

# A STUDY ON ATTITUDE TOWARDS YOGA AMONG STUDENTS' TEACHERS

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## Abstract

Yoga attitude refers to the various psychological reactions that people can have to yoga. It refers to the benefits of yoga in terms of people's harmonious well-being of body, mind, and spirit. Yoga is known for its method for developing a dynamic body, enriching the mind, and elevating the spirit. Keeping this in mind, the current study sought to investigate students' and teachers' attitudes toward yoga. The current study's total sample consists of 73 male and 127 female students and teachers, with appropriate gender representation. Using a random sampling technique, data was collected from students and teachers at a B.Ed. college in Theni District. For data collection, Mahesh Kumar Michal's Yoga Attitude Scale (YAS– M) was used. The data was statistically treated using the Mean, SD, Frequency distribution, percentage, and independent 't' test. The study's findings indicate that gender has a significant impact on attitudes toward yoga. Male secondary school students were found to have a more positive attitude toward yoga than female students and teachers.

**Keywords:** Yoga, Attitude, student's teacher.

## Introduction

Our biosphere is always fighting for survival, and we are under growing physical and psychological stress. As can be seen, psychological complexity is expanding. We may not be able to manage them all of the time, but we can learn how to deal with them effectively. A yogic mentality may aid in the reduction of stress and anxiety. Yoga allows us to stretch our muscles, strengthen our bodies, focus better, and relax. Yoga's most important benefit is that it enhances physical and mental well-being while also enhancing concentrate ability. As a result, the individual achieves psychological and emotional peace. The global world is emphasising on an individual's academic and co-curricular growth; yoga is critical in accomplishing this aim. Yoga has

been an essential component of Health and Physical Education, which is a required subject up to the secondary school level, since 1988. The NCF 2005 created a holistic view of health, including yoga as a major component. Yoga and physical education both help a child's physical growth while also benefiting his or her psychological and mental development. Playing group games boosts individual self-esteem, promotes greater contact among children, and instils values like collaboration, sharing, and dealing with both triumph and loss. Yoga practice, on the other hand, contributes to a child's overall development, and several studies have shown that it promotes flexibility and muscular fitness while also addressing postural faults in school-aged children. Yoga attitude refers to a number of mental attitudes that

people may hold about the benefits of yoga. Yoga attitude refers to people's harmony of body, mind, and spirit. Yoga is well-known for its method of creating a dynamic physique, feeding the mind, and elevating the spirit. Yoga attitude refers to a number of mental attitudes that people may hold about the benefits of yoga. Yoga attitude refers to people's harmony of body, mind, and spirit. Yoga is well-known for its method of creating a dynamic physique, feeding the mind, and elevating the spirit. Over the last three decades, yoga-based research has persuaded scholars that the bulk of our core life beliefs have physical parallels in the body. Extrinsic attitude is one of the psychological factors that influences one's life goals and objectives. Most psychological characteristics differ between men and women. Thus, comparison and criticism of attitude have sufficient space to be examined. The current study sought to assess yoga attitudes among male and female secondary school students.

#### ATTITUDE TOWARDS YOGA

The phrase "attitude toward yoga" refers to a variety of mental setups that people may have when learning about yoga. It refers to people's physical, mental, and spiritual well-being. Yoga, according to research, is a very beneficial practise for athletes, children, and the elderly. Yoga can be modified to achieve various levels of physical and mental health depending on the needs of the students (age sex and purpose). In general, regular yoga practise has been shown to lower blood pressure while increasing strength and flexibility. It benefits our physiological energy system and also regulates our neurological system. Yoga entails:

- a) Meditation: Meditation is a component of yoga. Concentrating on and counting your breaths allows you to meditate while humming "Om" under your breath.
- b) Physical postures: There are various physical postures for every part of our internal and external body parts that should be practised according to a person's needs.
- c) Breathing techniques: To regulate and control breathing is one of the primary

techniques that should be practiced while doing yoga.

d) Body control: Yoga postures require you to have control over your body. Each posture necessitates that you remain in that position for a specific amount of time. This improves both your body's balance and control.

e) Mind control: Breathing methods and meditation help you obtain total control of your mind, improving attention and productivity while also providing mental calm.

