



## A study of secondary school Student's Attitude towards Yoga

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### Abstract

Yoga attitude refers to a range of psychological perception that people can have towards yoga. It refers the benefits of yoga to harmonious well-being of body, mind and spirit in people. As yoga typically has the method for making a dynamic body, enriching the mind, and elevating the spirit. Keeping in view, present study was intended to explore the attitude of secondary school students towards yoga. The total sample for the present study consists of 60 male and female secondary school students with due representation of gender. Whole data was collected from Higher Secondary School of educational zone Ghagwal of District Samba with the help of random sampling technique. Yoga Attitude Scale (YAS– M) developed by Mahesh Kumar Muchhal was used for data collection. The data was subjected to statistical treatment by using Mean, SD, Frequency distribute, percentage and independent 't' test. The results of the study indicate that there is significant impact of gender on attitude towards yoga. Male secondary school students were seen with more favourable attitude towards yoga as compared to female secondary school students.

**Keywords:** male secondary school students, female secondary school students attitude towards yoga

### 1. Introduction

Our environment is consistently fighting for survival and the human beings suffer from more and more physical and psychological stress. As we observe psychological complexities are arising more and more. We cannot always control them but can learn how to face them effectively. Yogic attitude can alleviate the tension and anxiety. Yoga helps to stretch the muscles, strengthen the body and increase concentration and also help us to relax. The most important benefit of yoga is the physical & mental peace, and improves concentration power. As a result individual achieves psychological and mental peace. Global world is focussing scholastic and co-scholastic development of an individual; to fulfil such dream yoga is important. Yoga has been integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since 1988. The NCF 2005 adopted a holistic definition of health in which yoga is an integral part of it. Both yoga and physical education contribute to not merely the physical development of the child but have a positive impact on psychosocial and mental development as well. Playing group games have a positive impact on individual self-esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly, yoga practice contributes to the overall development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also corrects postural defects among school children. Yoga attitude refers to a range of mental sets people can have towards the benefits of yoga refers to harmonious well-being of body, mind and spirit in people. As yoga typically has the method for making a dynamic body, enriching the mind, and elevating the spirit. Yoga attitude refers to a range of mental sets people can have towards the benefits of yoga refers to harmonious well-being of body, mind and spirit in people. As yoga typically has the method for

making a dynamic body, enriching the mind, and elevating the spirit. Over the past three decades, the research material available based on yoga has convinced the researchers that most of our fundamental attitudes to life have their physical counter parts in the body. Extrinsically attitude is one of the psychological factors that determine one's endeavour and pursuits in life. Also male and female differs potentially in most of the psychological traits. Thus comparison and criticism of attitude carries enough scope to be analysed. An attempt has been made in the present study to investigate yoga attitude between male and female secondary school students.

"Attitude towards yoga" the quoted line refers to a variety of mental sets people can have towards the knowledge about yoga. It refers to harmonious well-being of body, mind and spirit in people. Research reveals that yoga is a highly beneficial activity for athletes, children or for the elder or aged people. Yoga can be practice with modification for acquiring the various level of physical as well as mental fitness according to the demand of the pupils (age sex and purpose). From the general point of view it has been proved that practice of regular yoga helps to lower blood pressure and increases strength and flexibility. It positively influences our bodily energy system and control the nervous system as well. Yoga includes:

- a) **Meditation:** Yoga encompasses meditation as well. Concentrating and counting your breath helps you meditate simultaneously while humming "Om" under your breath.
- b) **Physical postures:** Various physical postures are there for every part of our internal and external body parts that should be practiced according to the needs of a person.
- c) **Breathing techniques:** To regulate and control breathing is one of the primary techniques that should be practiced while doing yoga.

- d) **Body control:** The yoga postures demands that you have control in your body. Each posture requires you to stay in that position for a certain amount of time. This way you enhance your body balance and control as well.
- e) **Mind control:** The breathing techniques and meditation helps you gain complete control over your mind and improve your concentration and productivity, along with giving you mental peace.

So, in sum, the word yoga means a discipline which is also a union. Yoga helps us to discipline ourselves, and as a result of this discipline we feel a stronger union with the divine – and that includes the divine in ourselves and in those who also follow this discipline. They have little to do with the development of the spiritual or astral body. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yoga increases the flexibility of the spine, improves body's physical condition and heightens awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position always with full concentration. Peace of mind, consciousness and soul to live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life.

