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Attitude of students of CBSE board and SSC board towards yoga education

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Abstract

A student's life goes through lots of mental stress and because of this his / her health get affected and so yoga plays an important role in student's life. Yoga is a healthy way of life, originated in India. The common goal of yoga is self-realization and integration of body and mind.

The purpose of the study was to compare attitude towards yoga education between boys and girls of 8th and 9th standard students of CBSE and SSC boards. For the purpose of the present study researcher randomly selected through purposive sampling 257 participants (139 boys and 118 girls) of age ranged from 13 to 16 years belongs to CBSE (118 students) and SSC (139 students) Board schools of South Mumbai. To analyse attitude towards yoga education of the students, Yoga attitude scale (YAS) of Dr. Mahesh Kumar Muchhal was used. The scale consists of 30 questions, the respondent has to rate their response on the three point scale. The scores against the response are like 3 for agree, 2 for undecided and 1 for disagree respectively. The reliability coefficient of Yoga attitude scale was 0.71 by split half method and 0.83 by Spearman brown method. As per the statistical analysis significant difference was found between the attitude of 8th standard boys of CBSE board and SSC board and also significant difference was found between the attitude of 8th and 9th standard students towards yoga education. Therefore, the hypotheses that there was no significant difference between 8th standard boys of CBSE board and SSC board and also between the attitude of 8th and 9th standard students towards yoga education has been rejected.

Keywords: Attitude, yoga education, boys & girls, board, standard

Introduction

A student's life goes through lots of mental stress and because of this his / her health get affected and so yoga plays an important role in student's life. Yoga is a healthy way of life, originated in India. The common goal of yoga is self-realization and integration of body and mind.

The word 'Yoga' is derived from Sanskrit root yuj which means 'join' or 'unite'. This may be taken as the union of body, mind and soul, and is used in the literature both as an end as well as means. As an end, yoga signifies 'integration of personality' at the highest level. As means, yoga includes various practices and techniques which are employed to achieve the development of such integration. These practices and techniques are means in the yogic literature and are also referred collectively as 'Yoga'.

Significance of the study

As it is rightly said that Health is Wealth. It is only our good health which stay with us in any bad or good circumstances. Nobody in this world can help us in bad times. But if our health is good we can bear any bad circumstances in our life. In order to remain healthy one needs to take care of one's health in different spheres of life like physical, social, emotional, mental and spiritual. Good Health is the right of each child studying in school. But this right depends on individual, social and environmental factors. Along with social or environmental factors to a large extent, we can develop a better immune system so that other conditions do not affect us adversely and we can achieve good health. Therefore the researcher have planned a study of attitude of 8th and 9th standard students of CBSE board and SSC board towards yoga education.

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Objectives of the study

1. To compare the attitude of 8th standard boys of CBSE board and SSC board towards yoga education.
2. To compare the attitude of 9th standard boys of CBSE board and SSC board towards yoga education.
3. To compare the attitude of 8th standard girls of CBSE board and SSC board towards yoga education.
4. To compare the attitude of 9th standard girls of CBSE board and SSC board towards yoga education.
5. To compare the attitude of boys and girls towards yoga education.
6. To compare the attitude of CBSE board and SSC board students towards yoga education.
7. To compare the attitude of 8th and 9th standard students towards yoga education.

Null Hypotheses

1. There is no significant difference between the attitude of 8th standard boys of CBSE board and SSC board towards yoga education.
2. There is no significant difference between the attitude of 9th standard boys of CBSE board and SSC board towards yoga education.
3. There is no significant difference between the attitude of 8th standard girls of CBSE board and SSC board towards yoga education.
4. There is no significant difference between the attitude of 9th standard girls of CBSE board and SSC board towards yoga education.
5. There is no significant difference between the attitude of boys and girls towards yoga education.
6. There is no significant difference between the attitude of CBSE board and SSC board students towards yoga education.
7. There is no significant difference between the attitude of 8th and 9th standard students towards yoga education.

Tool used

To analyse attitude towards yoga education of the students, Yoga attitude scale (YAS) of Dr. Mahesh Kumar Muchhal was used. The scale consists of 30 questions, the respondent has to rate their response on the three point scale. The scores against the response are like 3 for agree, 2 for undecided and

1 for disagree respectively. The reliability coefficient of Yoga attitude scale was 0.71 by split half method and 0.83 by Spearman brown method.