#### REVIEW OF THE RELATED LITERATURE

Rashedi, Roxanne N.( 2021) The study of yoga has a lot to offer the realm of education. Yoga comprises of postures, breathing exercises, and relaxation methods that are designed to promote self-regulation. Several yoga programmes for preschoolers have shown significant improvements in self-regulation outcomes. Although these advantages appear to be promising, there have been few qualitative studies that investigate the viewpoints of important stakeholders, such as teachers. The author used a grounded theory research approach to evaluate eight focus groups and six interviews with nine instructors who took part in an 8-week yoga intervention. This study looked into (1) the use of grounded theory as an exploratory research tool to elucidate teachers' observations of key implementation factors for effectiveness, such as intervention adaptations, classroom spacing, and yoga lesson components, (2) teachers' observations of students' internalizations of the yoga skills, and (3) teachers' reflections on how the yoga influenced their attitudes toward students. The authors give guidelines for future research on classroom-based yoga programmes.

Roxanne N. Rashedi (2019) did research on Yoga and Willful Embodiment: A New Direction for Improving Education. Self-regulation, or the ability to manage attention and mood, is a strong predictor of major life outcomes across the lifespan. Contemplative techniques, such as yoga and mindfulness, have

been demonstrated to increase self-regulation in schools. The majority of research using contemplative practises have employed quantitative approaches with the goal of producing demonstrable outcomes on self-regulation. There is little research on children's impressions of how contemplative activities assist them self-regulate, as well as the advantages they report from partaking in these practices. Furthermore, there is a scarcity of work that discusses how teachers may help children in learning about their physiological sensations, emotions, as well as the emotions of others, during a yoga session. To fill these gaps in the literature, this article draws on learning and development theories to explain why, when children are given the opportunity to experiment with yoga practices, they may be able to better relate to their emotional experiences. Implications are examined, as well as advice for future yoga programme design and implementation in school.

#### NEED AND SIGNIFICANCE OF THE STUDY

The advancement of science and technology in recent years has accelerated man's life. Busy and tense, the machines have relieved much of the pressure on the muscles, but the pressure on the nerves has substantially risen. This has resulted in what are known as stress illnesses or psychosomatic ailments. To a certain extent, our minds and bodies can withstand the strain of tension. If tension persists beyond that point, the equilibrium of the psycho-physiological processes is disrupted. As a result, numerous signs of mal-adjustment appear. Tension is expressed by the mind in the form of impulses that travel from the brain to numerous muscles throughout the body. If these muscles continue to exert pressure on the glands and organs, the organ or gland in question will malfunction. Unless and until the mind is relieved of the stress that has built up in it. The dysfunction of the organs involved is irreversible. The most essential advantage of yoga is physical and mental treatment. So, with the importance and advantages of yoga in mind, the researcher chose this study to learn about the attitudes of students' teachers regarding yoga.

#### STATEMENT OF THE PROBLEM

The statement of the study is as under: "A Study on Attitude towards Yoga among students' teachers"

#### OPERATIONAL DEFINITIONS OF TERMS AND VARIABLES

The operational definitions of terms and variables are as under:

1) Attitude towards Yoga: Attitude towards Yoga in the present study refers to the score obtained by the respondents on the Attitude towards Yoga Scale developed by Mahesh Kumar Muchhal (2016)

2) student's teacher: students' teachers in the present study refer to respondents who are studying the first year and second-year students in the B.Ed. College.

#### OBJECTIVES

The Present Study consists of the below-mentioned objectives:

1. To find out whether there is any significant difference in the attitude of male and female students' teachers toward yoga.
2. To find out whether there is any significant difference in the attitude of male and female students' teachers toward yoga.
3. To find out whether there is any significant difference in the teachers' attitudes toward yoga between Tamil and English medium students.

