



ATTITUDE TOWARDS YOGA EDUCATION AMONG UNDERGRADUATE STUDENTS

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ABSTRACT

The present study was aimed at assessing the attitude of undergraduate students towards yoga education. The study analyzed the data from 295 undergraduate students. Out of these, 161 students were male and 134 female. A questionnaire related to attitude towards yoga education was developed and standardized by the investigators and was used to collect responses from the students. The findings of this study revealed that there is no significant difference existing between male vs. female and rural college vs. urban college undergraduate students regarding their attitude toward yoga education. Another finding of this study also showed that there is no significant difference existing between arts and science undergraduate students regarding their attitude toward yoga education.

I. INTRODUCTION

We need to know about yoga before we can learn about yoga education. Yoga is an integral part of the current education system because; one of the main goals of the current education system is the overall development of the children. Yoga is a medium through which students develop mentally as well as physically. Yoga is essentially a spiritual discipline based on an extremely subtle science that focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. According to Yogic lore, Shiva is seen as the first yogi or Adiyogi and the first guru or Adiguru. Several thousand years ago, on the banks of Lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or 'seven sages'. According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be 'in Yoga' and is termed as a yogi who has attained a state of freedom, referred to as Mukti, nirvana, Kaivalya, or Moksha. Yoga also refers to an inner science comprising a variety of methods through which human beings can achieve union between the body and mind to attain self-realization. The aim of Yoga practice (sādhana) is to overcome all kinds of suffering that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony. Yoga education can supplement school and university 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 society and the nation. Practicing yoga can help reduce stress, anxiety symptoms and depression (Cvitkovic, 2021). The practice of yoga not only helps to keep the mental body strong and supple but also incorporates mental activities and disciplines that help to develop attention and concentration and stimulate the creative ability that is latent within the human body (Kumar, 2012). With the intervention of yoga, academic performance improves by optimizing the stress level (Sharma and Kauts, 2009). The practice of yoga helps to develop qualities like positive thinking, inner peace, compassion, skill for nonviolent conflict resolution, respect for the self and others, etc. which are regarded as components of peace behavior (Sharma, 2018). The practice of yoga show promises for promoting better mental health (Avasthi, 2018). Yoga in education specially focused meditation practice in classroom teaching can play an important role to achieve the aim and objective of true education (Devi and Rathore, 2021). Yoga education is the educational appendage to school and university knowledge. This education gives students physical and mental integration of their physical, mental and spiritual faculties so that the students can be integrated into society with a sober mind of yoga and meditation. Yoga education is the only education through which it is possible to make students aware of yoga and develop a positive attitude toward yoga among them. Therefore, with the help of this study the researcher tries to know the attitude of undergraduate students of Purulia Districts towards yoga.



II. LITERATURE REVIEW

Saha, B., Sen, S. & Adhikari, A. (2021) examined the attitude of college students towards yoga using clustering techniques. The findings of this study revealed that female students of arts formed two clusters, male students of arts formed one cluster, one cluster is formed by science students and one cluster is formed by arts, commerce and science students. Sembian (2019) conducted a study on attitudes toward yoga among secondary school students in Cuddalore District. The main objective of this study is to test the attitude of secondary school students towards yoga. Overall findings of this study revealed that the attitude of secondary school students in the Cuddalore district is neither more favorable nor unfavorable towards Yoga. Another finding of this study also showed that there is a significant difference existing between Government and Self-finance secondary school students regarding their attitude toward Yoga. Government secondary school students have a better attitude towards Yoga than that Self-finance secondary school students. Nanaware and Palanethra (2019) conducted a study on the attitude of teacher trainees towards yoga as an organized activity. The results of this study showed that arts and science teacher trainees of the training colleges had sound awareness, most of the arts and science teacher-trainees' showed a favorable attitude towards Yoga. Hasan and Halder (2019) conducted a study on attitudes towards yoga education in school among secondary students. The findings of this study found that there is a significant difference existing between urban and rural students, between high achiever and low achiever students but there is no significant difference existing between male and female secondary students. Taylor et al. (2019) examined integrating yoga into a comprehensive school counseling program: a qualitative approach. The main aims of this study are to investigate the lived experiences of 10 school counselors who integrate yoga into their comprehensive school counseling programs. The findings of this study showed five significant themes and subsequent subthemes describing the participants' lived experiences of yoga integration within their school counseling programs. They include implications for research and practice. Wise (2017) studied yoga as a reasonable alternative to physical therapy for lower back pain. The findings of this study revealed that a yoga class designed for chronic low back pain in patients was as effective as physical therapy for reducing pain, improving function and lowering the use of pain medicine. Yang and James (2016) examined yoga as a transitional platform to a more active lifestyle. The findings of this study revealed that a yoga program may be utilized as a stepping stone toward regular exercise among overweight sedentary adults. Nguyen et al. (2014) conducted a study on hot yoga establishments in local communities serving pregnant women: a pilot study on the health implications of its practice and environmental conditions. The finding of this study revealed that mothers who practiced prenatal hot yoga were more likely than non-hot yoga practitioners to have someone aside from an obstetrician/gynecologist discuss prenatal exercise safety with them. Another finding also revealed that prenatal public health education campaigns need to be refined. Public health officials and obstetricians/gynecologists need to be aware that those who engage in a hot yoga practice are more likely to trust someone other than their

