



ATTITUDE TOWARDS YOGA AMONG SECONDARY SCHOOL STUDENTS

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ABSTRACT

The goal of the study was to evaluate the attitude of secondary school students towards yoga. For this purpose 150 secondary school students in Bankura district of West Bengal were taken as representative sample for the whole population. The sample of 150 secondary school students were selected through stratified random sampling. To analyze attitude towards Yoga of the students yoga attitude scale was used. The statistical technique used for this study was mean, standard deviation and t-test. The purpose of the study was to compare attitude towards Yoga between Government and Self-finance secondary school students, Government and Government-aided secondary school students, Government-aided and Self-finance secondary school students, Male and Female secondary students, Rural and Urban secondary students and General and SC/ST secondary students in Bankura district of West Bengal. The level of significance was tested at 0.05 levels. The findings of the study shows that, the attitude of secondary school students in Bankura district of West Bengal is neither more favourable nor unfavourable towards Yoga i.e. satisfactory or average in attitude towards Yoga.

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INTRODUCTION

In the past decade, the practice of yoga in the united states has interested dramatically. Due to this increase, many different styles of yoga have appeared across the nation to accommodate the growing interest. In today's world all young men live their life with stress, hard work, tension, fear of life, depression etc. Adolescents are confronted with a variety of life stressors from both school and home. Yoga programs within schools have become more widespread. There are many known benefits to the regular practice of yoga, which would help to minimize many of the problems associated with aging. Regular exercise can help to maintain muscle strength and tone and bone density, joint flexibility and improve posture balance and maintain mobility. Yoga has also been shown to be beneficial in the management of stress, anxiety and depression, aiding in the maintenance of mental health. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga education can supplement school education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Yoga education helps in self discipline and self control, leading to immense amount of awareness, concentration and higher level of consciousness.

Yoga has been an 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. Yoga is basically the most important ancient art that aims towards the building up of a healthy mind within a healthy body. For that reason, it is considered to be the harmonizing system which rejuvenates the body, mind as well as the soul. The great saints, therefore, have mentioned yoga to be a universal attribute of mind which enhances the physical, spiritual and mental status of the human body. For that reason, various schools are practicing the yoga. The basic advantages of yoga are it helps in dealing with various difficulties, conflicts, distractions, problems and dissipation faced by the children.

Need and significance of the study: The 21st century is an age of quick changes in the social, economic, political and cultural values. Adolescence is an important time for the development of mental health. Now day's student's life revolves around academic activities, to score good grades in the examination, performing better at the workplace and a lot of other hectic activities. They don't get much time for themselves or to relax their mind. To get first in the race of life, they lack somewhere behind and alleviate more and more stress for themselves. Stress is a major obstacle to academic achievement and yoga's stress relief powers have been shown to improve memory in both adults and children, a benefit that would seem certain to improve academic performance. Yoga is an ancient art which was originated in India around six thousand years ago. Earlier people were used to of practicing yoga and meditation in their

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daily lives to live healthy and strong whole life. To enhance its awareness about all benefits all over the world, the Indian prime minister, Narendra modi has suggested to the United Nations General Assembly to declare the 21st of June as an international day of yoga so that each and every many know about yoga and can be benefited. Yoga is most important for everyone's life as it helps in balancing the relationship between body and mind. Now-a-days, it is very necessary to practice yoga again to make lives of people better.

Today's secondary students or any students are the future of India. Secondary students are for more mature than other pupils who are studying in lower levels of students. They will understand the importance of yoga and the worth of the study. Therefore, the researcher feels that particularly the secondary student's opinions or their attitude towards yoga can never be ignored, rather those should be reviewed or re-explored time to time, it is this feeling that has urged this investigator to take up the present study on a particular region of West Bengal. It is expected that, this study through small, will be able to make some significant contributions in the field of education.

Statement of the problem: The problem for the present study may be specification stated as below-

"Attitude towards Yoga among secondary school students."

Operational definitions of important terms

The operational definitions of the terms in this present study were:-

Attitude

Travers (1973) - "An attitude is a respond in such a way that behaviour is given ascertain direction."

Meckeachie, W.J. and Doyel, C.L. (1966) - "We define an attitude as an organization of concepts, beliefs, habits and motives associated with a particular object."

Whiltaker, J.O. (1970) - "An attitude is a predisposition or readiness to respond in a predetermined manner to relevant stimuli."

Yoga

Bhagavad Gita and Yogasutras said that- "Yoga, is a meditative means of discovering dysfunctional perception and cognition, as well as overcoming it for release from suffering, inner peace and salvation."

Gurudev Sri Sri Ravi Shankar said that- "Yoga is not just exercise and asanas. It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of something beyond all imagination."