#### HYPOTHESIS

The present study consists of below-mentioned objectives:

1. There is no significant difference in the attitude of male and female students' teachers toward yoga.
2. There is no significant difference in the attitude of male and female students' teachers toward yoga.
3. There is no significant difference in the teachers' attitudes toward yoga between Tamil and English medium students.

## METHODOLOGY

The methodology of the proposed study has been stated in the following heads-

### METHOD OF THE STUDY

Keeping the nature of the study under consideration, the Normative survey method will be used by the researcher for the proposed study.

### POPULATION OF THE STUDY

The population is the perfect collection of all cases in which the researcher is alive or a finished group of entities sharing several current sets of characteristics. The population of the survey consists of lofty students' teacher in Theni, Tamil Nadu.

### SAMPLE OF THE STUDY

The essential methods of choosing a sample are deliberate or purposive sampling, random sampling, stratified sampling, quota sampling etc. The investigator has utilized a random sampling technique 200 student-teacher have been chosen from the 3 different B.Ed. college.

### TOOL USED FOR PRESENT STUDY

The following tools have been used in this research study for the collection of data:-

1. Personal Data
2. Yoga Attitude Scale(YAS)

### DESCRIPTION OF THE TOOLS

#### 1. Personal Data Form

The personal databases appearance is utilized to get general databases of the higher secondary students. The investigator has prepared the private information figure with due consideration of the background variables of the survey in the intellect which added the following categories for gender, locality, and Medium of students teachers.

#### 2. Yoga Attitude Scale(YAS)

Dr. Mahesh Kumar Muchhal's Yoga Attitude Scale (YAS) was used. The scale consists of 30 questions, and the respondent must evaluate

their answers on a three-point scale. The points against the response are as follows: 3 for agreeing, 2 for being undecided, and 1 for disagreeing. The reliability of the tools used has been evaluated and demonstrated. The reliability coefficient of the Yoga attitude scale was 0.81 when using the split-half approach and 0.78 when using the Spearman brown method.

## ANALYSIS AND INTERPRETATION OF THE DATA

### Percentage Wise Analysis

Objective:1

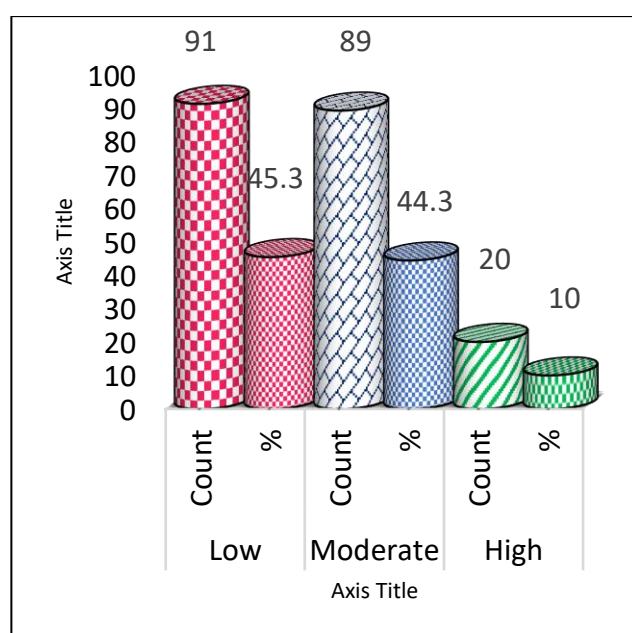
To find out the level of attitude towards yoga of student's teacher.

Table 1 *LEVEL OF ATTITUDE TOWARDS YOGA OF STUDENT'S TEACHER*

Low		Moderate		High	
Count	%	Count	%	Count	%
91	45.3	89	44.3	20	10

It is inferred from the above table that, 45.3% of students' teachers have a low, 44.3% of them have moderate and 10% of them have high level of attitude toward yoga of student's teachers.

Figure.1 *LEVEL OF ATTITUDE TOWARDS YOGA OF STUDENT'S TEACHER*



### Inferential Analysis

#### Null Hypothesis: 1

There is no significant difference between male and female student teachers in their attitude toward yoga.