health care provider or public health professional regarding the safety of this practice. Hyde (2012) examined the yoga in schools' movement: using standards for educating the whole child and making space for teacher self-care. The researcher concluded that Yoga is not a religion; therefore, including schools as part of the regular school day, or as does not constitute an establishment of religion. Hartfiel et al. (2011) examined the effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace. The finding of this study revealed that even a short program of yoga is effective for enhancing emotional well-being and resilience to stress in the workplace. They suggest that employers should consider offering yoga classes to their employees. Brisbon and Lowery (2011) conducted a study on Mindfulness and Levels of Stress: A Comparison of Beginner and Advanced Hatha Yoga Practitioners. The main objective of this study is to examine mindfulness and stress levels in beginner and advanced practitioners of Hatha yoga. The findings of this study revealed a significant negative correlation between mindfulness and stress levels and there are no significant correlations found between experience levels and mindfulness and stress. Chaoul and Cohen (2010) investigated rethinking yoga and the application of yoga in modern medicine. Through in this study, the researchers discussed the use of the term as pan-Asian mind-body practices, and provide an overview of research being conducted with this practice. The investigators said the big strides in our understanding of the role of mind-body practices in health and well-being come from some of the studies examining psychological, behavioral and biological outcomes. Alexander et al. (2008) conducted a study on contextualizing the effects of yoga therapy on diabetes management: a review of the social determinants of physical activity. The findings of this study indicated that yoga has a positive short-term effect on multiple diabetes-related outcomes. However, the long-term effects of yoga therapy on diabetes management remain unclear. Potter (2007) conducted a study on Rock Hopping, Yoga and Student Empowerment: A Case Study of a Sustainable School. The main objective of this study is to afford ideas and support for teachers and school managers who wish to maximize the influence that schools can have on creating a more sustainable future. Scholz (2005) studied Bible and yoga: towards an esoteric reading of biblical literature. The researchers concluded that Christian mystics of the past rarely practiced Yoga to reach union with the divine, Bible reading might nurture a connection with the divine.

III. OBJECTIVES OF THE STUDY

The main objectives of this study are:

- i. To study the difference between the attitude of male and female students towards yogaeducation.
- ii. To explore the difference between the attitude of rural college and urban college students towards yoga education.
- iii. To find out the difference between the attitude of arts and science students towards yogaeducation.



IV. HYPOTHESES OF THE STUDY

In order to conduct this study precisely, following null hypotheses has been developed:

H₀1: There is no significant difference between the attitude of male and female students towards yoga education.

H₀2: There is no significant difference between the attitude of rural college and urban college students towards yoga education.

H₀3: There is no significant difference between the attitude of arts and science students towards yoga education.

V. METHODOLOGY

In this chapter, the methodology or the design of the research is discussed. In this chapter, the details of the present research are given. From this chapter, it is clear what the objective of the study is. This study was conducted through a descriptive survey type research method.

V.1 Population of the study

The population area of this study is all the Undergraduate students of Purulia, Purulia, West Bengal, India.

V.2 Sample and sampling

In this research study stratified random sampling method was used for selecting the samples for the study. A total number of 295 students were selected from two colleges representing one college from urban areas and another one is rural areas.

