

EFFECT OF YOGIC PRACTICES IN RELATION TO THE ATTITUDE TOWARDS YOGA OF FEMALE D.T.Ed. STUDENTS

Research Paper

Abstract

Yoga is considered to be truly a fascinating topic of the 21st Century. The present study was experimental in nature and a pre test, post test control group design with one experimental group was employed. This study shows that there is a significant difference between the mean gain scores in attitude towards yoga scores of the experimental group and control group.

INTRODUCTION

In ancient times, yoga techniques were kept secret, and were never written down or exposed to public view. Yoga is considered to be truly a fascinating topic of the 21st Century. Principles of yoga practices were passed on from teacher or guru to their disciple through oral instruction. Through personal experiences, yogis and sages were able to guide sincere aspirants along the correct path, removing all confusion, misunderstanding and excessive intellectual contemplation.

The common man will accept any system or process if it can prove its usefulness in the day-to-day aspects of life. As a proof, the society accepted and adopted science as an integral part of its structures as technology shelved the problem of providing the basic necessities of life offering a more comfortable life to an individual. Likewise, yoga offers man a conscious process to solve the menacing problems of unhappiness, restlessness, emotional-imbalance, hyper-activity, etc., in society and helps to evoke the hidden potentialities of man in a systematic and scientific way by which man becomes a fuller individual. All his faculties - physical, mental, intellectual and emotional - develop in a harmonious and integrated fashion to meet the all-round challenges in the modern technological era, with its hectic speed. The speciality of the yogic processes is that the faculties get sharpened in tune with the spiritual progress of man. Yoga plays a vital role in producing mentally and physically healthy human beings.

The final solution to all human problems

and the only source of real fulfillment is within us. Until well into the 20th century, most people interested in learning about the effects of meditation had to rely upon their own professional endeavors or evaluate anecdotal accounts professed by others who claimed an upper hand on the subject. Personal experience is by far the best teacher. However this method requires adequate attention and careful analysis of what is experienced or apprehended. Thankfully for the past several decades, scientific research with volunteer meditators has revealed that contemplative meditation correctly and regularly practiced does confer many enhancing benefits.

The attitude towards yoga has undergone a sea change over the last few years. This is not only for the people in India, where it originated, but also for the people in the countries all over the world. Yoga inculcates discipline. Apart from being therapeutic, it is an exhilarating experience to keep the body, mind and spirit in perfect harmony. The combination of postures, relaxation, repetitions and breathing cleanses the body of toxins, cleanses the mind and allows free flow of energy. Yoga also helps in releasing tension generated from repetitive mundane activities that make daily tasks unbearable. suppleness and flexibility of the body are regained and restored with regular practice of yoga.

Dr. V. Nimavathi Lecturer in Education
St. Xavier College of Education, Karupp
Kumbakonam - 612 402

NEED AND IMPORTANCE OF THE STUDY

Yoga, far from being a mere physical or breathing aerobatics or demonstration of magic or supernatural powers, is a science of the future, with a holistic vision relevant to a progressive society. Yoga is a conscious process for raising us from our animal instincts to a normal state of mind and elevating us to super human levels. Yoga helps to manifest the innate potentialities dormant in all of us and to foster a five-fold personality development - physical, intellectual, mental, emotional and spiritual. Yoga, the science to harness the will, calm the mind and steady the emotions, still not losing the sharpness of intellect is the key to human progress.

Yoga offers man a conscious process to solve the menacing problems of unhappiness, restlessness, emotional upset, hyperactivity etc. in the society and helps to evoke the hidden potentialities of man in a systematic and scientific way by which man becomes a fuller individual. All his faculties develop in a harmonious and integrated fashion to meet the all round challenge of the modern technological era with its hectic speed. The speciality of yogic practice is that the faculties get sharpened in tune with the spiritual progress of man. Yoga with its usefulness to modern man to relieve his stress and tensions, to patients in prevention, treatment, rehabilitation and promotion of positive health, to professionals in increasing their skills and improving the quality of their life etc., is attracting people from all sections of the society. It appears that we are heading from the era of science and technology to an age of yoga science. So a study in this area will pave the path to have a favourable attitude towards yoga among the female D.T.Ed. students, which may in turn lead to their healthier and happier life.

Singh (1997) explained the role of certain yogic asanas and physical exercise on selected coordinative abilities. Alman (2001) reported that breathing exercise, meditation and yoga stretching lead to stress reduction. Yoga helped to reduce anxiety level, a major source of stress among B.Ed. trainees (Sharma, 2001).

