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A comparative study of attitude towards yoga and physical education between residential and non-residential school boys

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Abstract

The purpose of the present study was to compare the attitude towards yoga and physical education between residential and non-residential school boys. For the analysis of attitude towards physical education and yoga of residential and non-residential school boys the questionnaire of yoga "Yoga Attitude Scale" was used and self-made questionnaire for the physical education. The total respondents of the study were 60 where 30 students from residential and 30 students from non-residential were taken randomly. The age of the subject's range between 14 to 16 years. To find out the significant difference on the variable attitude towards yoga and physical education "t" test was employed. Insignificant difference was found among the residential and non-residential school boys.

Keywords: yoga, Smash skill, physical education, school boys

Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. The practice of Yoga is believed to have started with the very dawn of civilization.

A balanced physical education program provides each student with an opportunity to develop into a physically educated person one who learns skills necessary to perform a variety of physical activities, is physically fit, participates regularly in physical activity, knows the benefits from involvement in physical activity and its contributions to a healthy lifestyle. For all students to become physically educated, instruction is designed for all students with special consideration for students who need help the most, less skilled students and students with disabilities. Students who are skilled and blessed with innate ability have many opportunities to learn. All students must feel successful if they are expected to enjoy and value physical activity. Activity is the basis of the program and offers opportunities for repetition and refinement of physical skills. Activities are success oriented so students are motivated to continue.

Methodology

A total of 60 students (30 residential and 30 non-residential school boys) were selected for the study. The age of the subjects ranged from 14 to 16 years. The attitude variable was selected for the study.

Purpose of the Study

The purpose of the present study was to compare the attitude towards yoga and physical education between residential and non-residential school boys. This study may rendezvous assistance in recognising present status of awareness in school about Physical education and Yoga and accordingly suitable measure could be adopted while planning such activities at college and university level.

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Results and Discussion

Analysis of attitude towards Yoga residential and non-residential school boys.

Table 1: Revel that mean and standard deviation of attitude towards yoga of residential and non-residential school boys were 6.3154 + 1.15 and 5.72 + 1.04 respectively

	R	N	Mean	Std. Deviation	Std. Error Mean
NR	Non-Residential	30	43.3333	6.31546	1.15304
	Residential	30	42.0000	5.72954	1.04607

Analysis of attitude towards Physical Education residential and non-residential school boys

Table 2: Test equality of variance where p-value is found 0.765 which is more than alpha (0.05)

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	T	Df
NR	Equal variances assumed	.090	.765	.856	58
	Equal variances not assumed			.856	57.459

In Table 02 leven's test is used to test equality of variance where p-value is found 0.765 which is more than alpha (0.05) thus the null hypothesis of equality of variance may be accepted and it is concluded that variance of the two group are equal. Further the table revel that the mean difference between residential and non-residential school boys found insignificant as its p-value is 0.394 which is more than 0.05. Thus, failed to reject the null hypothesis at 5% level of significance.

Analysis of attitude towards Physical education of residential and non-residential school boys

Table 3: Group Statistics

	R	N	Mean	Std. Deviation	Std. Error Mean
NR	Non-Residential	30	9.6667	2.17086	.39634
	Residential	30	10.2667	2.09981	.38337

Table 3 revel that mean and standard deviation of attitude towards physical education of residential and non-residential school boys were 2.17 + .396 and 2.09 + .383 respectively

Table 4: Leven's test is used to test equality of variance where p-value is found 0.763 which is more than alpha (0.05)

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	Df
NR	Equal variances assumed	.092	.763	-1.088	58
	Equal variances not assumed			-1.088	57.936

In Table 4 leven's test is used to test equality of variance where p-value is found 0.763 which is more than alpha (0.05) thus the null hypothesis of equality of variance may be accepted and it is concluded that variance of the two group are equal. Further the table revel that the mean difference between residential and non-residential school boys found

insignificant as its p value is 0.281 which is more than 0.05. Thus, failed to reject the null hypothesis at 5% level of significance.

Discussion on Findings

The results of the study revealed insignificant differences in residential and non-residential school boys in relation to yoga and physical education. This may be because the reason that the parents as well as the teachers of both residential and non-residential schools put more focus on the yoga and physical education practices. The curriculum also involves the involvement of yoga and physical education.

Conclusion

The analysis of the data presented in the above tables concluded that there will be no changes in the attitude of residential school boys and non-residential school boys as the null hypothesis was rejected, this states that awareness towards the physical education and yoga has been seen in both the areas of schools as the above scores mention in the appendices that the attitude of both the residential as well as non-residential school boys were highly positive.

The study also concluded that awareness among the physical education and yoga is been seen in the school boys. It can be assumed that the school curriculum has involved the physical education and yoga in their curriculum. Parents and school administration puts more focus on the importance of physical education and yoga in children's life.

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