



ORIGINAL RESEARCH PAPER

Health Science

EVALUATE THE ATTITUDE OF SCHOOL CHILDREN TOWARDS YOGIC PRACTICE.

KEY WORDS: attitude - school children- yogic practice.

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ABSTRACT

The present is an attempt to evaluate the Attitude Level of school Students towards Yogic Practice on Promotion of health and to study the effect of yogic practice on Promotion of health. The research design was an experimental study. A sample of 100 students in the age group of 10 to 12 years were selected from an urban school at Madurantakam, Kanchipuram District. The overall pre-test attitude mean score was 35.55 % with an SD value of 11.32% and the overall post-test score was 85.40% with an SD value of 6.77%. The finding of the study revealed that there was a significant improvement in the level of attitude of study participants about yogic practice after the intervention session.

1.0 INTRODUCTION

Children are future pillars and leaders of the country. More over prevention is better than cure. Based on that, yogic practice and health information are most needed for today's children. In the present day, it is believed that medical and surgical therapies are effective in treating minor and major diseases. But yogic practice can be used alternatively to overcome the disease in the rudimentary stages of functional disturbances. Yogic practice is the natural way which provides relief for the health problems.

Several studies have revealed that the practice of yoga can reduce or prevent many diseases.

Yoga practices as a therapeutic programme is different from conventional medical practices. It aims to develop the resistance capacity in the individuals that cause various disturbances. Yoga can be a primitive oriented approach for health care as well as preventive method. Physical practices such as asana and pranayama can have tremendous influences in restoring the imbalance in the individuals. It is the endeavour of this project to study the potentials of yoga practices on the children.

Children are special groups and they are all future pillars, and citizens of the world, So that the investigator wants to concentrate more on children's health.

2.0 Statement of the problem

The present study is entitled as 'Attitude of school children towards yogic practice.'

3.0 Objectives

The objectives of the present study are:

1. To evaluate the attitude level of school children on yogic practice on Promotion of Health before and after the intervention.
2. To determine the relationship between post test attitude level of school children and selected demographic variables.

4.0 Research Hypotheses

The following hypotheses stated for the present study:-

1. There is significant difference in the attitude level of school students towards yogic practice before and after the intervention period of yogic practice.

5.0 Delimitation of the study

1. The study is delimited to the school children of Madurantakam town.
2. This study is conducted only to students in the age group of 10 and 12 years
3. Yogic practice is limited to certain selected asanas only.
4. The study is delimited to the school children who do not suffer with chronic problems or diseases and not interested to participated

6.0 METHODOLOGY

6.1 Research design

A quantitative research design was used for this study.

6.2 Method of study

A one group pre and post test research design was followed for this study.

6.3 Setting

The study was conducted in a school namely, Gengusamy Naidu Matriculation school located in Madurantakam Town, Kancheepuram district, Tamil nadu.

6.4 Population

The population of the study was the school children in the age group 10-12 studying in Gengu samy Naidu matriculation school in the, Madurantakam Town, Kancheepuram District.

6.5 Sampling techniques of the study

Stratified random sampling technique was applied for this study.

6.6 Sample

100 students in the age group of 10 to 12 years studying in the above school and who had satisfied the inclusion criteria were selected on random basis.

6.7 Method of sample selection

Those who met the inclusion criteria were selected for this study. The students were selected by using random sampling technique by using the attendance register number. The each individual number was written in small equal chits and they were folded and then they were shuffled well. Then one by one the numbers were selected for the sample.

6.8 Criteria for sample selection

6.8.1 Inclusion criteria

- A) All the school children in the age group of 10 to 12 years in the selected school at Madurantakam, Kancheepuram District were included in the study.
- B) Students, who were able to speak, read and write in English were included in the study.

6.8.2 Exclusion criteria

- A) School children below ten years and above twelve years
- B) Students who are not willing to participate in this study.
- C) Students with any other high risk condition.
- D) Students on medication.

6.9 Development of the tools of the study

The following standardized tools were developed and utilized for the present study. The demographic detail consists of three sections namely sections A, section B and C

Section -A

Students profile and demographic characteristics

Students profile contained serial No, Name of the student, class; Residential address and Demographic variables.

Demographic characteristics of the sample children were collected from the school authorities, parents and study participants.

Section B consists of following questions

Assessment of the Attitude level on yogic practice of participants (children) during pre and post intervention periods. Via disagree, uncertain and agree, is used in 20 items both positive (12 items) and negative (8 items) related to yogic practice on promotion of health. The data for attitude level was collected from sample children using a questionnaire

Section C structured yogic teaching tool

Description of the structured yogic practice teaching tool of the study.

The investigator developed a structured yogic practice teaching package by reviewing literature and obtaining content validity from subject experts.

The schedule of yogic practices was formulated in consultation with yoga experts at the centre as well as on the basis of the investigator's own experience.

6.9.1 Reliability of the tool

A reliability analysis was done for the above tools and the coefficient was done. The split half method was used to test the reliability of alpha score for part 1= 0.95 and alpha part 2= 0.96 which proved that it was highly reliable.

The items were scored after pre and post test and then results were tabulated. The statistical analyses were done and the values of mean, standard deviation, number, paired t- test were calculated.

7.0 RESULTS

Table showing descriptive statistics of intervention scores for pre-intervention and post-intervention attitude level on yogic practice of study participants

ASPECT	PRE INTERVENTION		POST INTERVENTION		PAIRED T-TEST	
	MEAN	SD	MEAN	SD	VAL	SIG.
Attitude level towards yogic practice	35.55	11.32	85.40	6.77	37.795	0.000

The above table reveals that the mean value of Attitude level of study respondents towards yogic practice in the pre intervention was 35.55 with standard deviation of 11.32, and post intervention was 85.400 with standard deviation of 6.77 respectively. The mean value of scores in pre intervention period indicates that the sample respondent have poor attitude level during pre intervention period and the scores in post intervention mean value shows that there is an improvement in attitude to-wards yogic practice after intervention program.

From the mean values, it is evident that the study participants had inadequate attitude during pre intervention period. The mean value of scores in the post intervention program was very high which indicates that there was a drastic improvement in the attitude after the intervention program.

The paired t-test has been applied to find out whether the intervention program had any effect in improving the attitude of students towards yogic practice.

The paired t test value is 37.795 and the significance value is 0.000. Since the significance value is less than 0.05, the

hypothesis has been accepted and it is concluded that the intervention does have an effect in improving the attitude. There is significant improvement in the attitude level after the intervention programme was given to the students.

8.0 IMPLICATION AND RECOMMENDATIONS

School curriculum should include yoga.

- Every school should have regular practice in yoga.
- The field of medical education and para medical should accept or may be included on yogic practice as an instrument of alternate therapy to reduce the health related problems and promotion of the health behavior.

9.0 NURSING IMPLICATION

This study was conducted to evaluate the attitude level of students on yogic practice to awaken the intense in Non-pharmacological approaches to prevention of health problem on the basis of increased and maintain the blood circulation, increased origination in the body, strengthening the respiratory muscles on the whole. There is no cost effect of yogic practice .Attitude towards yoga practice which will help them to maintain good hygienic health practices and promote the health behaviour.

10.0 CONCLUSION

The study findings showed that the attitude level of school children towards yogic practice has increased and similar practices to promote various yogic practices should be encouraged both among the professional nurses and school students for promoting good health.

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