V.3 Instrument used for data collection

To assess the attitude of undergraduate students towards yoga education, the investigators framed a Likert-type yoga education questionnaire with 40 statements. Scores that were given to the positive questions: 5 for Strongly Agree, 4 for Agree, 3 for Neutral, 2 for Disagree, and 1 for Strongly Disagree, and ascending for the negative questions. The investigators standardized this questionnaire by following standard procedure. The reliability of the scale was determined by calculating the reliability coefficient on a sample of 200 undergraduate students. The Cronbach's alpha value was found 0.79 which proved the acceptability of the overall reliability of this scale.

VI. ANALYSIS AND INTERPRETATION

A. Descriptive Statistics

Descriptive statistics are used to describe or summarize the characteristics of a sample or data set, such as variable's mean, S.D, or frequency. Here we present our descriptive data (Table 1) in the form of mean and standard deviation (S.D) for the scores of attitude towards yoga education among undergraduate students.

Table 1

Variables	N	Mean	S.D
Male	161	147.87	15.33
Female	134	149.36	14.25
Rural College	148	150	14.89
Urban College	147	146	14.59
Arts	178	149.30	15.25
Science	117	147.41	14.22

B. Inferential Statistic

Inferential statistic plays an important role in hypothesis testing. It is a branch of statistic that makes the use of various analytical tools to draw inferences about the population data from sample data. For the present study, we have constructed 't'-value (Table 2) to analyze the mean difference between the pairs.

Table 2

Pair of Composition	N	df	Mean Difference	't'-value
Male	161	293	1.49	0.39
Female	134			
Rural College	148	293	4	0.01
Urban College	147			
Arts	148	293	1.89	0.28
Science	117			

VII. HYPOTHESIS TESTING

A. Testing of H₀1

The mean (M) of attitude towards yoga education scores for male and female undergraduate students are 147.87 (S. D= 15.33) and 149.36 (S. D=14.25) respectively and the calculated 't' value between this pair is 0.39. The critical value of df 293 is 1.96 and 2.58 at 0.05 level and 0.01 is the level of significance respectively. So, it is found that the calculated 't' value is less than the critical value at 0.01 and 0.05 level of significance. Thus, it is evident that there is no significance difference existing between male and female undergraduate students of Purulia District regarding to their attitude towards yoga education. Hence the H₀1 "There is no significant difference between the attitude of male and female students towards yoga education" is accepted at 0.01 level of significance.

B. Testing of H₀2

The mean (M) of attitude towards yoga education scores for rural college and urban college students are 150 (S. D=14.89) and 146 (S. D=14.59) respectively and the 't' value for the pair of rural college and urban college students is found 0.01 which is less than the 't' table value at 0.01 level of significance. It is evident that the H₀2 is accepted at both level and there is no significant difference existing between rural college and urban college students regarding their attitude towards yoga education.

C. Testing of H₀3

The mean (M) of arts and science undergraduate students regarding their attitude towards yoga education are 149.30 (S. D=15.24) and 147.41 (S. D=14.42) respectively and the calculated 't' value between arts and science undergraduate students regarding their attitude towards yoga education is 0.28. The critical value of df 293 is 1.96 and 2.58 at 0.05 level and 0.01 level of significance respectively. So, it is found that the calculated 't' value is less than the critical value at 0.01 and 0.05 level of significance. Thus, it is evident that there is no significance difference between arts and science undergraduate students of Purulia District regarding to their attitude towards yoga education.



VIII. DISCUSSION

The 't'-value of male and female indicated that there is no significant difference existing between male and female undergraduate students regarding their attitude toward yoga education. This result is supported by different researchers (Saha, 2021; Sembian, 2019; Singh, 2017; Narang, 2017; Gray, 2013; and opposed by Mehta and Pathak, 2020 ;). But the mean score is a slight different between these two variables. The mean score of male undergraduate students is a little more than female undergraduate students. Other findings of this study also indicated that there is no significant difference existing between rural college and urban college students in the Purulia district regarding their attitude towards yoga education (Sembian, 2019 and Singh, 2017). But mean score of rural college students (Mean=150) is found higher than that of urban college students (Mean=146). That proved that rural college students showed a more favourable attitude toward yoga education than urban college students. The science and arts undergraduate students revealed their attitude toward yoga education is not significant, but the mean score of art students is also little more than that of science undergraduate students.

IX. CONCLUSION

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath and energy. The overall findings of this study revealed that there is no significant difference existing between male and female, rural college students and urban college students, and arts as well as science students. But the mean score of rural college students is found higher than that of urban college students which proved that rural college students showed favourable attitude towards yoga education. Therefore, we need to make sure that urban boys and girls put a little more emphasis on yoga education.

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