Gaur et al. (2003) have shown that yoga makes the mind strong by relieving anxiety and complexes (inferiority and superiority). This change helps to increase trust in the abilities and good qualities of the self i.e. self-confidence. Yogic practices successfully reduced the anxiety level of adolescents (Batani Devi and Meetu, 2003). Breathing helped to reduce stress among school students (Behan, 2004). Physical activity also helped to reduce stress (Chen, 2004). Yogic practices lead to decrease in depression among adults (Rani & Rao, 2005).

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OBJECTIVES

The present study has the following objectives:

1. To find out whether there is a significant difference between the attitude towards yoga of the experimental group and control group in the pretest.
2. To find out whether there is a significant difference between the attitude towards yoga of the experimental group and control group in the post test.
3. To find out whether there is a significant difference between the mean gain scores in attitude towards yoga of the experimental and control groups.

HYPOTHESES

The following hypotheses were formulated for the present study :

- 1) There is a significant difference between the mean attitude towards yoga of the experimental group and control group in the pre test.
- 2) There is a significant difference between the attitude towards yoga of the experimental group and control group in the post test.
- 3) There is a significant difference between the mean gain scores in the attitude towards yoga of the experimental group and control group.

METHOD

The present study was experimental in nature and a pretest, post test control group design with one experimental group was employed.

SAMPLE

The sample comprised of 60 D.T.Ed. female students from a Irudaya Andavar Teacher Training Institute, Kumbakonam Taluk. 60 students were randomly assigned to two groups, one experimental group and another control group.

TOOLS USED

The following tools have been used for the present study:

1. Yoga practical programme designed and instructed by the investigator.
2. Attitude towards yoga scale constructed and validated by Sembiyan.R. (2006).

STATISTICAL TECHNIQUES USED

In the present study, the following statistical techniques were used:

1. Descriptive Analysis (Mean, Standard Deviation)
2. Differential Analysis (t-test)

EXPERIMENTAL PROCEDURE

Phase-I

Selection of the sample and orientation of the students to the experiment.

Phase-II Pretest

The following tests were administered on 60 students of both experimental and control groups.

- Attitude towards Yoga Scale

Phase - III Experimental Treatment

First Week

Preparation for practice

- Breathing practice
- Body stretching practice
- Suryanamaskar

Second Week

Basic Asanas

- Standing Asanas

Shatkriyas

- Kapalbhathi-5 rounds daily for 1 min
- Trataka-2 mins daily

Pranayamas

- Anulom-vilom-5 rounds daily for 1 min.
- Shitali-5 rounds daily for 1 min.
- Shitkari-5 rounds daily for 1 min.
- Bhramari-3 rounds daily for 1 min.

Meditation

Third Week

Basic Asanas

- Standing Asanas
- Sitting Asanas

Shatkriyas

- Kapalbhathi-5 rounds daily for 1 min
- Trataka-2 mins daily

Pranayamas

- Anulom-vilom-5 rounds daily for 1 min
- Shitali-5 rounds daily for 1 min.
- Shitkari-5 rounds daily for 1 min.
- Bhramari-3 rounds daily for 1 min.

Meditation

Fourth Week

Basic Asanas

- Standing Asanas
- Sitting Asanas
- Prone Asanas

Shatkriyas

- Kapalbhathi-5 rounds daily for 1 min
- Trataka-2 mins daily

Pranayamas

- Anulom-vilom-5 rounds daily for 1 min
- Shitali-5 rounds daily for 1 min.
- Shitkari-5 rounds daily for 1 min.
- Bhramari-3 rounds daily for 1 min.

Meditation

5th, 6th, 7th and 8th Weeks

Basic Asanas

- Standing Asanas
- Sitting Asanas
- Prone Asanas
- Supine Asanas

Shatkriyas

- Kapalbhathi-5 rounds daily for 1 min
- Trataka-2 mins daily

Pranayamas

- Anulom-vilom-5 rounds daily for 1 min.
- Shitali-5 rounds daily for 1 min.
- Shitkari-5 rounds daily for 1 min.
- Bhramari-3 rounds daily for 1 min.

Meditation

Phase-IV Post test

The following test was again administered on 60 students of both experimental and control groups after 8 weeks.

ATTITUDE TOWARDS YOGA SCALE

Attitude towards Yoga Scale standardized by Sembiyan. R (2006) was used to find out the students attitude towards the study of yoga. It is a five point scale. It includes 45 statements (20 favourable and 25 unfavourable towards the study of yoga). Each item (statement) has five alternative responses namely 'Strongly agree', 'Agree', 'Undecided', 'Disagree' and 'Strongly Disagree'. For positive statements the five responses were given a weightage of 5 to 1 respectively for Strongly agree, Agree, Undecided, Disagree and Strongly Disagree. For negative statements the reverse order was followed.

A subject can get a maximum score of 225. There is no time limit for completion. However it takes 15 to 20 minutes to complete the task.