Methodology

For the present study, the researcher has used the descriptive method of the quantitative type and the researcher randomly selected 257 participants (139 boys and 118 girls) of age ranged from 13 to 16 years belongs to CBSE (118 students) and SSC (139 students) Board schools of South Mumbai. After the appropriate instructions, the rating scales were filled up by the students under the supervision of the researcher. To analyze Attitude of 8th and 9th standard students of CBSE board and SSC board towards yoga education critical ratio test was applied at 0.05 level of significance.

Administration of Test

During data collection researcher visited four different schools of south Mumbai. Before collection of the data the researcher impart the information to the students about the purpose of the study. All the subjects were asked to confer their response on yoga attitude scale as per the given guidelines and convenience of the subjects. The investigator assured the student that their responses would be kept confidential and used for research purpose only. Scoring of responses given by the students was calculated according to author’s manual.

Analysis of Data

In the present study t-test was applied at 0.05 level of significance to compare attitude towards yoga education between gender, boards and students of 8th and 9th standard. Along with that Mean, Standard Deviation was calculated for better interpretation and understanding of the data. Data analysis was performed using the Microsoft excel application which comes under the Microsoft office program.

Null Hypothesis 1: There is no significant difference between the attitude of 8th standard boys of CBSE board and SSC board towards yoga education.

The following table shows the relevant statistics of mean scores between the attitude of 8th standard boys of CBSE board and SSC board towards yoga education.

Table 1: Relevant statistics of mean scores between the attitude of 8th standard boys of CBSE board and SSC board towards yoga education

Hy	Groups	N	df	Mean	SD	SEd	t (cal)	t(tab)	L. of Sig.
1	8th standard boys of CBSE	30	52	33.3	5.43	1.86	3.15	1.98	S at 0.05
	8th standard boys of SSC	24		39.17	7.73				

From the preceding table, it is evident that the calculated t-value is 3.15, which is significant at 0.05 level with df = 52. It reflects that mean scores of attitude of 8th standard boys of CBSE board and SSC board differs significantly. In this context the null hypothesis that there is no significant difference between the attitude of 8th standard boys of CBSE board and SSC board towards yoga education is rejected. Further the mean score of the attitude of 8th standard boys of SSC board is 39.17 which is significantly higher than the attitude of 8th standard boys of CBSE board whose mean score is 33.3

It may therefore be said that attitude of 8th standard boys of SSC board were found to possess significantly higher towards yoga education as compared to the attitude of 8th standard boys of CBSE board.

Null Hypothesis 2: There is no significant difference between the attitude of 9th standard boys of CBSE board and SSC board towards yoga education.

The following table shows the relevant statistics of mean scores between the attitude of 9th standard boys of CBSE board and SSC board towards yoga education.

Table 2: Relevant statistics of mean scores between the attitude of 9th standard boys of CBSE board and SSC board towards yoga education

Hy	Groups	N	df	Mean	SD	SEd	t (cal)	t(tab)	L. of Sig.
2	9th standard boys of CBSE	33	83	39.06	6.06	1.55	0.12	2.01	NS at 0.05
	9th standard boys of SSC	52		39.25	8.23				

From the preceding table, it is evident that the calculated t-value is 0.12, which is not significant at 0.05 level with df = 83. It reflects that mean scores of 9th standard boys of CBSE board and SSC board do not differ significantly. In this context the null hypothesis that there is no significant difference between the attitude of 9th standard boys of CBSE board and SSC board towards yoga education is accepted. Further the mean score of the attitude of 9th standard boys of CBSE board is 39.06 which is not significantly higher than the attitude of 9th standard boys of SSC board whose mean score is 39.25.

Table 3: Relevant statistics of mean scores between the attitude of 8th standard girls of CBSE board and SSC board towards yoga education

Hy	Groups	N	df	Mean	SD	SE _d	t (cal)	t(tab)	L. of Sig.
3	8 th standard girls of CBSE	23	63	34.91	7.35	1.96	0.20	2.01	NS at 0.05
	8 th standard girls of SSC	42		35.31	7.92				

From the preceding table, it is evident that the calculated t-value is 0.20, which is not significant at 0.05 level with df = 63. It reflects that mean scores of 8th standard girls of CBSE board and SSC board do not differ significantly. In this context the null hypothesis that there is no significant difference between the attitude of 8th standard girls of CBSE board and SSC board towards yoga education is accepted. Further the mean score of the attitude of 8th standard girls of CBSE board is 34.91 which is not significantly higher than the attitude of 8th standard girls of SSC board whose mean score is 35.31

