



ISSN: 2456-0057

IJPNPE 2016; 1(2): 222-224

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www.journalofsports.com

Received: 23-05-2016

Accepted: 25-06-2016

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A comparative study on attitude towards yoga between the students of education and physical education discipline

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Abstract

The present study researcher randomly selected 60 students, among 60 student 30 student from Physical Education department and 30 from Education department (Mean age- 22.13+ 1.66). To measure the attitude of the student toward yoga, for statistical analysis Mean, SD and t test was applied. The results show that the students those who are belong from the department of Physical Education they are posses higher attitude towards yoga in compare with the students of Education department.

Keywords: yoga, awareness, attitude

Introduction

After introducing 21st June as international yoga day by UNESCO, the awareness about Yoga developed universally. The origin of yoga is from India but as far as the awareness is concern Indian peoples are in lack in compare with the people of other first world country. American College of Sports Medicine published that in top 10 fitness tread worldwide and Yoga ranked 07. So we can say that the awareness about yoga increases day by day in the world stage. US national health interview survey, 2012 reported that 95% of US adult keep Yoga in their fitness schedule. Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame. The word 'yoga' is derived from the Sanskrit root 'yui' which means join or union. Thus literally yoga means union. A union of individual soul with universal soul and which is nicely describe in Vedic Vedanta. According to Patanjali Yoga Sutra, yoga does not mean union but spiritual effort to attain perfection through the control of the body, senses and mind. A person can be benefited in his daily life through proper practice of yoga, yoga helps in weight loss, it build up a strong and flexible body, glowing beautiful skin, peaceful mind, and over all a good health. However, very often, yoga is only partially understood by the people as being limited to asana (yoga poses). Due to the improper understanding and inadequate knowledge about the extended arena of yoga it is getting lack to increases the positive attitude and awareness of the people to achieve positive health status.

As per the psychological point of view, an attitude is a mental and emotional condition which defines or characterizes a person. The exploration of an attitude may be Simple to complex and it acquired a behavioral state through experiences. We can say that experience is an individual's prone state of mind regarding a value which related with a person, place, thing, or events and generate the individual's thought and action. Generated action or thought can be a positive or negative during evaluation of people, objects, events, activities, and ideas. It could be concrete, abstract or just about anything in our environment.

"Attitude towards yoga" the quoted line refers to a variety of mental sets people can have towards the knowledge about yoga. It refers to harmonious well-being of body, mind and spirit in people. Research reveals that yoga is a highly beneficial activity for athletes, children or for the elder or aged people. Yoga can be practice with modification for acquiring the various level of physical as well as mental fitness according to the demand of the pupils (age sex and purpose). From the general point of view it has been proved that practice of regular yoga helps to lower blood pressure and increases strength and flexibility.

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It positively influences our bodily energy system and control the nervous system as well. Implant the awareness or knowledge of yoga from very young age of learning is perhaps the ideal way to realize the optimum positive health status by bringing the changes in the behavioral pattern on the learners. The target group in this concern may be the school students or the collegiate scholars. The awareness related with the attitude toward the positive health may be breed through the yogic method or yogic practice for making a dynamic body, enriched mind and elevating the spirit. From the last few decades, based on the research material available yoga has convinced the researchers that most of our fundamental attitudes of life have their physical counter parts in the body. Research also shows that there is a various kind of differences related with the psychological factor within the pupils as per their age, sex, race, maturity or mental ability etc. These factors can be altered or nourished as per the demand through regular yogic practice. Among from the all psychological factors attitude is one of the psychological factors that determine one's endeavor and pursuits in life. In this regard the male and female are differ, as well as we can observe that the difference occurs in attitude as per the academic discipline or studied streams. Thus comparison and criticism of attitude toward yoga carries enough scope to revel the actual scenario through proper investigation. Therefore an attempt has been made in the present study to investigate and compare yoga attitude between Education and Physical Education students.

Aims of the study

The aim of the study was to assess the attitude of the university students towards yoga.

Methodology

Selection of Subjects

For the purpose of the present study researcher randomly selected 60 students with the mean age of 22.13+ 1.66, among 60 student 30 students from Physical Education department, Tumkur University Karnataka, India and 30 from Education department.

Tool Used

To compare the attitude towards yoga between Education and Physical Education students, yoga attitude scale (YAS) of Dr. Mahesh Kumar Muchhal was used. Basically the scale consists of 30 question, 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 of the used tools is verified and established. Through the split half method the reliability coefficient of Yoga attitude scale was 0.71 and by Spearman brown method it was 0.83.

Administration of Test

During the data collection researcher visited the two departments respectively on two separate dates. 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 of the questionnaire and as 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 independent's' test was applied at 0.05

level of significance to compare attitude towards yoga between the Education and Physical Education Student. 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.

Results

Descriptive analyses of attitude towards yoga between Education and Physical Education Student are reflecting in graph and table which is given below.

Table 1: Descriptive analyses of attitude towards yoga between Education and Physical Education Student

	EDU	P.EDU
Mean	41.03	47.27
SD	7.18	7.23
Percent%	68.38	78.78

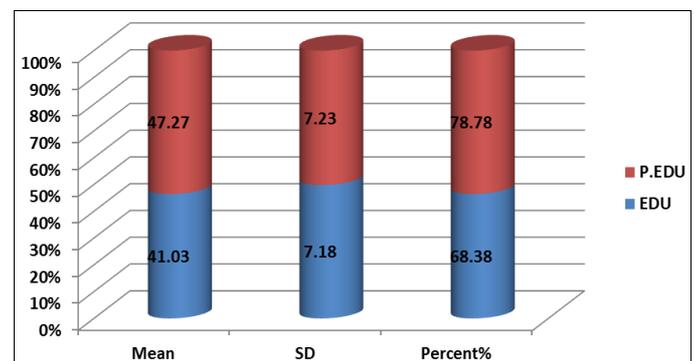


Fig 1: Education and Physical Education Student

Table 1 shows that the mean value and standard deviation of the students of Education department is 41.03 + 7.18, where in case of the student of Physical Education department it is 47.27 + 7.23. We also find in the table 1 that the percentage value of attitude towards yoga of Education student is 68.38% and for physical Education student it is 78.78%. As per the above statistical point of view we found that the Physical Education student possess higher attitude towards yoga in compare with the student of Education, though as per the questionnaire manual suggested that both groups possess high attitude towards yoga.

Conclusion

On the basis of the result it may be conclude that the Physical Education student have higher attitude towards yoga in compare with the students of Education department.

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