The reliability of the tool has been found out by the test-retest method. It is found to be 0.85. The intrinsic validity of the tool has been found to be $\sqrt{0.85}$ = Validity.

TESTING OF HYPOTHESES:

Hypothesis 1

There is a significant difference between the attitude towards yoga of the experimental group and control group in the pre test.

The 't' test was applied to test the significance of difference between the attitude towards yoga scores of the experimental group and the control group in the pre test.

TABLE-1
ATTITUDE
TOWARDS YOGA

OF THE EXPERIMENTAL GROUP
COMPARED WITH THAT OF THE
CONTROL GROUP IN THE PRE TEST

Group	N	Mean	S.D.	Calculated 't' value	Level of significance at 0.05 level
Experimental	30	136.6	17.09	0.023	Not Significant
Control	30	136.5	13.36		

The above table indicates that the 't' value (0.023) is not significant at 0.05 level. Hence, the null hypothesis is accepted at 0.05 level. It is concluded that the students of the experimental group do not differ significantly from the students of the control group in their attitude towards yoga in the pretest.

Hypothesis 2

There is a significant difference between the attitude towards yoga of the experimental group and control group in the post test.

The 't' test was applied to test the significance of difference between the mean attitude towards yoga of the experimental group and the control group in the post test.

TABLE-2

ATTITUDE TOWARDS YOGA OF THE
EXPERIMENTAL GROUP COMPARED
WITH THAT OF THE CONTROL GROUP
IN THE POST TEST

Group	N	Mean	S.D.	Calculated 't' value	Level of significance at 0.05 level
Experimental	30	174.6	18.19	9.45	Significant
Control	30	133.3	11.91		

The above table indicates that the 't' value (9.45) is significant at 0.05 level. It is concluded that there is a significant difference in the attitude towards yoga of the experimental group and control group in the post test.

Hypothesis 3

There is a significant difference in the mean gain scores in attitude towards yoga of the

experimental group and control group.

The 't' test was applied to test the significance of difference between the mean gain scores in attitude towards yoga of the experimental group and control group.

TABLE - 3
MEAN GAIN SCORES IN THE ATTITUDE TOWARDS YOGA OF THE EXPERIMENTAL GROUP COMPARED WITH THAT OF THE CONTROL GROUP

Group	N	Mean	S.D.	't' value	Remark at 0.05 level
Experimental	30	38.00	24.69	6.28	Significant
Control	30	6.53	7.96		

The above table indicates that the 't' value (6.28) is significant at 0.05 level. It is concluded that there is a significant difference between the mean gain scores in the attitude towards yoga of the experimental group and control group.

FINDINGS

The hypotheses formulated at the beginning of the investigation have been examined in the light of the data gathered.

The following are the major findings of the study.

1. There is no significant difference between the mean attitude towards yoga of the experimental group and control group in the pre test.
2. There is a significant difference between the attitude towards yoga of the experimental group and control group in the post test.
3. There is a significant difference between the mean gain scores in attitude towards yoga of the experimental group and control group.

CONCLUSION

Yoga can help individuals to adapt themselves to the changing world. Meditation can help the body and mind to achieve deep relaxation.

Asanas were an effective practice to improve attitude towards yoga of student-teachers. Self-confidence is an essential trait for success and achievement in the teaching-learning field. Therefore the practice of asanas should be

given due place in the educational institutions. The morning assembly may be replaced by the asana and meditation practice. Results of study compel the investigator to suggest that yogic practice should be included in curriculum of teacher education.

The present study investigated the effect of yogic practices in relation to the attitude towards yoga. The study is of great significance for psychologists, educationists, principals, parents and counselors for handling adolescents effectively.

In fact, yoga should be a compulsory subject in the school curriculum because the younger one starts the better it is. People all over the world practicing yoga enthusiastically, but sadly in India, it is not given as much importance as it should be the case.

On a more practical level, yoga is a means of balancing and harmonizing the body, mind and emotions. This is done through the practice of asanas, pranayama, mudra, bandha, shatkarma and meditation and must be achieved before union can take place with the higher reality. Yoga aims at bringing the different body functions into perfect co-ordination so that they work for the good of the whole body. Yoga leads to integration between the head, heart and hands. Practices of yoga help to develop awareness regarding the interrelationship among emotional, mental and physical levels, and any disturbance in any of those affects the other. Yoga is simply a means of maintaining health and well-being in an increasingly stressful society.

Finally, yoga should be included in school curriculum as a compulsory subject for the harmonious development of all students (body, mind and soul) - the ultimate aim of education.

So, the present study focused on exploring the effect of yogic practices on attitude towards yoga of D.T.Ed. students. The study would not only add to the body of knowledge related to the importance of yoga, but also provide a great impetus to psychologists, educationists, principals, parents and counsellors for effective handling of the adolescents.

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