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Relationship of selected personality traits and attitude of college students and old aged persons toward yoga

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Abstract
The aim of the study is to find out the "Relationship of Selected Personality Traits and Attitude of College Students and Old Aged Persons toward Yoga". For the purpose of the study 20 students and 20 old aged persons were selected. Those students and old aged persons were selected for the study that practice yoga regularly. The subjects were selected from Bhopal District of Madhya Pradesh (India) the subjects were randomly selected. The age group of college students between 20 to 28 years and old aged persons 60 to 70 years took part in the study. Pre test was conducted for the 40 subjects on selected skills confined to this study. The data collected by standard questionnaire of Personality and Teacher made Questionnaire of Attitude towards yoga were analyzed statistically by using the product moment correlation in the form of Inter-Correlation Matrix was applied form the mean and standard deviation. In all the cases 0.05 level of significant was fixed. The study revealed that the hypothesis of the researcher is not accepted.

Keywords: Personality traits, attitude, yoga

Introduction
Just at present there is much dispute among psychologists over the most satisfactory method of defining the science. The field of sport psychology is broadening in other ways as well. Initially, much of its research efforts on elite men athletics. In recent years this has changed. Sport psychologist today is working with men and women elite athletics and "average" athletics as well as individuals participating in non-competitive activities. Sport psychologists are concerned with helping participants of all ages, for young children to older adults. The main aim of education is to modify the behaviour of the child according to the needs and expectancy of the society. Behaviour is composed of so many attributes. Once of these important attribute is attitude. One's behaviour, to a great extent depends upon his attitude towards the things- idea, person or object, in his environment. Yoga is nearly about 3,000 year old tradition. Yoga is now regarded in the Western world as a holistic approach to health and is classified by the National Institutes of Health as a form of Complementary and Alternative Medicine (CAM). The word "yoga" comes from a Sanskrit root "yuj" which means union, or yoke, to join, and to direct and concentrate one's attention. Regular practice of yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being Sustained practice also leads to important outcomes such as changes in life perspective, self-awareness and an improved sense of energy to live life fully and with genuine enjoyment. The practice of yoga produces a physiological state opposite to that of the flight-or-fight stress response and with that interruption in the stress response, a sense of balance and union between the mind and body can be achieved.

1. **Attitude:** An attitude can be defined as the meaning that one associates with a certain object (or idea) and which influences his acceptance of it. An element of acceptance or avoidance is present in any attitude, but additional association are also involved."
2. **Personality:** Personality is the sum of activities that can be discovered by actual observation over a long enough period of time to give reliable information."
3. **Introvert:** A shy person, a person concerned with primarily with inner thoughts and feelings rather than physical or social environment.

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4. **Extrovert:** One whose personality is defined by extroversion: a gregarious and unreserved person.
5. **Ambivert:** An Ambivert is rather extremely introverted nor extremely extroverted as they are not are quite they not loud.
6. **Yoga:** The withdrawal of sense organs from their worldly objects and their control is yoga.

Methodology
40 Subjects were selected from Bhopal District of Madhya Pradesh (India) 20 college students and 20 old aged persons Those students and old aged persons were selected for the study that practice yoga regularly.Age of the students ranging from 18-28 years while as old aged persons 60 to 70 years. The subjects were taken by Random sampling method. They were the citizens of Madhya Pradesh (India) in the year 2017. The tests were administered on each Subject with the help of standard scientific and teacher made Questionnaire.

Collection of data
The data obtained from students and old aged persons who perform yoga regularly was taken by Standard teacher made Questionnaire. While as the personality questionnaire constructed by Rekha is used for the collection of data items and Attitude towards yoga teacher made questionnaire is used for the collection of data

Statistical Techniques
The data will be by using the product moment correlation in the form of Inter-Correlation Matrix was applied.

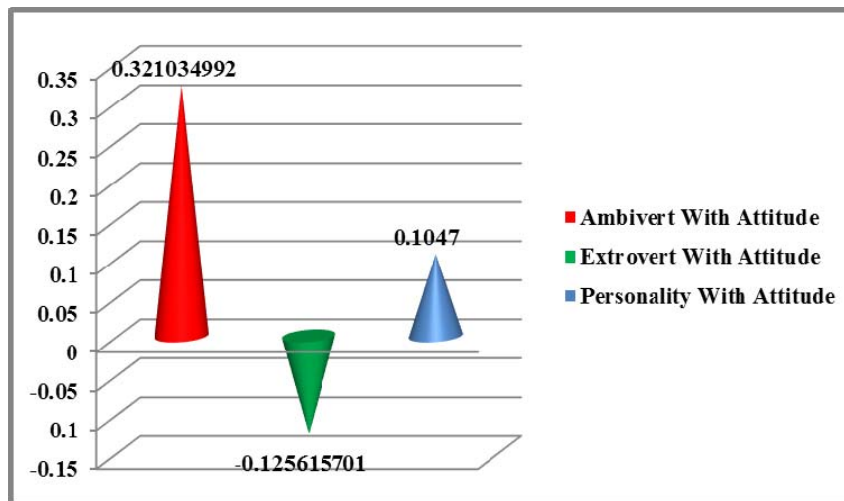**Table 1:** Inter Correlation Matrix of Personality Traits and Attitude of College Students towards Yoga