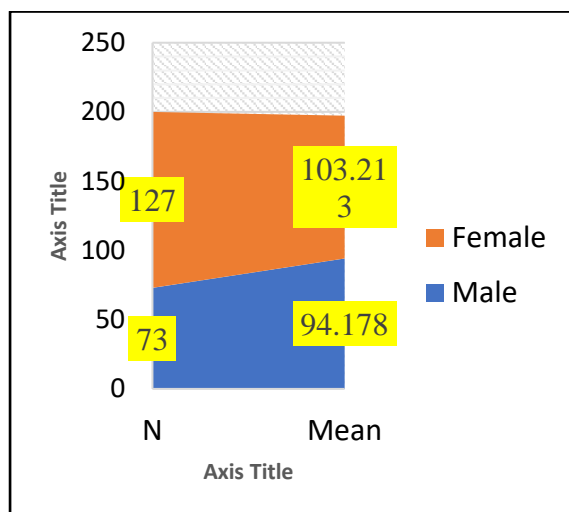
Table 2 *DIFFERENCE BETWEEN MALE AND FEMALE STUDENTS' TEACHERS IN THEIR ATTITUDE TOWARDS YOGA*

Gender	N	Mean	SD	Calculated 't' value	Remarks at 5% level
Male	73	94.178	12.4089	5.433	S
Female	127	103.213	10.7546		

(At 5% level of significance, for df 198, the table value of 't' is 1.96)

It is inferred from the above table that calculated 't' value (5.433) is greater than the table value (1.96) for df 198 and at 5% level of significance. Hence the null hypothesis is rejected. It shows that there is significant difference between male and female students' teacher in their attitude towards yoga.

Figure.2 *DIFFERENCE BETWEEN MALE AND FEMALE STUDENTS' TEACHER IN THEIR ATTITUDE TOWARDS YOGA*



#### Null Hypothesis: 2

There is no significant difference between rural and urban students' teachers in their attitude towards yoga.

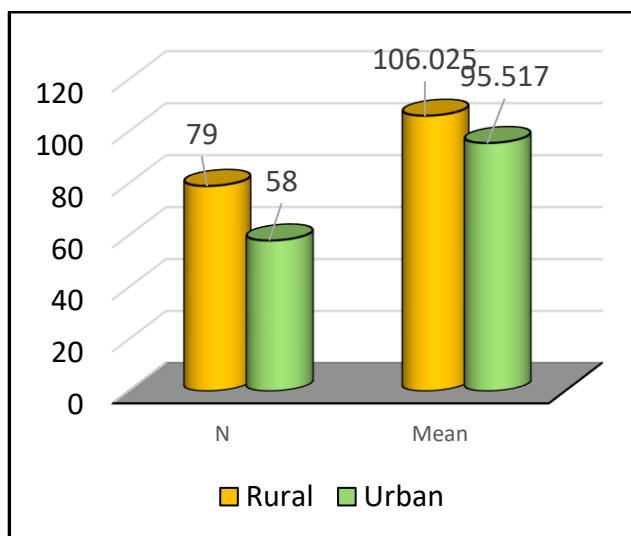
Table 3 *SIGNIFICANT DIFFERENCE BETWEEN MALE AND FEMALE STUDENTS' TEACHERS IN THEIR ATTITUDE TOWARDS YOGA*

Locality	N	Mean	SD	Calculated 't' value	Remarks at 5% level
Rural	79	106.025	11.4130	5.210	S
Urban	58	95.517	12.0004		

(At 5% level of significance, for df 198, the table value of 't' is 1.96)

It is inferred from the above table that the calculated 't' value (5.210) is greater than the table value (1.96) for df 198 and at 5% level of significance. Hence the null hypothesis is rejected. It shows that there is significant difference between rural and urban students' teachers in their attitude towards yoga.

