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## A comparative study of yoga attitude of colleges and higher secondary school teachers in Dahod district

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### Abstract

The main objective of the study was to assess the attitude of the college and higher secondary school teachers towards yoga. For the present study researcher randomly selected 60 teachers, among 60 tracers, 30 (15 male and 15 female) from colleges and 30 (15 male and 15 female) from higher secondary school. To measure the attitude of the student toward yoga, Yoga Awareness Scale (YAS) develop by Dr. MK Mucchal was use. For statistical analysis descriptive statistics and t test was applied. The results show that the teachers those who are belong from the colleges they are higher attitude towards yoga in compare with the higher secondary school.

**Keywords:** Yoga, attitude

### Introduction

Yoga, an activity common in India and involving exercise of posture and regulated breathing was popular This disciplining of experts and a person fully trained in this activity followed routine involving eighty four different postures. Yoga has been necessary piece of Health and Physical Education that has been a mandatory subject up to the auxiliary school organizes since 1988. The NCF 2005 embraced a comprehensive meaning of wellbeing in which yoga is an indispensable piece of it. Both yoga and physical instruction add to not only the physical advancement of the kid yet positively affect psychosocial and mental improvement also. Playing bunch games positively affect individual self-esteem, advances better association among kids, confers estimations of co-activity, sharing and to manage both triumph and destruction. So also, yoga practice adds to the general advancement of the youngster and different examinations have demonstrated that it adds to adaptability and strong wellness and furthermore amends postural deformities among younger students.

Yoga frame of mind alludes to a scope of mental sets individuals can have towards the advantages of yoga alludes to amicable prosperity of body, psyche and soul in individuals. As yoga commonly has the strategy for making a unique body, enhancing the brain, and hoisting the soul. Extraneously frame of mind is one of the mental elements that decide one's undertaking and interests throughout everyday life. Additionally male and female contrasts conceivably in the greater part of the mental characteristics. An attempt has been made in the present study to investigate yoga attitude between college and higher secondary school male and female teachers.

### Methodology

#### Source of Data

- Male and female college and higher secondary school teachers were selected for this study.
- This study studied the attitude of college and higher secondary school teachers towards yoga.

### Selection of Subject

For the purpose of the present study researcher randomly selected 60 (30 male and 30 female) teachers from various colleges and higher secondary school of Dahod distract of Gujarat.

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### Hypothesis

1. There is no significant difference in Yoga attitude of college and higher secondary school teacher.
2. There is no significance difference in Yoga attitude of male and female teachers.

### Tool Used

To compare the attitude towards yoga between male and female college and higher secondary school teachers, yoga attitude scale (YAS) of Dr. Mahesh Kumar Muchhal was used.

### Administration of Test

During the data collection researcher visited the various colleges and higher secondary school of Dahod district of Gujarat. Before collection of the information the researcher communicate the information to the teachers about the purpose of the study. All the subjects were asked to confer their response on yoga attitude scale as per the given guidelines of the questionnaire and as convenience of the subjects. Scoring of responses given by the teachers was calculated according to manual.

### Statistical Analysis

The data was analyzed using independent t test and the level of significance was set at 0.05.

### Results

**Table 1:** Comparison of Yoga Attitude among male and female teachers.

Sample	N	Mean	SD	Percent (%)
Male	30	42.60	5.40	71.00%
Female	30	35.38	2.60	58.97%

Table 1 show that the mean value and standard deviation of the male teachers is  $42.60 \pm 5.40$  and female teachers is  $35.38 \pm 2.60$ . We also find in the table 1 that the percentage

**Table 4:** Difference of attitude towards yoga between college and higher secondary school teachers

	N	Df	t-ratio	Sig. (2 tailed)
College Teacher	30	58	6.15	0.00
H.S. School Teacher	30			
College Male	15	14	3.429	0.00
H.S. School Male	15			
College Female	15	14	2.29	0.03
H.S. School Female	15			

\* Significance - 0.05

Table-4 shows the Differences of attitude towards yoga between colleges and higher secondary school teacher, where we find that the t ratio is 6.51 and the sig. value is 0.00 at the 58 degree of freedom. It indicates that there is a significant difference between the colleges and higher secondary school teachers. Table also shows significance difference between the college and higher secondary school male teachers t-ratio is 3.429 and the sig. value is 0.00 at 14 degree of freedom. We also found that; there is a significant difference in college and higher secondary school male teachers t-ratio is 2.29 and the sig. value is 0.03 at 17 degree of freedom. In all the cases the level of significance was set at 0.05 level.

### Conclusion

On the basis of the result it may be conclude that:

- The college teachers have higher attitude towards yoga in

value of attitude towards yoga of male teachers is 71.00% and for female teachers it is 58.97%. As table, we found that the male teachers have higher attitude towards yoga in compare with the female teachers.

**Table 2:** Comparison of Yoga Attitude among colleges and higher secondary school teachers.

Sample	N	Mean	SD	Percent (%)
College	30	41.17	5.52	68.61%
Higher Secondary School	30	37.27	4.62	62.11%

Table 2 show that the mean value and standard deviation of the college lecturer is  $41.17 \pm 5.52$  and high school teachers is  $37.27 \pm 4.62$ . We also find in that the percentage value of attitude towards yoga of college lecturer is 68.61% and for high secondary school teachers it is 62.11%. As table, we found that the college lecturer teachers have higher attitude towards yoga in compare with the high secondary school teachers, though as per the questionnaire manual suggested that both groups posses high attitude towards yoga.

**Table 3:** Descriptive analyses of attitude towards yoga of male and female students of and higher secondary school teachers.

	College Male	H.S. School Male	College Female	H.S. School Female
Mean	45.47	39.73	36.87	34.80
S.D.	4.26	4.98	2.47	2.51
Per. %	75.78	66.21	61.45	58.00

Table 3 show that the mean value and standard deviation of college and higher secondary school male teachers are  $40.47 \pm 4.26$  and  $39.73 \pm 4.98$ , whereas in case of female teachers are  $36.87 \pm 2.47$  and  $34.80 \pm 2.51$ . Table also indicates that the percentage of yoga attitude of college and higher secondary school male teachers, which is 75.78% and 66.21% whereas in case of female teacher it is 61.45% and 58.00% respectively.

compare with the higher secondary school teachers.

- The college male teachers have higher attitude towards yoga in compare with the higher secondary school male teachers.
- The college female teachers have higher attitude towards yoga in compare with the higher secondary school female teachers.

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