Delimitations of the study

1. Geographical Area:- The investigation was delimited to only Bankura district of West Bengal.
2. Level of Education:- The study was restricted to the secondary students of Bankura district of West Bengal.
3. Type of Study:- This study was conducted only at surface level, it was not an 'in-depth' study. Attempts to know the subjects attitude by administering an attitude scale constructed by the researcher herself. No school comparison was done. Only intra district comparison between the Government and Self-finance school, Government and Government aided school, Government

aided and Self-finance school, Male and Female students, Rural and Urban students, General and SC/ST students were done.

Objectives of the study

1. To ascertain the attitude of secondary school students towards Yoga in Bankura district of West Bengal.
2. To find out the difference between Government and Self-finance secondary school students' attitude towards Yoga.
3. To find out the difference between Government and Government aided secondary school students' attitude towards Yoga.
4. To find out the difference between Government-aided and Self-financed secondary school students' attitude towards Yoga.
5. To find out the difference between Male and Female secondary school students' attitude towards Yoga.
6. To find out the difference between Rural and Urban secondary school students' attitude towards Yoga.
7. To find out the difference between General and SC/ST secondary school students' attitude towards Yoga.

Hypotheses of the study

- H₁ The secondary school students will have more favourable attitude towards Yoga in Bankura district of West Bengal.
- H₂ There is significant difference between Government and Self-finance secondary school students' attitude towards Yoga.
- H₃ There is significant difference between Government and Government aided secondary school students' attitude towards Yoga.
- H₄ There is significant difference between Government-aided and Self-finance secondary school students' attitude towards Yoga.
- H₅ There is significant difference between Male and Female secondary school students' attitude towards Yoga.
- H₆ There is significant difference between Rural and Urban secondary school students' attitude towards Yoga.
- H₇ There is significant difference between General and SC/ST secondary school students' attitude towards Yoga.

METHODOLOGY OF THE STUDY

Population of the study: The secondary school students in Bankura district of West Bengal comprised the population of this study.

Sample and sampling procedure: 150 secondary school students in Bankura district of West Bengal were taken as representative sample for the whole population. Stratified random sampling technique was followed for selecting the students.

Table 1

Type of school	N	Gender		Location of students		Caste	
		Male	Female	Rural	Urban	General	SC/ST
Government school	50	25	25	24	26	36	14
Government-Aided school	50	25	25	30	20	22	28
Self-finance School	50	25	25	12	38	37	13

Variable of the study

1. Dependent variable :-
 - Attitude scale towards yoga
2. Independent variable:-
 - Type of school
 - Gender of student
 - Location of student
 - Caste of student

Tool Used: An attitude scale (Likert Type) was used for knowing the attitude of the secondary school students towards Yoga.

Statistical technique used: The mean, standard deviation and t-ratio techniques were used for analyzing the data.

Analysis and interpretation of data

Testing of hypothesis

H₁: Secondary school Students will have more favourable attitude towards Yoga in Bankura district of West Bengal.

Table-2 To ascertain the attitude of Secondary school students in Bankura district of West Bengal towards Yoga.

Category	N	Mean	S.D
Student	150	84.46	11.46

Through the help of cut-off point we verify the H₁. Here Cut-off Point is $M + 1\sigma$. It means, Mean=84.46, N=150 and $\sigma=11.46$ Hence $M + 1\sigma$ is $84.46 + 1 \times 11.46 = 95.92$. And $M - 1\sigma = 84.46 - 11.46 = 73.00$. Most of the secondary school student's (103 in number) i.e., 68.67 % of students were lies between 95.92 to 73.00 scores. Hence, it can be said that the attitude of secondary school students in Bankura district of West Bengal is neither more favourable nor unfavourable towards Yoga i.e., satisfactory or average in attitude towards Yoga.

H₂: There is significant difference between Government and Self-finance secondary school students' attitude towards Yoga.

Table 3

Variable Type of school	N	Mean	S.D	ΣD^2	SE _D	df	t-value	Remark
Government School	50	86.74	10.78	5805.31				Significant at 0.05 level
Self-finance School	50	81.52	11.68	6818.46	2.25	98	2.32	

It is inferred from the above table-3 that the calculated t- value (2.32) is greater than the table value (1.96). It is indicated that the difference between the two variables is significant at 0.05 levels. Hence, the researcher's H₂ is accepted and the Ho₂ is rejected. Thus, there is a significant difference between Government and Self-finance secondary school students' attitude towards Yoga.

H₃: There is significant difference between Government-aided and Self-finance secondary school students' attitude towards Yoga.

Table 4

Variable Type of school	N	Mean	S.D	ΣD^2	SE _D	df	t-value	Remark
Government School	50	86.74	10.78	5805.31				Not significant at 0.05 level
Government-Aided School	50	85.14	11.23	6302.04	2.20	98	0.73	

It is inferred from the above table-4 that the calculated t- value (0.73) is lesser than the table value (1.96). It is indicated that

the difference between the two variables is not significant at 0.05 levels. Hence, the Ho₃ is accepted and the researcher H₃ is rejected. Thus, there is no significant difference between Government and Government-aided secondary school students' attitude towards Yoga.

H₄: There is significant difference between Government-aided and Self-finance secondary school students' attitude towards Yoga.

