



EFFECT OF YOGA SESSION ON MORAL VALUES OF STUDENTS OF 14-16 YEARS

Education

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ABSTRACT

Yoga gives proper understanding of our self, the spirit in us. It allows us to see divine presence in ourselves and others as we begin to experience oneness with everyone. This brings us fulfillment and unconditional inner joy, and gives a meaningful purpose to our lives. It is out of this fulfillment that we are able to share our joy with others through service. The study here has been taken up to investigate the effect of yoga session on developing moral values among the students. In this experimental study the experimental group students went through yoga session. The findings revealed that there is significant effect of yogic practices towards development of moral values among the students.

KEYWORDS

Yoga, Moral Values, Adolescent Students.

INTRODUCTION:

Yoga gives proper understanding of our self, the spirit in us. It allows us to see divine presence in ourselves and others as we begin to experience oneness with everyone. This brings us fulfillment and unconditional inner joy, and gives a meaningful purpose to our lives. It is out of this fulfillment that we are able to share our joy with others through service.

Development of science and technology in 21st century has made men highly mobile, creative and busy. Various electronics equipment such as mobile phone, T.V, motor vehicle and their pollution changed the life style of human being. On the other hand in the present scenario, first priority of person is earn a money rather than to create moral and ethical values. In Bhagwat Geeta, It is stated- Society have achieved the higher stage not through mechanical and technological forces but through practising moral and ethical values. Therefore one should create conducive atmosphere of value based education in society so that peace and harmony can be established. Due to non-ethical practices, lack of awareness of using technology, mental tension, lack of vision, various diseases and increased rate of crime visible. Our society has become too stressful and violent. Such problems rooted through Yogic philosophy and its regular practices. According to our modern science- there is linkage between mind, body and soul. Such linkage can be harmonized by practicing yoga. Yoga word came from Hindi word- yog e.g summation. Thus yoga practices helps in purifying human values, peace, devolvement and happiness in the society. Patanjali said that there were eight limbs of Yoga, just as a chair has four legs. They were Yama, Niyama, Aasana, Pranayama, Pratyahara, Dharana, Dhyana and Samaadhi. Each leg is connected to the whole, if you pull one, the whole chair will move. The whole body and organs develop together. It is not that the nose develops first, and then eye, lips, chest etc. That is why Patanjali called them the limbs of Yoga.

According to Upnishads, three qualities are essentials to succeed in life, passion, stability and strength. There can be no achievement without passion or a vision. Along with a vision, you also have to have stability. Your emotions must be stable, otherwise your dreams will keep changing and it would lead you anywhere. Therefore Yogic practices brings this qualities [Rishimukh, 2015]. Yoga is something that can unite people across the globe, across nations, across religious divides. Everyone can come together with the spirit of togetherness. Yoga is not just about asanas, it is a state of mind where you have a sense of belongingness, responsibility for the whole planet and a sense of connectivity and harmony. This is one thing which can unite and bring solace to people across the world. What we need is humanness and humanness can blossom when people are free from stress, tension and depression. Values refer to objects that we people cherish and desire and consider them desirable and worthy of acquisition. These may include material objects like food, clothing and shelter etc. and abstract qualities and ideal truth, beauty, goodness, happiness, peace, punctuality, justice etc. Thus thing has a value if it has (worthiness to be chosen). It means the act of cherishing some thing. Holding it dear and also. Values an important part in our lives. The values we cherish can become an integral part of our personality.

Such values influence our thought attitudes and the path we choose to achieve those goals. Values are concept or ideas which guide human behavior. In Bhagwat Geeta, It is stated that the development in society is due to moral and ethical values but not through moral and ethical values. In ancient India, education was a nice blend of knowledge and values which equipped the student to face challenge of life boldly and live in society harmoniously. They were thought that life without values is valueless while with values it becomes invaluable. According to John Dewey (1948)- 'The value means primarily to prize, to esteem, appraise and to estimate. It means the act of cherishing something, holding it dear and also the act of passing judgement upon the nature and amounts of values as compared with something else.' M.P Hunt (1975)- 'Value is a judgment concerning the worth of an object, person, group or situation. Value judgment contains evaluative rating terms, such as good, bad, moral, immoral, beautiful, ugly etc.'