Figure 3 *DIFFERENCE BETWEEN RURAL AND URBAN STUDENTS' TEACHERS IN THEIR ATTITUDE TOWARDS YOGA.*



#### Null Hypothesis: 3

There is no significant difference between Tamil and English medium students' teacher in their attitude toward yoga.

Table 4 *DIFFERENCE BETWEEN TAMIL AND ENGLISH MEDIUM STUDENTS' TEACHER IN THEIR ATTITUDE TOWARDS YOGA*

Medium	N	Mean	SD	Calculated 't' value	Remarks at 5% level
Tamil	104	100.654	12.4251	0.894	NS
English	96	99.115	11.8871		

(At 5% level of significance, for df 198, the table value of 't' is 1.96)

It is inferred from the above table that the calculated 't' value (5.210) is greater than the table value (1.96) for df 198 and at 5% level of significance. Hence the null hypothesis is accepted. It shows that there is no significant difference between Tamil and English medium students' teachers in their attitude towards yoga.

There is no significant difference between Tamil and English medium students' teachers in their attitude towards yoga.

### MAJOR FINDING

1. 45.3 per cent of student teachers have a low attitude toward yoga, 44.3 per cent have a moderate attitude, and 10% have a high attitude toward yoga.
2. There is a significant difference in the attitude of male and female students' teachers toward yoga.
3. There is no significant difference in the attitude of male and female students' teachers toward yoga.
4. There is no discernible difference in the teachers' attitudes toward yoga between Tamil and English medium students.

### INTERPRETATION AND DISCUSSION

The current study's findings show that there is a significant difference in male and female students' teachers' attitudes toward yoga. In terms of attitude toward yoga, female students (103.21) had more positive attitudes than male

students (94.18). This could be because females are more patient, more aware, have a more stable mind, and have more confidence than males.

The current study's findings show that there is a significant difference in the attitude of rural and urban students' teachers toward yoga. In terms of yoga attitudes, rural students (106.025) were more favourable than urban students' teachers. In their attitude toward yoga, rural students have a more positive attitude than urban students' teachers.

The current study's findings show that there is no significant difference in the teachers' attitudes toward yoga between Tamil and English medium students. Teachers of Tamil and English medium students have similar attitudes toward yoga. The teachers of both Tamil and English medium students have the same attitude.

### RECOMMENDATIONS FOR FURTHER RESEARCH

The presents study has generated a fund of knowledge for further research, accordingly below-mentioned study should be conducted:

1. The present study has been based on the questionnaire method, it is recommended that a similar study may be undertaken based on interviews.
2. The present study is limited to students teacher only, studies can be taken off at different levels/ age groups with the students of Colleges and Universities, and also by selecting other states in India.
3. A study may be conducted to determine the student's attitudes of different professional institutes towards yoga and also to determine the attitude of parents, other subject teachers and administrators towards yoga.
4. The present study needs to be replicated on large sample.

## SUGGESTIONS OF THE STUDY

1. Gender has been found to have a significant impact on yoga attitudes among secondary school students. As a result, the necessary number of Yoga instructors must be appointed in state and federal government schools.
2. The educational system for children must be combined with certain practices that can remove psychological barriers, make them aware of the psychological changes that occur in their body and brain, make them aware of their distractions, and give them the ability to focus on the theme of the subject they are studying.
3. Female physical education teachers must be recruited in the department in order to close the gender gap. For this reason, Physical Education teachers must emphasise the importance of yoga in schools, as yoga reduces the effects of stress on students and induces a sense of calm and peace, combats depression and anxiety, counteracts helplessness and weakness, and thus boosts self-esteem.
4. Yoga training programmes should be implemented in schools to improve student behaviour and quality. Because Yoga provides students with simple, safe, and practical techniques for quickly reducing tension and stress at any time and in any place

## CONCLUSIONS OF THE STUDY

Based on the data, it is feasible to conclude that gender has a major influence on attitudes regarding yoga. Female students' teachers were shown to have a greater level of yogic attitude than female responses. The findings might be related to the fact that female adolescents' behaviour is impacted by a lower level of self-efficacy than male adolescents' behaviour.

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