



Research article

ATTITUDE OF HIGHER SECONDARY SCHOOL STUDENTS TOWARDS YOGA EDUCATION IN PURULIA DISTRICT OF WEST BENGAL - AN EMPIRICAL STUDY

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Abstract

Yoga does not mean union, but spiritual effort to attain perfection through the control of the body, senses and mind, and through right discrimination between Purusa and Prakriti. — Patanjali. Now a day's maximum students are engaged in social media, and they are losing interest to plays, physical exercises and other activities. They are suffering from many physical problems and diseases, so yoga education helps them to out come from these health hazards. The student cannot keep much interest in their study, academic activity and their performance in the entire examination consequently. In this situation, yoga is very essential for the students to keep their eyes in their study and academic activity. In the present study, the investigators made an attempt to study the attitude of higher secondary schools students towards yoga education in Purulia district of West Bengal. The descriptive survey method was used. 150 Students [both male (87) and female (63) of Class XII in Purulia district were taken as representative sample of the whole population. An attitude scale was used for collecting the data. The means of both groups were tested for significance of difference by using t and F-tests. Results indicated that the attitude of higher secondary school students towards yoga education was neither more favourable nor unfavourable, but satisfactory or average. The attitude of higher secondary male and female students was statistically not significant. The attitudes of higher secondary Rural and Urban, Arts and Science students were statistically significant. There is no significant difference among the attitude of General, SC, ST, and OBC higher secondary school students towards yoga education.

Keywords: Attitude, Yoga, Yoga Education, Higher Secondary School.

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INTRODUCTION

Modern age is the age of science and technology. Tremendous explosion of knowledge in science and technology has changed the life style of people. Though, we are living more luxurious life in comparison to that of our ancestors due to modern amenities, but never in the history man has been so much puzzled, fearful and tensed. What we learn from news papers are repeated incidences of crime, corruption, rape, Maoist action, kidnapping, murders of kith and kins for petty economic gains, violence among the younger generations and physical disorders due to environmental degradation. In this backdrop, Yoga education plays an important role for awakening and keeping of moral consciousness, physical fitness, social adjustment and mental soundness among the human being (Behera, S.K., 2011). Today Frustration, Anxiety, Mental Stress, Mental related diseases etc. are increasing in our society. Due to these diseases many persons including the students feels Isolation, Anger, Confusion, Depression, Mood disorders, Attention deficit-hyperactive disorder, Obsessive disorder, Adjustment disorder etc. Under the effect of on top of Mental related disorders the level of students' Exam's Achievements are much low. The training of 'Yoga' would give the proper direction for the betterment in Exam's achievements & much give positive peace of mind (Sarkar, S. R., 2017). Physical stress and mental stress are increasingly common phenomena in our rapidly changing and stressful modern society.

Yoga to produce positive and demonstrable stress reduction effects on brain and immune function (Parmar, Prince, 2015). The term yoga comes from a Sanskrit word which means yoke or union. Traditionally, yoga is a method joining the individual self with the Divine, Universal Spirit or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment (Patel, A. & Smitaben, C., 2012).

CONCEPT OF YOGA

The word yoga is derived from the Sanskrit root "yuj" meaning to "unite", "to combine", and "to integrate", which means total integration of the physical, mental, intellectual and spiritual aspects of the human personality. Yoga is a way of life, propounded by Patanjili in a systematic form. Today yoga is the most important in human life; this yoga is most popular in India. Present Prime Minister Narendra Modi emphasizes yoga practice in every student. But yoga is very wide and meaningful so.

- In Gita, Lord Sri Krishna says: "Yogah Karmasu Kausalam". Lord Sri Krishna, in the Gita, also says that yoga is a way by which a person can discharge his duties efficiently with mental equilibrium and body poise.
- Patanjali says "Yoga as the Inhibition or Restraint of Modification of the Mind". Yoga begins when thinking stop. Yoga does not mean union, but spiritual effort to attain perfection

through the control of the body, sense and mind and through right discrimination between purusa and prakriti.

- According to Swami Vivekananda, yoga may be regarded as a means of compressing one's evolution into a single life or a few years or even a few months of bodily existence. Yoga education is very much essential in all levels of education. It is an agreement between the individual and the universe, between thought and act and between spirit and god.
- According to BSK Iyengar “yoga is the method by which the restless mind is calmed and the energy directed into constructive channels.