	Introvert	Extrovert	Ambivert	Personality Calculated 'r'	Tabulated 'r'
Attitude	0	-0.125	0.321	0.104	0.444

To check the validity of the hypothesis correlation of all the observed values shown in the inter correlation matrix was calculated. The calculated 'r' was found (0.104), which is less than tabulated 'r' (0.444) at 0.05 level of significance. This indicates or shows that there is not significant Relationship of Introvert, Extrovert and Ambivert personality characteristics with Attitude of College Students towards Yoga. From the above tables the under mentioned summary had drawn in respect of the interrelationship of each component to other. The results which were statistically analysis with the help of multiple correlation analysis formula were verified up to which how extent they were interrelated to each other with the help of standard norms propounded by "GLASS AND HOPKINS" (1996) for interpreting the data which are analysis with multiple correlation equation method. The following standard norms are as follows:-

Interpretation of Correlation coefficient

Coefficient(r)	Relationship
.00 to .20	Negligible
.20 to .40	Low
.40 to .60	Moderate
.60 to .80	Substantial
.80 to 1.00	High to very high

Graph 1: Showing Relationship of Personality Traits and Attitude of College Students towards Yoga

Table 2: Summary of the Inter correlation Matrix

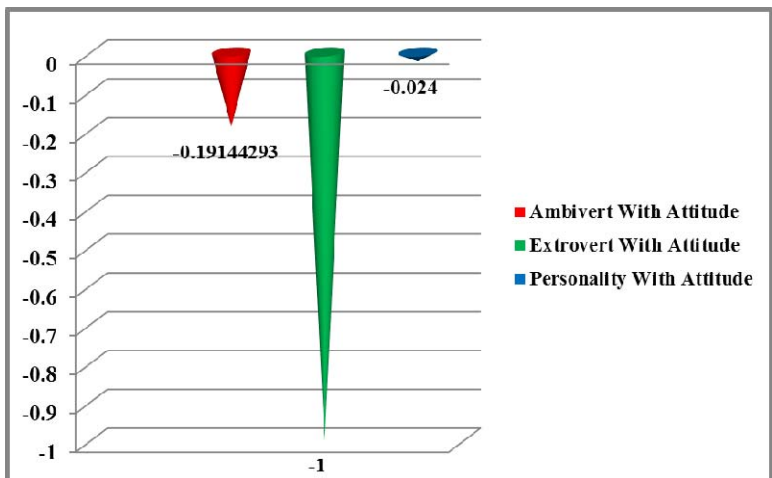| S. No.	Variable	Calculated r	Relationship
1	Introvert - Attitude		
2	Extrovert - Attitude	-0.125	Negligible
3	Ambivert- Attitude	0.321	Low
4	Personality- Attitude	0.104	Negligible

From the above given table-2 after doing it's minutely observation, it is clear that the relationship of Extrovert with Attitude (-0.125) is Low, Ambivert with Attitude (0.321) is Negligible, Personality with Attitude (0.104) is Negligible.

Table 3: Inter Correlation Matrix of Personality Traits and Attitude of Old Aged Persons towards Yoga

	Introvert	Extrovert	Ambivert	Personality Calculated 'r'	Tabulated 'r'
Attitude	0	-1	-0.191	-0.024	0.444

To check the validity of the hypothesis correlation of all the observed values shown in the inter correlation matrix was calculated. The calculated 'r' was found (0.024), which is less than tabulated 'r' (0.444) at 0.05 level of significance. This indicates or shows that there is not significant Relationship of Introvert, Extrovert and Ambivert personality characteristics with Attitude of Old Aged Persons towards Yoga.

**Graph 2:** Showing Relationship of Personality Traits and Attitude of Old Aged Persons towards Yoga

Table 4: Summary of the Inter correlation Matrix.

S. No.	Variable	Calculated r	Relationship
1	Introvert - Attitude		
2	Extrovert - Attitude	-1	Negligible
3	Ambivert- Attitude	-0.191	Negligible
4	Personality- Attitude	-0.024	Negligible

From the above given table-4 after doing it's minutely observation, it is clear that the relationship of Extrovert with Attitude (-1) is Negligible, Ambivert with Attitude (-0.191) is Negligible, Personality with Attitude (-0.024) is Negligible.

