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## Critical survey of yoga attitude among the students of Smt. G.G. Khadse College, Muktainagar. (M.S) Studying in different courses

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### Abstract

This paper describes the attitude of yoga of different courses students of Smt. G.G. Khadse College, Muktainagar. (M.S). Today yoga being a subject of varied interests, has gained worlds wide popularity. Yoga is presently being defined as a system of personality-development, transformation of consciousness and integration within the human system leading to the complete well being. Yoga education has been referred to as the training and teaching process of Yoga, though it should also be seen as the application of Yoga techniques to bestow better support to the education process. Authors collected data via purposive sampling from 96 male students who were participated in 6 days yoga training. Yoga attitude assessed by Yoga Attitude Scale developed by Dr. Mahesh Kumar Muchhal. Authors postulated research hypothesis i.e. there will be high attitude of yoga among students of different courses. Norms based grading was done to find out the level of yoga attitude. Results of this pilot study were very promising i.e. 60% students found to be high level attitude towards yoga. Students have realized more importance of yoga for their better future.

**Keywords:** Yoga; Attitude

### Introduction

In this present fast growing world of sciences and technology, the human element is treated as ever before. It goals are indistinct and unsatisfying. The mechanism of modern living, the force restriction of physical activity leading to a sedentary life, increase amounts of leisure time this entire factor has resulted in a tremendous increase of public and professional interest in physical activity and health. Today yoga being a subject of varied interests, has gained worlds wide popularity. Yoga has the surest remedies for man's physical as well as psychological ailment. It makes the organs of the body active in their functioning of human body.

Yoga is one of the most ancient cultural heritages of India. Yoga means to -Yoke to -bind, to -link, to -connect of to -merge. As the yoke joins two bulls together. Yoga joins body and mind together. The merger of soul with God, and the experience of oneness with him/her- is Yoga. It is possible only through the control over sense organs and through continued practice and detachment. Most Indian yogis devotedly follow a spiritual path and discipline, while most people in the west practice yoga for benefits in health and psycho-physiological relaxation.

According to the great sage Patanjali -The withdrawal of sense organs from their worldly objects and their control is Yoga. Yoga attitude refers to a range of mental set people can have towards the benefits of yoga.

After critically investigated the available literature authors were postulated research hypothesis i.e. there will be high level attitude of selected samples for this study.

Researcher were conceptualized this study with following objectives:

- To assess the level of Yoga attitude among the students.
- To make students aware about their existing knowledge about Yoga.

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**Methodology**

**Participants**

Study participants were 96 male students of different courses of Smt. G.G. Khadse College, Muktainagar. (M.S). Subject's age were ranging from 18-25 years. Subjects selected via purposive sampling from 6 days yoga training camp.

**Table 1:** Selection of Subjects (Course Wise)

Sr. No.	Courses	Number of Subjects
1	F.Y.B.A	20
2	F.Y.B.Com	10
3	F.Y.Bsc	10
4	S.Y.B.A	12
5	S.YB.Com	10
6	S.Y.Bsc	10
7	T.Y.=B.A	06
8	T.Y.B.Com	09
9	T.Y.Bsc	09
Total		96

**Questionnaire Used**

Yoga Attitude was assessed by using standardized Yoga Attitude Scale (YAS) by Dr. Mahesh Kumar Muchhal. This scale consists of 30 questions (15 positive and 15 negative items). For positive 2, 1, 0 scores is given to agreed, undecided and disagreed respectively. As for the negative items scoring is reversed.

The study subjects were contacted and the purpose of the study was explained to them. After taking the informed consent of the subject, the questionnaire was given to the study subjects and they were requested to fill it and return it within 1 day. Those who did not return it within stipulated time were again contacted and requested to return the filled Performa. A total of three efforts were made to get the completely filled Performa and those subjects who did not return the Performa even after three requests were excluded.

**Result and Discussion**

Each questionnaire was scored according to the directions in its respective user's manual the data obtained data was analyzed using a norms based grading to assessed yoga attitude among students of different courses. The results of the study generally indicate a favourable attitude towards yoga.

**Table 2:** Norms Based Grading of Students.

	Very High	High	Average	Low	Very Low
Frequency	58	30	08	00	00
Percentage	60.41%	31.25%	8.34%	00%	00%

It is pertinent from table 2 that many students have positive attitude i.e., very high level of yoga this may be due to fact that Department of Physical Education & Sports organized many yoga camps for the benefits of students. It may be due to the fact that the students have realized more importance of yoga for their better future.

**Conclusions**

Modern educationists are taking interest in improving the quality of education with the help of the Yoga system. Therefore it is a high time to think seriously on inclusion of Yoga and Yogic values in education system. Yoga system emphasizes on awareness of very subtle aspects, hardly attainable subject of single pointed focus. It leads to the awareness of the external environment in its full extent and

awareness of internal environment in its full depth as well as awareness of those aspects, which are beyond internal and external attainability. Present pilot study has indicated that the yoga attitude level of selected samples are high this is good sign of students personality as they are well versed with importance of yoga. There is a need to motivate the head of the institutions and P.E. staff in schools regarding the importance of yoga education. Schools, Colleges and Universities should place greater emphasis on educating students about the importance of yoga for persons of all ages and abilities.

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