MEANING OF YOGA EDUCATION

Yoga education can enhance all the activities of the students, be it academic or sport or social. 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 education is a holistic science. It is a conscious and systematic process for the complete physical, mental, emotional, and spiritual development of men. Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Yoga Education is based on four aspects-Bhavas or attitudes: Dharma (Duty and Discipline), Jnana (Knowledge), Vairagya (Detachment) and Aishvarya (Self-realization). These four aspects are related and covered by Astanga Yoga, The Classical Yoga as Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyan and Samadhi

(<http://theyogainstitutemumbai.blogspot.in/2011/09/aims-and-objectives-of-yoga-education.htm>).

STATEMENT OF THE PROBLEM

The problem for the present study may be specifically stated as below: “Attitude of Higher Secondary School Students towards Yoga Education in Purulia District of West Bengal - An Empirical Study”

REVIEW OF THE RELATED LITERATURE

Behera, S.K. (2011) has conducted a study on “The attitude of secondary school students towards Yoga Education in Keonjhar District of Orissa - A Study”. The results of the study were: 1. Most of the secondary school students are favourable attitude towards yoga education in Keonjhar district of Orissa. 2. There is significant difference between the attitude of male- students and female-students reading in secondary school towards yoga education. 3. Significant difference between the attitude of rural and urban school students towards yoga education. 4. Significant difference between the attitude of SC and ST students reading in secondary schools towards yoga education. 5. Significant difference between the attitude of class IX students and class X students of the secondary schools towards yoga education. Zeng, H. Z., Hipscher, M, & Leung, R. W. (2011) have conducted a study on “Attitudes of high school students toward physical Education and their sport activity preferences”. The aim of this study was to examine the ATPEA and sports/activities preferences of the high school students in the public schools from the five boroughs of New York City.

The result of the study shows that the overall mean score indicated positive ATPEA for the participants. The independent group ANOVAs identified significant differences in ATPEA scores with respect to participants' gender, ethnic group and Socio-Economic Status (SES). Patel, A.C. (2012) has conducted a study on "A study of attitude of B.Ed. student-teachers towards Yoga. The findings of the study were: 1. The B. Ed students had a favorable attitude towards yoga. 2. There was a significant difference between male and female B. Ed students in their attitude towards yoga. 3. There was significant difference between rural and urban area B. Ed students in their attitude towards yoga. 4. There was no significant difference between Arts and Science B. Ed students in their attitude towards yoga. 5. There was no significant difference between joint family and nuclear family B. Ed students in their attitude towards yoga. Umatiya, R.A. (2013) has conducted a study on attitude of M.Ed. student and teachers towards Yoga. The findings of the study were: 1. The M. Ed students had a favorable attitude towards yoga. 2. There was a significant difference between male and female M. Ed students in their attitude towards yoga. 3. There was no significant difference between joint family and nuclear family M. Ed students in their attitude towards yoga. 4. There was significant difference between rural and urban area M. Ed students in their attitude towards yoga. 5. There was no significant difference between Arts and Science M. Ed students in their attitude towards yoga. Singh, G.& Agarwal, S.(2013) have conducted a

study on "A comparative study on attitude of adolescent and adult towards Yoga" The main objective of the study was to compare the attitude of respondents belonging to different age groups. The result of the study shows that that most of respondents had very high Yoga attitude. There was a non-significant difference between age and attitude towards Yoga which meant that age had no impact on attitude towards Yoga. Kumar, Y.P & Sudhakar, T (2014) A study on awareness of yoga among secondary school students. Findings of the study were 1. Gender has no significant influence on the awareness of YOGA in secondary school students. 2. Management has no significant influence on the awareness of YOGA. Government school students do not differ from the private school students in their awareness of YOGA.3. There is significant influence on the awareness of YOGA among 8th & 9th Class secondary school students. Parmar, P. (2015) has conducted a study on "Attitude of teacher and student of senior secondary level towards yoga education". The findings of the study are: There exists significant difference in attitude of boys and girls towards yoga education. There exists no significant difference in attitude of male and female teachers towards yoga education. There exists no significant difference in attitude of teachers and students towards yoga education. Sarkar, S.R. (2017) has conducted a study on "Student attitude towards yoga and their peace of mind at secondary school of West Bengal". The result of the study has shown that: 1. Boy students are not significantly different from girl students in respect to their Attitude towards yoga. 2. Urban students

are significantly different from rural students in respect to their Attitude towards yoga.3.Male students are significantly different from female students in respect to their Peace of mind.4 Rural students are not significantly different from urban students in respect to their Peace of mind. 5. The attitude towards yoga and peace of mind in secondary level student is correlated.