Table 5: Showing Personality Traits of College Students

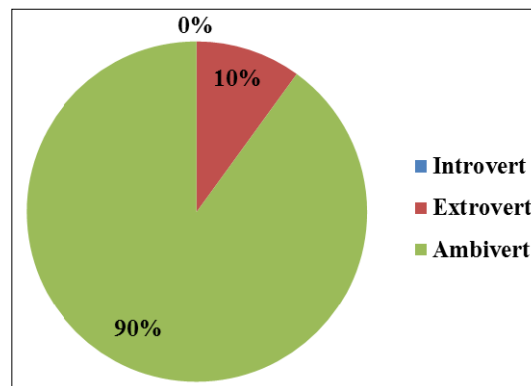|	Introvert	Extrovert	Ambivert
Students	0	21	39
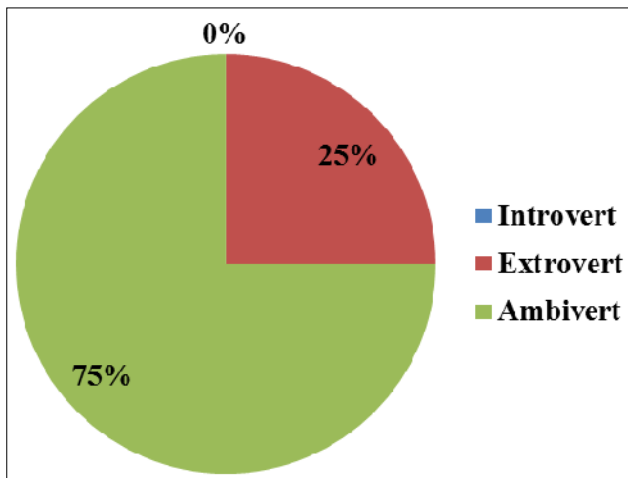
Graph 3: Showing Personality Trait of College Students

From the above given graph-3 after doing its minute observation, it is clear that the (0%) students are Introvert, (25%) students are Extrovert and (75%) students are Ambivert

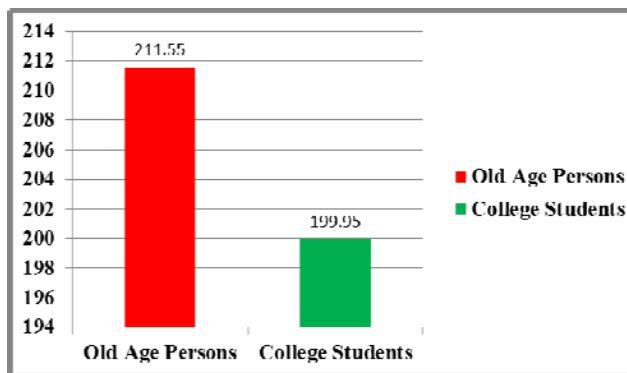**Table 6:** Showing Personality Traits of Old Aged Persons

	Introvert	Extrovert	Ambivert
Old Persons	0	2	18

Graph 4: Showing Personality Trait of Old Aged Persons

Table 7: Showing Mean Attitude of College Students and Old Age Persons towards Yoga

	College Students	Old Age Persons
Mean	199.95	211.55

Graph 5: Showing Mean Attitude of College Students and Old Age Persons towards Yoga

From the above given graph-5 after doing it's minute observation, it is clear that the Mean Attitude of College Students towards yoga is (199.95) Mean Attitude of old aged persons towards yoga is (211.55).

Discussion of Findings:
The finding of the study shows that the relationship of personality traits with attitude towards yoga of college students is not significant and the relationship of personality traits with attitude towards yoga of old age persons is also not significant. By which we can say that the hypothesis given by the researcher is not accepted.

Conclusion
The researcher correlates the personality and attitude towards yoga of yoga practicing college students and old aged persons. Firstly the researcher correlates the introvert, extrovert and ambivert personality with attitude of college students and old aged persons. With the limitations of the study and from the statistical analysis of the collected data it is concluded that there is found insignificant relationship, So that the hypothesis given by the researcher is rejected.

At last it is also concluded that the (0%) students are Introvert, (25%) students are Extrovert and (75%) students are Ambivert whereas (0%) old aged persons are Introvert, (10%) old aged persons are Extrovert and (90%) old aged persons are Ambivert and the Mean Attitude of College Students towards yoga is (199.95) Mean Attitude of old aged persons towards yoga is (211.55).

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