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**Jwel Hoque**

Research Scholar,

Department of Education,

Aligarh Muslim University,

Aligarh, Uttar Pradesh, India

## Study of the interest of B. Ed students towards yoga-as teaching profession

**Jwel Hoque**

### Abstract

Now-a-days people are rushing behind the materialistic world and lost the peace of mind. People are living in full of stress, trauma, anxiety and frustration. At present yoga education is the need of the hour. The present study was conducted to know the interests of the B. Ed students, towards the yoga teaching profession and to seek their suggestion for the improvement of yoga teaching profession. Sample for the study constitutes 100 B. Ed final semester students of Murshidabad district of West Bengal. The researcher has used self made questionnaire for the collection of data. The findings of the study are: the rural students are less interested to the yoga teaching profession as compared to the urban students. On the other hand there are slight differences between the male and female students in this regards. The students suggest that different stakeholder should frame new policies to popularize and make it available for the mass. They also suggest for the recruitment of yoga teacher also. They also opined that, yoga education can help for the harmonious development of personality as and society.

**Keywords:** Yoga, teaching profession, B. Ed students, interest

### Introduction

One of the most important characteristics of education, at present time, is job or market orientation. In the 21<sup>st</sup> century, Yoga teaching is becoming an emerging profession rapidly as the people are in a state of stress, fear, anxiety, anguish, dread, and frustration etc. The yoga teaching profession is widening its scope as the Ministry of Human Resource Development made yoga education compulsory in all the government run schools to have yoga as a compulsory subject. This will lead to mental, physical and spiritual development. The NCTE also made yoga education as compulsory paper for the all the future teachers and teacher educators i.e. D.El.ED, B.ED, M.ED programmes. Even, realizing its importance globally, UNO has declared 21<sup>st</sup> day of June as the International yoga Day in 2015. So, a huge space has been created for yoga teaching profession.

The term yoga has its root in Sanskrit 'Yuj' traditionally means joining two entities that are individual self and universal self. Yogic practice joins of these two entities and leads to physical fitness, inner happiness, mental peace and emotional bliss. Sri Aurobindo says, by yoga, a process of self-perfection, all round development i.e. physical, intellectual, mental, spiritual, and emotional, can be attained. Thus, a yoga teacher can contribute to make his pupils free from all imperfection and limitation by practicing his profession and helps in all round development. Yoga teacher can join in schools, clubs, gym, opening private yoga institute, work as an instructor, special therapist, expert, yoga curriculum designer and yoga consultant etc and helps to harmonize the mind, body and spirit of the people and of himself. At present the Baba Ramdev is one of the greatest yoga teachers or yoga gurus in the world who has a great contribution in popularizing yoga among the mass. A yoga teacher has ample scope as career option in India. So, teaching profession in yoga is both rewarding as well as self-satisfactory to him.

### Need and Significance of Study

With the advent of science and technologies the human civilization witnessed tremendous development. But with the passage of time the life of human become mechanized and people have adopted materialistic approach.

**Correspondence**

**Jwel Hoque**

Research Scholar,

Department of Education,

Aligarh Muslim University,

Aligarh, Uttar Pradesh, India

This led the life of people full of stress, tension and lost the peace of mind and harmony in the society. In this regard knowing the significance of yoga, policy makers and different stake holders come to one platform and introduced Yoga Education as optional as well as compulsory paper for the prospect teachers that are B.Ed students so that they can impart knowledge for the harmonious development of the personality of the students. Teachers are the social engineer as they have the greater responsibility to build the nation. Regarding the Yoga Education many research have been conducted. But there are very few study related to the yoga as teaching profession. Therefore, the researcher took the opportunity to conduct a research on the yoga teaching profession.

**Objective of the Study**

The objectives of the study were:

1. To know the interests of the B.Ed students towards the yoga teaching profession.
2. To seek their suggestions regarding the yoga teaching profession.

**Methodology**

The researcher has adopted the survey method of study. It is fully in consonance with the objectives of the study.

**Population**

The population of the present study is comprised of the B.Ed students under the West Bengal University of Teachers' Training, Education Planning and Administration who have

opted Yoga Education during the course.

**Sample**

The sample of the present study comprised of 100 B.Ed, 4th Semester students of Murshidabad district in West Bengal.