Table 4: Relevant statistics of mean scores between the attitude of 9th standard girls of CBSE board and SSC board towards yoga education

Hy	Groups	N	df	Mean	SD	SE _d	t (cal)	t(tab)	L. of Sig.
4	9 th standard girls of CBSE	32	51	41.38	6.45	1.88	0.05	2.01	NS at 0.05
	9 th standard girls of SSC	21		41.48	6.83				

From the preceding table, it is evident that the calculated t-value is 0.05, which is not significant at 0.05 level with df = 51. It reflects that mean scores of 9th standard girls of CBSE board and SSC board do not differ significantly. In this context the null hypothesis that there is no significant difference between the attitude of 9th standard girls of CBSE board and SSC board towards yoga education is accepted. Further the mean score of the attitude of 9th standard girls of CBSE board is 41.38 which is not significantly higher than the attitude of 9th standard girls of SSC board whose mean score is 41.48

Table 5: Relevant statistics of mean scores between the attitude of boys and girls towards yoga education

Hy	Groups	N	DF	Mean	SD	SE _d	t (cal)	t(tab)	L. of Sig.
5	Boys	139	255	37.91	7.46	0.96	0.06	1.98	NS at 0.05
	Girls	118		37.97	7.80				

From the preceding table, it is evident that the calculated t-value is 0.06, which is not significant at 0.05 level with df = 255. It reflects that mean scores of boys and girls do not differ significantly. In this context the null hypothesis that there is no significant difference between the attitude of boys and girls towards yoga education is accepted. Further the mean score of the attitude of boys is 37.91 which is not significantly higher than the attitude of girls whose mean score is 37.97
It may therefore be said that the attitude of boys were found to

It may therefore be said that the attitude of 9th standard boys of CBSE board were found to possess not significantly higher towards yoga education as compared to the attitude of 9th standard boys of SSC board

Null Hypothesis 3: There is no significant difference between the attitude of 8th standard girls of CBSE board and SSC board towards yoga education.

The following table shows the relevant statistics of mean scores between the attitude of 8th standard girls of CBSE board and SSC board towards yoga education.

It may therefore be said that the attitude of 8th standard girls of CBSE board were found to possess not significantly higher towards yoga education as compared to the attitude of 8th standard girls of SSC board

Null Hypothesis 4: The null hypothesis states that there is no significant difference between the attitude of 9th standard girls of CBSE board and SSC board towards yoga education.

The following table shows the relevant statistics of mean scores between the attitude of 9th standard girls of CBSE board and SSC board towards yoga education.

It may therefore be said that the attitude of 9th standard girls of CBSE board were found to possess not significantly higher towards yoga education as compared to the attitude of 9th standard girls of SSC board

Null Hypothesis 5: There is no significant difference between the attitude of boys and girls towards yoga education.

The following table shows the relevant statistics of mean scores between the attitude of boys and girls towards yoga education.

possess not significantly higher towards yoga education as compared to the attitude of girls.

Null Hypothesis 6: There is no significant difference between the attitude of CBSE board and SSC board students towards yoga education.

The following table shows the relevant statistics of mean scores between the attitude of CBSE board and SSC board students towards yoga education.

Table 6: Relevant statistics of mean scores between the attitude of CBSE board and SSC board students towards yoga education.

Hy	Groups	N	df	Mean	SD	SE _d	t (cal)	t(tab)	L. of Sig.
6	CBSE	118	255	37.42	7.01	0.94	1.02	1.98	NS at 0.05
	SSC	139		38.38	8.07				

From the preceding table, it is evident that the calculated t-value is 1.02, which is not significant at 0.05 level with $df = 255$. It reflects that mean scores of students of CBSE board and SSC board do not differ significantly. In this context the null hypothesis that there is no significant difference between the attitude of CBSE board and SSC board students towards yoga education is accepted.

Further the mean score of the attitude of students of CBSE board is 37.42 which is not significantly higher than the attitude of students of SSC board whose mean score is 38.38.

It may therefore be said that the attitude of students of CBSE

board were found to possess not significantly higher towards yoga education as compared to the attitude of students of SSC board.

