environment. Yoga may teach students to better manage their emotions and reactions as well as to respect the feelings and emotions of others.

II. OBJECTIVES OF THE STUDY

1. To find out the difference between government and private high school students to the participation in Yoga.
2. To find out the differences between rural and urban high school students to the participation in Yoga
3. To study the differences between male and female high school students to the participation in Yoga
4. To study the differences between english and telugu medium high school students to the participation in Yoga

III. HYPOTHESES OF THE STUDY

1. There is no significant difference between government and private high school students towards participation of Yoga
2. There is no significant difference between rural and urban high school students towards participation of Yoga
3. There is no significant difference between male and female high school students towards participation of Yoga
4. There is no significant difference between english and telugu medium high school students towards participation of Yoga.

IV. SCOPE OF THE STUDY

1. The scope of the present study involves the areas such as physical aspect, Mental aspect and spiritual aspect.
2. The researcher intends to find out if there is any difference between variables gender, locatoin, type of management and medium.

V. LIMITATIONS OF THE STUDY

- The study is limited to a sample of 160 high school students only.
- The study is limited to warangal District only.
- The study was conducted on rural and urban, Private and government schools in warangal region

VI. RESEARCH METHODOLOGY

- **Sample Description:**

A sample is a small portion of a population selected for observation and

analysis. Sampling is the process of selecting a sample by the researcher. For the present study the researcher had taken up a random sample of 160 High school students in rural and urban areas belonging to Warangal District.

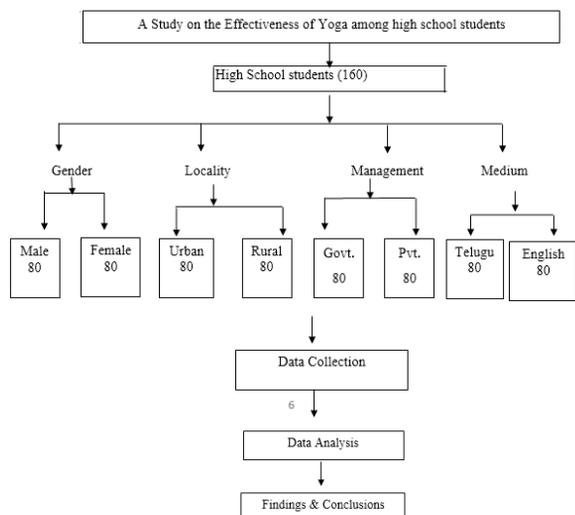
• Tool of the Study:

The researcher developed questionnaire as the tool, it is found to be more suitable and helpful for the present study. A questionnaire is a device consisting of a series of questions dealing with the areas of concerned topics, sent or given to individuals with the object of obtaining data with regard to the problem under investigation. A total of 30 questions were prepared.

• Data Collection:

The questionnaire was given to high school students in Warangal District. The researcher distributed questionnaire among the students and explained the importance of the study to the students and gave instructions regarding filling of the questionnaire. The students returned the questionnaire to the investigator after filling it.

Design of the study



VII. ANALYSIS AND INTERPRETATION OF THE DATA

Hypothesis – I

Ho: There is no significant difference in the effectiveness of Yoga between Male & Female High school students

The Table-1 shows the effectiveness of Yoga of Male & Female High school students.

Sl. No	Gender	Sample	Mean	SD	t - value	Level of Significance
1	Male	80	37.11	5.85	0.32	Degree of freedom 158 at 0.05 level value is 1.98 and Degree of freedom 158 at 0.01 level value is 2.62
2	Female	80	36.86	9.71		

In the above table shown the calculated value is 0.32 it is less than the table value at 0.05 (1.98) and 0.01 (2.62) level. So, it is significant at both levels. Hence, the Null Hypothesis is accepted.

So, there is no significant difference in the effectiveness of Yoga between male and female high school students

Hypothesis – II

Ho: There is no significant difference in the effectiveness of Yoga between Rural and Urban high school students.

The Table-2 shows the effectiveness of Yoga of Urban and Rural high School students

Sl. No	Locality	Sample	Mean	SD	t - value	Level of Significance
1	Urban	80	37.2	6.63	8.44	Degree of freedom 158 at 0.05 level value is 1.98 and Degree of freedom 158 at 0.01 level value is 2.62
2	Rural	80	21.5	15.31		

In the Above table shown the calculated value is 8.44. It is Greater than the table value at 0.05 (1.98) and 0.01 (2.62) level So, it is significant at both levels. Hence, the null hypothesis is rejected.

So, there is a significant difference in the effectiveness of Yoga between Rural and Urban high School students.

Hypothesis – III

Ho: There is no significant difference in the effectiveness of Yoga between the Government and Private high School students.

The Table-3 show the effectiveness of Yoga of Government and Private high School students.

Sl. No	Management	Sample	Mean	SD	t - value	Level of Significance
1	Government	80	38.8	5.33	4.82	Degree of freedom 158 at 0.05 level value is 1.98 and Degree of freedom 158 at 0.01 level value is 2.62
2	Private	80	34.7	5.55		

In the Above table shown the calculated value is 4.82 It is Greater than the table value at 0.05 (1.98) and 0.01 (2.62) level. So, it is significant at both levels. Hence, the null hypothesis is rejected.

So, there is a significant difference in the effectiveness of Yoga between the Government and Private high School students.

Hypothesis – IV

Ho: There is no significant difference in the effectiveness of Yoga between the telugu and English medium high school students.

The Table-4 shows the medium wise Occupational Stress of high School students

Sl. No	Medium	Sample	Mean	SD	t - value	Level of Significance
1	English	80	35.8	5.66	2.42	Degree of freedom 158 at 0.05 level value is 1.98 and Degree of freedom 158 at 0.01 level value is 2.62
2	Telugu	80	37.96	5.85		

In the Above table shown the calculated value is 2.42. It is Greater than the table value at 0.05 (1.98) and less than the table value at 0.01 (2.62) level so, it is significant at 0.05 level and not significant at 0.01 level.

Hence, the null hypothesis is accepted at 0.01 level and rejected at 0.05 level.

VIII. MAJOR FINDINGS

1. There is a significant difference between government and private high school students towards participation of Yoga.
2. There is a significant difference between rural and urban high school students towards participation of Yoga.
3. There is no significant difference between male and female high school students towards participation of Yoga.

4. There is a significant difference between english and telugu medium high school students towards participation of Yoga
5. Who practice Yoga regularly they are free from diseases.

IX. SUGGESTIONS

1. Yoga acts as a catalyst and unravels than many wonderful qualities that children possess. A part from the apparent physical benefits, it helps the child become aware and focused. Even special children with learning disorders benefit immensely with Yoga.
2. A Yoga practitioner should be well – versed in the theoretical aspect of Yoga and He/She should have clarity about Yoga
3. He/She should also practice pranayama and meditation everyday to increase his / her own mental balance.
4. Every human being must lead a yogic life. Because Yoga is way of living.

X. CONCLUSION

Yoga is the process of developing the inner abilities and power of individuals. Yoga is an experimental science provides a systematic methodology with its firm roots in a holistic philosophy which is in total harmony with nature. Development of complete integrated personality is the sole goal of education, which is possible through Yoga. The present study reveals that majority of the students should have a favourable perception towards Yoga and there is a lot of difference those who practice and do not practice Yoga.

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