DELIMITATIONS OF THE STUDY

The delimitations of the present study are as follows:

(A) Geographical Area:

The investigation was delimited to only Purulia district of West Bengal.

(B) Level of Education:

(i) The study was restricted to the higher secondary students (only Class-XII) in rural and urban schools in Purulia district.

OBJECTIVES OF THE STUDY

The following are the objectives of this study:

1. To ascertain the attitude of higher secondary school students towards yoga education in Purulia district of West Bengal.
2. To compare the attitude of male- and female higher secondary school students towards yoga education.
3. To compare the attitude of rural and urban higher secondary school students towards yoga education.
4. To compare the attitude of arts and science higher secondary school students towards yoga education.
5. To compare the attitude of General, SC, ST and OBC higher secondary

school students towards yoga education.

HYPOTHESES OF THE STUDY

The null hypotheses for the present study are as follows:

H₀₁: The higher secondary school students have unfavorable attitude towards yoga Education in Purulia district of West Bengal.

H₀₂: There is no significant difference between the attitude of male and female higher secondary school towards yoga education.

H₀₃: There is no significant difference between the attitude of rural and urban students in higher secondary schools towards yoga education.

H₀₄: There is no significant difference between the attitude of Arts and Science higher secondary schools students towards yoga education.

H₀₅: There is no significant difference among the attitude of General, SC, ST and OBC higher secondary school students towards yoga education.

METHODS AND MATERIALS

The present study is based on survey method, particularly, the normative survey research method.

Population of the Study

The higher secondary schools students in Purulia district of West Bengal comprised the population of this study.

Sample and Sampling Procedure

72 students of two rural schools and 78 students of three urban schools studying in class XII (Purulia district) were taken as representative sample of the whole population. Stratified Random sampling

technique was adopted for selecting the schools.

TABLE-I
SAMPLE PROFILE

Male	Female	Rural	Urban	Science	Arts	General	OBC	SC	ST
87	63	72	78	62	88	60	59	21	10
150		150		150		150			

Tool of the Study

An attitude scale (Likert -Type) was used for knowing the attitude of higher secondary school students towards yoga education.

ANALYSIS AND INTERPRETATION OF DATA

Objective-1: To ascertain the attitude of higher secondary school students towards yoga education in Purulia district of West Bengal.

H₀₁: The higher secondary education students have a an favorable attitude towards yoga in Purulia district of West Bengal.

TABLE- II
SHOWS THE MEAN, S.D OF HIGHER SECONDARY SCHOOLS STUDENTS

Category	N	Mean	S.D
Higher Secondary Students	150	148.42	10.86

TABLE-III
SHOWING THE RESULT OF ATTITUDE TOWARDS YOGA EDUCATION

Scores	Frequency	Percentage	Levels of Attitude
Above 159.28	18	12 %	Favorable
Between 137.56-159.28	107	71.33 %	Moderate / Average
Below 137.56	25	16.67%	Unfavorable
TOTAL	150	100	

From the Table- 3, it is found that the attitude of higher secondary school students towards yoga education are moderate level. (The analysis was done with the help of cut-off point i.e., $M \pm 1\sigma$).

TABLE-IV
SHOWING SIGNIFICANT DIFFERENCE BETWEEN VARIABLES:

Pair of Comparison	N	Mean	SD	SED	df	t-value	Remark
Male Students	87	149.34	11.1	1.8	148	1.22	#
Female Students	63	147.14	10.57				
Rural Students	72	145.29	12.28	1.71	148	3.5	*
Urban Students	78	151.31	8.56				
Science Students	62	150.59	10.96	1.78	148	2.07	*
Arts Students	88	146.89	10.51				

*Significant at 0.05 level and # Not significant at 0.05 level

TABLE-V
SHOWING THE RESULT OF MEAN, S.D OF DIFFERENT SOCIAL CLASSES

Social Class	N	Mean	SD
General	60	149.85	12.68
SC	21	151.38	8.44
ST	10	140	11.86
OBC	59	146.66	10.98

TABLE-VI
SHOWING THE RESULTS OF ANOVA

Sl. No	Variables	Source of Variation	df	Sum of Square	Mean Square	F-value
1	Social Class	Between Groups	3	684.717	228.239	1.958#
		Within Groups	146	17015.823	116.547	
		Total	149	17700.540		