For the school going adolescents it is necessary that they should be morally sound and healthy. The curriculum of schools must be such that it helps in inculcating morals in the students. The curriculum must include various activities, moral integrated lessons etc. so as to develop sound personality in them. This study here is one such investigation to reflect upon the effect of yoga on moral values.

The objectives of the investigation was -

1. To study the effect of Yoga on Moral Values among the students of age group 14-16.
2. To study the effect of Yoga on sex related differences on their Moral Values among the students of age group 14-16.
3. To study the effect of Yoga on Social Economic Status (SES) of students related differences in their Moral Values among the students of age group 14-16.

Procedure of Investigation

For the present study experimental study has been conducted based on Quasi Non-Equivalent group design. The high school students within the age group 14-16 were the sample of the study. In total 160 students were selected from two schools (1 BSEB and 1 CBSE) from Patna. Overall 80 boys and 80 girls were the study sample. In this study Customized Yoga Schedule and Moral Values Opinionnaire has been used for experimentation and for collection of data to meet out the objectives of the work taken up. For the conduction of the study first of all official permission was taken from the principal and administration of the participating schools. Distribution of students in experimental and control group was done. Further the students specifically the experimental group students willingness to come and join the yoga schedule 30-45 minutes prior to their usual class routine was gathered. Further parents of these students were also taken into confidence for allowing their wards for the yoga session. Then on the very first day pre-test on moral values were conducted on the experimental and control group and the experimental group participated in the yoga session. After the yoga schedule the experimental group students went to their usual class and home routine. The control followed their usual regular class and home routine. It was also made sure that none of the control group students were participating in any Yoga or any similar breathing and meditations activities so as to control the threats to internal and external validity of the experimental research. After the completion of four week of yoga practices as per the schedule, the post-

test were conducted on the very last day and further needful exercises were taken care of.

Data Analysis and Findings

The study was conducted on the basis of researcher understanding of the study variables and under the guidance of her supervisor. Further to fulfill the objectives of the study various hypotheses were framed considering the background of the study as well as the knowledge accumulated on the basis of literature studied. After the experimentation process the collected data were tabulated and further analysis was done so as to test the framed hypotheses. The results on the testing of hypotheses have been presented as below.

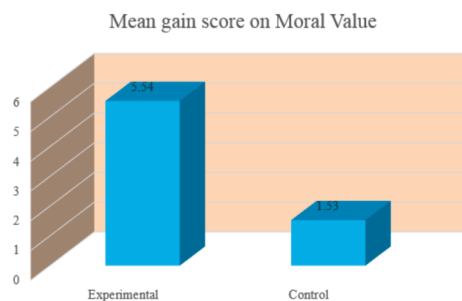
H₀₁ - There is no significant difference in the gain scores of Moral Values between experimental and control group students of age group 14-16.

The testing of the above hypotheses was done on the basis of t-ratio test. The mean gain scores (post-test score – pre-test score) were calculated for each of the experimental and control group and the test results have been summarized in table.

Table 1: t- ratio test findings on gain score in moral values of experimental and control group

Groups	N	Mean gain score	SD	df	t – ratio value	P- value	Effect size
Experimental	80	5.54	11.14	158	1.986	.048	0.314
Control	80	1.53	14.22				

It can be seen in table 1, The number of students in experimental group and control group is 80 and 80 respectively. Mean of the gain scores of experimental group is 5.54 and S.D. is 11.14. On the other hand in the control group, mean gain score is 1.53 and S.D. is 14.22. The calculated t-value(1.986) is significant at 0.05 level as calculated P –value is .048 for 158 df. Hence we cannot accept the framed null hypothesis and conclude there is significant difference in the gain scores of moral values between experimental and control group students of age group 14-16 which can be linked to the Yoga classes provided to the experimental group. Further calculating the effect size (0.314) falls under the range of small effect size. This outcome can also be seen through graph 1.



Graph 1- Presentation of gain score in moral values of experimental and control group

H₀₂ - There is no significant difference in the gain scores of Moral Values between Boys and Girls of age group 14-16 going through the Yogic treatment.