## 2. Review of the Related Literature

Mahendra Kumar Singh, Arjun Singh Solanki (2015) conducted a study on Attitude of male and female secondary school students towards yoga and results revealed an insignificant difference was found in attitude towards yoga between male and female secondary school students. Maslach and Jackson (1981) conceptualized burnout as a syndrome consisting of three components. Emotional exhaustion refers to mental and physical tension and strain resulting from job related stressors. Depersonalization refers to distancing of oneself from others and viewing others impersonally. Diminished personal accomplishment is a feeling of negative self-evaluation. Exhaustion is the central quality of burnout and the most obvious manifestation of this complex syndrome. Maslach (1982) reviewed literature on burnout and concluded that there is no single definition of burnout that is accepted as standard. However, despite the differences, there are also similarities among various definitions of burnout. Several studies in the past concluded that burnout has negative effects on job performance. Burnout leads to lower productivity and effectiveness at work. Shrama, P; Kendrick, K; Daniel, R. (2009) evaluated the effect of Hatha Yoga on Stress and Recovery of Female

Collegiate Athletes and found a significant decrease in global stress scores. Kulkarni, D.D. (2007) conducted the study to see the effect of vastradhauti on stress and peripheral immune response and result revealed non-significant decreases in skin mV responses on all electrical loads, that suggest a decreased stress response and significant increase in the differential count polymorphs. Thus, the above studies conquer the researcher to conduct a study on "A Study of Secondary School Student's Attitude towards Yoga".

## 3. Statement of the Problem

The statement of the study is as under:

"A Study of Secondary School Student's Attitude towards Yoga"

## 4. Objectives

The present study consists of below mentioned objectives:

- 1) To explore the attitude of secondary school students towards yoga.
- 2) To study attitude of male and female secondary school students towards yoga.

## 5. Hypothesis

The present study consists of below mentioned objectives:

- 1) There exists no significant difference between male and female secondary school students on their level of attitude towards yoga.

## 6. 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 the score obtained by the respondents on Attitude towards Yoga Scale developed by Mahesh Kumar Muchhal (2016)
- 2) **Secondary school students:** Secondary school students in the present study refer respondents who are reading in 11<sup>th</sup> and 1<sup>st</sup> classes.
- 3) **Gender:** Gender in the present study refers the male and female respondents. Thus, in the present study dichotomy was made on the basis of sex.

## 7. Delimitation of the Problem

The present study will be delimited to following domains:

1. The study will be delimited to only adolescents within the age group of 13-20.
2. The study will be delimited to 60 secondary school adolescents.
3. The present study was delimited to Higher Secondary School of educational zone Ghagwal of District Samba.

## 8. Methodology

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

### 8.1 Method of the study

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

### 8.2 Sample

A representative sample of 60 secondary school adolescents

were selected by using random sampling technique. These respondents were selected from different Higher Secondary School of educational zone Ghagwal of District Samba.

**8.3 Tools used**

In the present study the researcher after securitising number of research tools found suitable to use Yoga Attitude Scale (YAS– M) developed by Mahesh Kumar Muchhal. This scale consists of 30 items. Due representation was given on the basis of gender.

**9. Analysis and Interpretation of the Data**

The data has been analysed with the help of descriptive and comparative analysis. However, the statistical treatment is given into two below mentioned captions:

- **Caption-I: Descriptive Analysis**
- **Caption-II: Comparative Analysis**

**9.1 Caption-I: Descriptive Analysis**

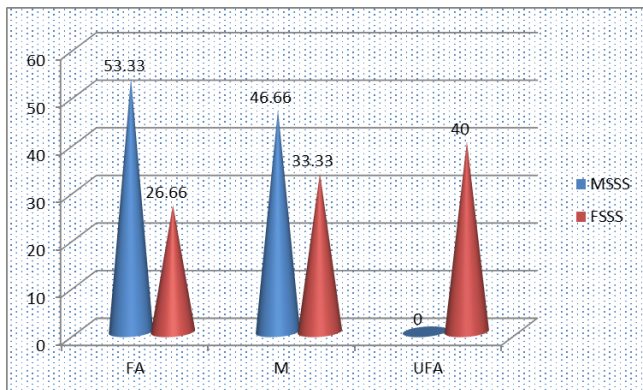
In this caption data was analysed with the help of percentage and frequency distribution. More obviously it was interpreted as under:

**Table 1:** Showing Frequency and Percent Wise Distribution of Male and Female Secondary School Students on Various Levels of Attitude towards Yoga. (N=30 each)

LYAS	MSSS		FSSS	
	Frequency	Percentage	Frequency	Percentage
Favourable	16	53.33	08	26.66
Moderate	14	46.66	10	33.33
Unfavourable	0	00	12	40
Total	30	100	30	100

Index:

- LYAS= Levels of Yoga Attitude Scale
- MSSS= Male Secondary school students
- FSSS= Female Secondary school students



Index:

- MSSS= Male Secondary school students
- FSSS= Female Secondary school students
- FA= Favourable attitude
- M= Moderate
- UFA= Unfavourable attitude

**Fig 1:** Showing Graphical Representation of Male and Female Secondary School Students on Various Levels of Attitude towards Yoga.

**9.2 Caption-II: Comparative Analysis**

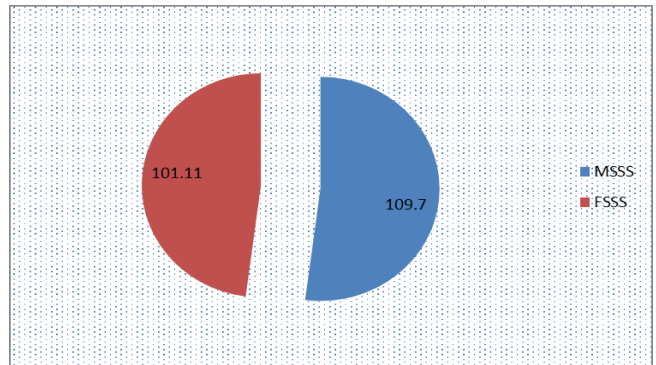
In this caption the data was analysed on the basis of comparative analysis. The testing of null-hypothesis was done on the basis of ‘t’ value. The respondents were comparatively analysed on the basis of gender. More obviously it has been analysed as under:

**Table 2:** Showing the significance of difference between Male and Female Secondary School Students on Attitude towards Yoga. (N=30 each).