*Significant at 0.05 level, # Not significant at 0.05 level

Testing of H₀₁:

Through the help of cut-off point the investigator verified the H₁. Here Cut-off Point is $M \pm 1\sigma$. It means, Mean=148.42, N=150 and $\sigma=10.86$. Hence $M + 1\sigma$ is $148.42 + 1 \times 10.86 = 159.28$. And $M - 1\sigma = 148.42 - 1 \times 10.86 = 137.56$. Most of the higher secondary school students (107 in number) i.e., 71.33 % of school students were lies between 137.56 to 159.28 scores. Hence, it can be said that the

attitude of higher secondary school students in Purulia District of West Bengal is moderate towards yoga education.

Testing of H₀₂:

From Table-4, it is found that the mean score of male higher secondary school students is 149.34 (S.D= 11.1) and female higher secondary school students is 147.14 (S.D=10.57) respectively. From Table-4, it is observed that the calculated'

value (1.22) is smaller than the table value (2.61 at 0.01 level & 1.98 at 0.05 level). That is to say that, the difference between the two groups (Male and Female) is not significant at 0.05 level. Hence, the H_{02} is accepted; that is to say that, there is no significant difference exists between the attitude of Male and Female higher secondary school students. The result corroborates with the findings of the study done by Kumar, Y.P & Sudhakar, T (2014).

Testing of H_{03} :

From Table-4, it is found that the mean score of rural higher secondary school students is 145.29 (S.D= 12.28) and urban students is (S.D=10.57) respectively. From Table-2, it is observed that the calculated' value (3.5) is greater than the table value (2.61 at 0.01 level & 1.98 at 0.05 level). That is to say that, the difference between the two groups (rural and urban) is significant at 0.05 level. Hence, the H_{03} is rejected and the researcher's H_3 is accepted; that is to say that, there is significant difference exists between the attitude of rural and urban higher secondary schools students. The result corroborates with the findings of the study done by Sarkar, S.R. (2017).

Testing of H_{04} :

From Table-4, it is found that the mean score of science higher secondary school students is 150.59(S.D= 10.96) and arts students is 146.89 (S.D=10.51) respectively. From Table-2, it is observed that the calculated' value (2.07) is smaller than the table value 2.61 at 0.01 level & greater than 1.98 at 0.05 level. That is to say that, the difference between the two groups (arts and science) is significant at 0.05 level. Hence, the H_{04} is rejected and

the researcher's H_4 is rejected; that is to say that, there is significant difference exists between the attitude of arts and science higher secondary school students towards yoga education.

Testing of H_{05} :

From Table-6, it is found that the computed F-value (1.958) is less than the critical value of F (3.85 & 2.64) for 3 and 146 df at 0.01 and 0.05 level of significance. Hence the H_{05} is accepted and H_5 is rejected. It indicates that there is no significant difference among the attitude of General, SC, ST, and OBC higher secondary school students towards yoga education in Purulia district. Therefore it is concluded that Caste has no significant influence on the attitude towards yoga education in Purulia district.

EDUCATIONAL IMPLICATIONS

1. It is a humble attempt in this direction to assess the level of knowledge and attitude of students towards yoga education.
2. The study will be helpful for developing awareness about the importance of yoga education among the students of our country and abroad.
3. The study will be immensely helpful to organize different yoga education programmes for their (students) upliftment.
4. Physical fitness, mental peace, social adjustment, removal of ignorance, awakening to real self etc. are the need of the day for harmonious development of the students through yoga education.
5. Special programmes should be arranged in order to develop the

attitude towards Yoga education among the students.

6. The results of the study are expected to help the policy makers and planners to know the real status of yoga education in the context of higher secondary school students of West Bengal and India.

CONCLUSION

On the basis of this research work, it was found that the attitude of higher secondary school students towards yoga education was neither more favourable nor unfavourable, but satisfactory or average.

The attitude of higher secondary male and female students was statistically not significant. There is significant difference exist between rural and urban, Arts and science higher secondary students with regard to yoga education. Caste has no significant influence on the attitude towards yoga education. On the basis of this finding, Special programmes should be arranged in order to develop the attitude towards Yoga education among the students. Yoga education plays a vital role in our day today life. So yoga education should be included in all levels of education particularly higher secondary level.

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