Table 5

Variable Type of school	N	Mean	S.D	ΣD^2	SE _D	df	t-value	Remark
Government-Aided school	50	85.14	11.23	6302.04				Not significant at 0.05 level
Self-finance School	50	81.52	11.68	6818.46	2.29	98	1.58	

It is inferred from the above table-5 that the calculated t- value (1.58) is lesser than the table value (1.96). It is indicated that the difference between the two variables is not significant at 0.05 levels. Hence, the Ho₄ is accepted and the researcher H₄ is rejected. Thus, there is no significant difference between Government-aided and self-finance secondary school students' attitude towards Yoga.

H₅: There is significant difference between Male and Female secondary school students' attitude towards Yoga.

Table 6

Variable Gender	N	Mean	S.D	ΣD^2	SE _D	df	t-value	Remark
Male	75	85.72	12.38	11499.01				Not significant at 0.05 level
Female	75	83.20	10.26	7888.00	1.85	148	1.36	

It is inferred from the above table-6 that the calculated t- value (1.36) is lesser than the table value (1.96). It is indicated that the difference between the two variables is not significant at 0.05 levels. Hence, the Ho₅ is accepted and the researcher H₅ is rejected. Thus, there is no significant difference between Male and Female secondary school students' attitude towards Yoga.

H₆: There is significant difference between Rural and Urban secondary school students' attitude towards Yoga.

Table 7

Variable Location of student	N	Mean	S.D	ΣD^2	SE _D	df	t-value	Remark
Rural	66	83.74	11.85	9266.76				Not significant at 0.05 level
Urban	84	85.02	11.11	10363.92	1.90	148	0.67	

It is inferred from the above table-7 that the calculated t- value (0.67) is lesser than the table value (1.96). It is indicated that the difference between the two variables is not significant at 0.05 levels. Hence, the Ho₆ is accepted and the researcher H₆ is rejected. Thus, there is no significant difference between Rural and Urban secondary school students' attitude towards Yoga.

H₇: There is significant difference between General and SC/ST secondary school students' attitude towards Yoga.

Table 8

Variable Caste	N	Mean	S.D	ΣD^2	SE _D	df	t-value	Remark
General	95	83.39	11.25	12018.39				Not significant at 0.05 level
SC/ST	55	86.31	11.60	7396.63	1.94	148	1.51	

It is inferred from the above table-8 that the calculated t- value (1.51) is lesser than the table value (1.96). It is indicated that the difference between the two variables is not significant at 0.05 levels. Hence, the H_0 is accepted and the researcher H_1 is rejected. Thus, there is no significant difference between General and SC/ST secondary school student's attitude towards Yoga.

Major findings of the study

Analysis of data shows the important findings of the present study-

1. The attitude of secondary school students in Bankura district of West Bengal is neither more favourable nor unfavourable towards Yoga i.e. satisfactory or average in attitude towards Yoga.
2. There is a significant difference between Government and Self-finance secondary school students' attitude towards Yoga. Government secondary school students have a better attitude towards Yoga than that of Self-finance secondary school students.
3. There is no significant difference between Government and Government-aided secondary school students' attitude towards Yoga.
4. There is no significant difference between Government-aided and self-finance secondary school students' attitude towards Yoga.
5. There is no significant difference between Male and Female secondary school students' attitude towards Yoga.
6. There is no significant difference between Rural and Urban secondary school students' attitude towards Yoga.
7. There is no significant difference between General and SC/ST secondary school students' attitude towards Yoga.

Limitation of the study

The present study has some limitations, those are as follows-

1. The present study was conducted only a surface level. It was not an intensive and 'in-depth' study.
2. The study was limited to the 150.
3. The study was conducted only in a particular district (Bankura) of West Bengal.
4. The study was conducted only at secondary level in the district of Bankura.
5. Attitude of the students was measured only through administration of an attitude scale constructed by the investigators.

Suggestion for further studies

1. Similar studies can be conducted by taking larger sample from other part of the country.
2. Similar studies can be done at various levels of education in India.
3. Similar studies can be under taken in different state of India.
4. Similar studies can be done in different socio-economic status.
5. 'In-depth' students may be conducted in order to know real attitude of the subject. A team work may be required for the purpose.

Educational implication of the study

1. The present study helps to understand student's attitude in Yoga in West Bengal.
2. The present study may help to educational policy making as well as planning.
3. This study is very much essential for the development of student's interest, attitude, knowledge, motivation towards Yoga.
4. This study is very much essential for students self development.

CONCLUSION

Education system not only in India but the modern globalizing world also really is in great need of taking help of yoga system. Therefore it is high time to think seriously on inclusion of yoga and yogic values in education system. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity. Yoga can supplement school education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated member of the society and of the nation. The present study shows that, the attitude of secondary school students in Bankura district of West Bengal is neither more favourable nor unfavourable towards Yoga i.e. satisfactory or average in attitude towards Yoga.

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