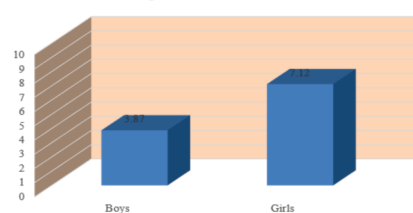
For testing the hypothesis t-test has been done. The mean, standard deviation and t value of the gain score in moral values between the boys and girls have been shown in the following table 2.

Table 2: t- ratio test findings on gain score in moral values between boys and girls of experimental group

Groups	N	Mean gain score	SD	df	t – ratio value	P- value
Boys	39	3.87	13.88	78	1.131	0.261
Girls	41	7.12	11.78			

Observing the above table 4.2 we can see that mean gain score(7.12) of girls of the experimental group is higher than the boys' mean gain score(3.87) but when we see the calculated t-ratio value (1.131) and the P-value (0.261) we can conclude that both the groups do not differ significantly on their mean gain scores of moral values. Thus the framed null hypothesis is accepted. This observation has been also shown through the graph 2.

Mean gain score on Moral Value



Graph 2: Presentation of gain score in moral values of boys and girls of experimental group

H₀₃ - There is no significant difference in the gain scores of Moral Values between students of different Social Economic Status (SES) of age group 14-16 going through the Yogic treatment.

The testing of the above hypotheses was done on the basis of F-ratio test. The mean gain scores (post-test score – pre-test score) were calculated for the experimental group going through the Yogic treatment and the test results have been summarized in table 3(a) & 3 (b).

Table 3(a): Descriptive Statistics related to mean gain scores in moral values of students from different SES

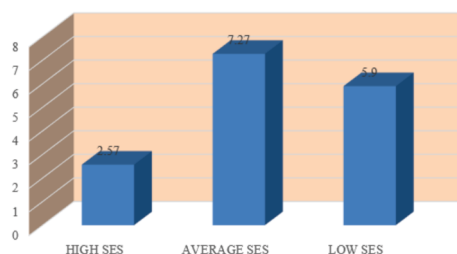
Descriptive Statistics			
Dependent Variable: Moral Values			
LEVEL of SES	Mean	Std. Deviation	N
HIGH SES	2.57	11.65	21
AVERAGE SES	7.27	12.38	30
LOW SES	5.90	14.20	29
Total	5.54	12.87	80

Table 3 (b): One Way ANOVA analysis results related to mean gain scores in moral values of students from different SES

Dependent Variable	Groups	Sum of Squares	df	Mean Square	F	P-Value
Gain Score on Moral Value	Between Groups	278.188	2	139.094	0.836	0.437
	Within Groups	12805.699	77	166.308		
	Total	13083.888	79			

As observed from table 3 (b) the obtained F- ratio value(0.836) and also the P-value (0.437) reveals that the hypothesis is accepted and the students from different Socio-economic classes do not differ significantly in their Moral Values score irrespective of experimental treatment. The mean gain scores of the students in their moral values has been shown in graph 3.

Mean gain score on Moral Value



Graph 3: Presentation of gain score in moral values of students from different SES in experimental group

CONCLUSION

The present study findings has shown that there is a very strong and positive connection between the students attending the Yogic practices and its implications on their moral values .It is quite sure that the yoga develops in them self- confidence, self-esteem and make them responsible citizen those are morally strong. Thus it is the need of the hour too integrate yoga as a compulsory component of school education. It has been also found that the implications of yoga on the students from different gender, caste category, and socio-economic background are in equal terms. So it can be a good strategy to integrate it in the schools so as to enhance the overall learning outcomes of the students by making them morally upright person. The theoretical indications of benefit of Yoga and the results as reflected in several

findings gives us a direction to introduce yoga in different schools throughout the country. Recently we are witnessing many unpleasant incidences conducted by students in the schools and surroundings. There is lack of moral values in them. They are not able to decide appropriately what is good and what is bad for them and the society they live in. The findings of the study shows that the yoga can be used to inculcate moral values in the students effectively. Thus it can be used as a tool to enhance the moral character in the students. The different stakeholders like CBSE, BSEB, NCERT, school authorities and teachers must work together so as to make yoga a part of the curriculum. It is self-evident from this study findings that if yogic practices become a regular practice in schools the students' performance and self-development will move in the positive direction.

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