Null Hypothesis 7: There is no significant difference between the attitude of 8th and 9th standard students towards yoga education.

The following table shows the relevant statistics of mean scores between the attitude of 8th and 9th standard students towards yoga education.

Table 7: Relevant statistics of mean scores between the attitude of 8th and 9th standard students towards yoga education.

Hy	Groups	N	df	Mean	SD	SE _d	t (cal)	t(tab)	L. of Sig.
7	8 th standard	119	255	35.50	7.40	0.91	4.98	1.98	S at 0.05
	9 th standard	138		40.04	7.16				

From the preceding table, it is evident that the calculated t-value is 4.98, which is significant at 0.05 level with $df = 255$. It reflects that mean scores of students of 8th and 9th standard differ significantly. In this context the null hypothesis that there is no significant difference between the attitude of 8th and 9th standard students towards yoga education is rejected.

Further the mean score of the attitude of students of 9th standard is 40.04 which is significantly higher than the attitude of students of 8th standard whose mean score is 35.50. It may therefore be said that the attitude of students of 9th standard were found to possess significantly higher towards yoga education as compared to the attitude of students of 8th standard.

Findings

The major findings of the study are as follows:

1. The attitude of 8th standard boys of SSC board were found to possess significantly higher towards yoga education as compared to the attitude of 8th standard boys of CBSE board.
2. The attitude of 9th standard boys of CBSE board were found to possess not significantly higher towards yoga education as compared to the attitude of 9th standard boys of SSC board.
3. The attitude of 8th standard girls of CBSE board were found to possess not significantly higher towards yoga education as compared to the attitude of 8th standard girls of SSC board.
4. The attitude of 9th standard girls of CBSE board were found to possess not significantly higher towards yoga education as compared to the attitude of 9th standard girls of SSC board.
5. The attitude of boys were found to possess not significantly higher towards yoga education as compared to the attitude of girls.
6. The attitude of students of CBSE board were found to possess not significantly higher towards yoga education as compared to the attitude of students of SSC board.
7. The attitude of students of 9th standard were found to possess significantly higher towards yoga education as compared to the attitude of students of 8th standard.

Conclusion & Discussions

For hypothesis 1 - There is a significant difference between the attitude of 8th standard boys of CBSE board and SSC board towards yoga education.

It may therefore be said that attitude of 8th standard boys of SSC board were found to possess significantly higher towards

yoga education as compared to the attitude of 8th standard boys of CBSE board.

Discussion

This may be attributed to the fact that 8th standard boys of SSC board got a better exposure than 8th standard boys of CBSE board. As the school arrange a regular period in the time table for yoga. The possible reason may be that boys of CBSE board are highly stressed towards their studies as compared to the boys of SSC board.

For Hypothesis 1: There is no significant difference between the attitude of 9th standard boys of CBSE board and SSC board towards yoga education.

It may therefore be said that the attitude of 9th standard boys of CBSE board and SSC board was found almost same towards yoga education.

For Hypothesis 2: There is no significant difference between the attitude of 8th standard girls of CBSE board and SSC board towards yoga education.

It may therefore be said that the attitude of 8th standard girls of CBSE board and SSC board was found almost same towards yoga education.

For Hypothesis 3: There is no significant difference between the attitude of 9th standard girls of CBSE board and SSC board towards yoga education.

It may therefore be said that the attitude of 9th standard girls of CBSE board and SSC board was found almost same towards yoga education.

For Hypothesis 4: There is no significant difference between the attitude of boys and girls towards yoga education.

It may therefore be said that the attitude of boys and girls was found almost same towards yoga education.

For Hypothesis 5: There is no significant difference between the attitude of CBSE board and SSC board students towards yoga education.

It may therefore be said that the attitude of CBSE board and SSC board students was found almost same towards yoga education.

For Hypothesis 6: There is a significant difference between the attitude of 8th and 9th standard students towards yoga education.

It may therefore be said that the attitude of students of 9th

standard were found to possess significantly higher towards yoga education as compared to the attitude of students of 8th standard.

Discussion

This may be attributed to the fact that 9th standard students are older in age and are more matured than 8th standard students and hence they are trying hard to grasp the activities done during yoga period. Another possible reason may be that 9th standard students are more aware about yoga education and its importance such as yoga increases concentration, it develops physical, mental, and spiritual strength, helps to control negative effect, lessens lethargies and create liveliness in life.

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