Category	MSSS		FSSS		‘t’ Value
	Mean	SD	Mean	SD	
ATY	109.7	10.73	101.11	7.32	#3.62

Index:

- ATY= Attitude towards yoga
- MSSS= Government school Teachers
- FSSS= Female Secondary School Students



Index:

- MSSS= Government school Teachers
- FSSS= Female Secondary School Students

**Fig 2:** Showing the significance of difference between Male and Female Secondary School Students on Attitude towards Yoga.

**10. Interpretation of the Data**

The above analysed data has been interpreted into two SETs and are given as under:

**10.1 SET-I: Descriptive Analysis**

**The interpretation made on the basis of descriptive analysis is given as under**

The data presented in table 1.1 (Please refer Fig 1.1) gives frequency and percent wise distribution of male and female secondary school students on various level of attitude towards yoga. The results reported that among male secondary school students 53.33% (F=16) were observed with favourable attitude towards yoga. However, 46.66% (F=14) male secondary school students were seen with moderate level of attitude towards organisation of yoga. In addition to this, it was found that 0% (F=0) male secondary school students were revealed with unfavourable attitude towards organisation of co-curricular activities. Coming towards their counterparts (female secondary school students), it was revealed that 08% (26.66) were observed with favourable attitude towards organisation of yoga in their day to day schedule. However, 33.33% (F=10) private school teachers were reported with moderate level of attitude towards organisation of yoga. In addition to this, it was found that 40% (F=12) male secondary school students were seen with favourable attitude towards organisation of yoga. Thus, from the results it was revealed that male respondents were seen with high level of percentage achievers as compared to female secondary school students.

**10.2 SET-II: Comparative Analysis**

**The interpretation made on the basis of comparative analysis is given as under**

The perusal of the table (Please refer Fig. 1.2) gives comparative analysis among male and female secondary school students on their attitude towards yoga. The results

presented in the table reveals that the mean score of male secondary school students (MSSS) was reported to be higher 109.7 and in case of private school teachers mean score of female school teachers was seen 101.11. The calculated 't' value came out to be 3.62, which is significant at 0.01 level of confidence. Thus, from the results, it can be revealed that there is significant difference between 0.60 does not exceed table value at 0.01 level of confidence. Thus, it can be inferred that there exists no significant difference between male and female secondary school students on their attitude towards yoga. However, male secondary school students were observed with more favourable attitude towards yoga as compared to female respondents. Thus, from the results it can be revealed that there is significant impact of gender on yoga. Thus, the obtained results are against the hypothesis, which reads as "There is no significant difference between male and female secondary school students on their attitude towards yoga". Hence, the null hypothesis stands rejected. The results are carried out in consonance of most of the researchers like; Mahendra Kumar Singh, Arjun Singh Solanki (2015), R.N. Shashikala & Vijay R Surya Vanshi, (2016)<sup>[11]</sup>.

Mahendra Kumar Singh, Arjun Singh Solanki (2015) conducted a study on Attitude of male and female secondary school students towards yoga and results revealed an insignificant difference was found in attitude towards yoga between male and female secondary school students. R. N. Shashikala & Vijay R Surya Vanshi, (2016)<sup>[11]</sup>. found significant difference between male and female students on yoga. Male students were observed more favourable attitude towards yoga as compared to female students.

### 11. Conclusions of the Study

On the basis of the result it may be concluded that there is significant impact of gender on the attitude towards yoga. Male secondary school students were observed with high level of yogic attitude as compared to female respondents. The results may attribute to this fact that low level of self-efficacy is inclined towards the behaviour of female adolescents as compared to male adolescents.

### 12. Suggestions of the Study

It is found that gender has significant impact on yoga attitude among secondary school students. Therefore required number of Yoga instructors must be appointed in state and central government schools. The system of educating children has to be combined with certain practices which can remove their psychological blocks, which can make them aware of the psychological changes that happen in their body and brain, which can make them aware of their own distractions and which can give them the ability to focus on the theme of the subject they are studying. Female physical education teachers must be recruited in the department, so that gender gap may be bridged out. For this Physical Education teachers must also focus on importance of yoga in schools, as Yoga reduces the effects of stress among the students and induces a feeling of calm and peacefulness, combats depression and anxiety, counteracts helplessness and weakness, and thus increases self-esteem. The training programmes on yoga must be implemented in schools to improve the behaviour and the quality of the students. Because, Yoga offers the simple, safe and practical

techniques for the students to quickly reduce tension and stress at any time and place.

### 13. Recommendations for Further Research

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

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

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