**Table 1:** Types of the Sample.

Area of Students	Number of Students	Types of Students	Number of Students
Rural	63	Male	56
Urban	37	Female	44
Total	100	Total	100

**Tool Used**

It was a qualitative study. The instrument to conduct the study was a self-constructed semi-structured close ended and open ended questionnaire. The tool of the present study has been constructed by the researcher himself. It was comprised of 10 closed ended and 5 open ended questions. The questions were related to the yoga as a teaching profession.

**Statistical Techniques Used**

Simple percentage was calculated to give statistical treatment to the obtained data.

**Analysis and Interpretation of Result**

The teachers were asked the following questions to know their interests and suggestions regarding the yoga teaching profession. The results are interpreted in the following way:

**Table 2:** Responses of the Students on the close ended questionnaire.

SL	Items	Response in Percentage			
		Types of Response			
		Rural	Urban	Male	Female
1	Did you ever perform yoga?	100	100	100	100
2	Do you think that yoga should include in the school curriculum?	82%	95%	92%	85%
3	Do you think yoga as an emerging field of teaching?	74%	86%	84%	76%
4	Is yoga teaching is a respectable profession like other subjects' teacher?	60%	67%	65%	62%
5	Are you interested to be a yoga teacher in the school?	59%	85%	77%	67%
6	Have you visited any yoga training institute or will you in future?	63%	79%	74%	68%
7	Do you think that there is scarcity of yoga training institute?	88	93	90	91
8	If you offered a job in yoga, will you accept or reject?	73%	86%	82	77
9	Do you think that you will be a good yoga teacher?	67	72	71	68
10	Do you think that you have good knowledge and skill to become a yoga teacher?	63	67	62	68

The obtained sample has been classified in the four groups on the basis of area and gender. From the above table it can be interpreted that, there are marked differences among the Urban and Rural B.Ed students regarding their attitude and interests though they all have practiced yoga. Those students who belong to rural areas are less aware, interested and have a little bit negative attitude towards the yoga education and its profession. While the urban students are more knowledgeable, interested and possess positive attitude towards the yoga education and yoga as teaching profession. When we sifted our attention to the gender this difference is narrowed down among the male and female B.Ed students. Both the male and female students are interested in yoga education as well as yoga teaching. Even in some cases the females scored higher than the males. The students think that yoga is an emerging field of teaching. Most of them said that they will accept the job if they will be offered. They are also confident that they have enough knowledge of yoga and are ready to improve. Along with these questions, the researcher asked few open ended questions to the respondents. Their responses can be

interpreted as follows: the respondent suggest starting new courses related to yoga and its practice, new department, new institute or government agencies and appointment of teachers who can impart yoga education for the mass as well as for the students for the improvement of yoga teaching profession. Almost 76% of the students responded that yoga education should be included in the curriculum of secondary level education, while few of them also suggested for the primary, higher secondary and undergraduate level also. They replied that yoga education can be beneficial for the students as it helps in the development of attitude of non-stealing, truthfulness, controlling anger, reduces stress, and develops sound body and sound mind. They responded by saying that, yoga education is very helpful for the society as it helps in the development of habit non-violence and truth, development of social values, adjustment with other members in the family and society, tolerance for others, devotion to the Almighty, attainment of salvation. They perceived that as a yoga teacher, they will be benefitted as it is a livelihood and source of income, a respectable job, it will help in the development of

sound mind and body in him and others family members, can helps others for the development of harmonious personality etc.

### **Conclusion**

We all know the importance of yoga. It helps in the development of all the three domains of learning- say, cognitive domain, affective domain and psychomotor domain. It has holistic effects upon the people and maintains the balance among the body, mind, soul and consciousness. It brings peace of mind, consciousness and soul. It helps in the improvement of physical health, mental health, social health, spiritual health and self-realisation, devotion to the Almighty and attainment of salvation. Keeping in mind all the significance of yoga, it is essential having yoga education that will be imparted through competent and skilful teachers. The ongoing study found that a greater percentage of prospective teachers are interested to be yoga teacher and they perceive that it is respectable profession as well as very beneficial for them. Educationists and policy makers should frame policies regarding this. Government have to start new courses, departments, and institutes on yoga education and training to promote yoga education and teaching. At the time of recruitment yoga teachers have to be appointed like other subject teachers.

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