

An Assessment of Attitude of Students from Different Streams towards Yoga

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Abstract – The purpose of the study was to assess the attitude of students of different courses namely, Science, Commerce, Mathematics & Arts towards yoga. The investigator prepared a questionnaire comprising of 30 statements based on a 5-point scale viz. Strongly agree, agree, undecided, disagree & strongly disagree, covering various aspects of yoga. The questionnaire was randomly administered to 100 male & female subjects divided equally among 4 disciplines i.e. Science, Commerce, Mathematics & Arts. The questionnaire was personally administered by the research scholar to the subjects at Brahmavart P.G. College, Mandhana, Kanpur, U.P. The data collected by the researcher was analyzed by using the rating scale and descriptive technique of percentage. Results of the study reveals that students from science and arts streams possess favorable attitude towards yoga & its progressive awareness in comparison to commerce and mathematics students.

INTRODUCTION:-

The word "Yoga" is derived from the Sanskrit root 'yuj' which means "to join" or "to yoke" the related meaning is "to focus attention or "to use". Yoga is an ancient art based on an extremely subtle science that the body, mind and soul. The prolonged practice of yoga will in time lead the student to a sense of peace and a feeling of being at one with his or her environment. The importance of yoga practice in busy life cannot be denied. Yoga is an art. It is one of the most ancient forms that originated in India 5000 years ago. It is the Union of spiritual, mental and physical balances and techniques that assist to restore the spirit stimulate the mind and coordinate to help balance physical movements and processes.

Research work has laid these results against the benefits of regular yoga exercise physiological, psychological and biochemical benefits of yoga. Yoga always develops positive attitude and our attitude always changes as we go through the different courses. Attitude, however, can be changed by the influence of a particular teacher, the peer group, different events and different courses etc.

Yoga plays a vital role in an individual's life. The development of healthy favorable attitude is itself a phase of education, which facilitates learning and serve as a cause for further motivation.

As very few studies have been conducted to assess the attitude of students, hence, researcher got motivated to investigate the attitude of students from different streams towards yoga through this study.

PROCEDURE:

For the purpose of assessing the attitude of students from different streams towards yoga, a total of 100 male & female students, 25 from each disciplines i.e. Science, Commerce, Mathematics & Arts, were selected randomly to serve as subjects from Brahmavart P.G. College, Kanpur.

The survey method through the technique of questionnaire was adopted to collect the relevant data for this study. A questionnaire was prepared in consultation with experts of fields. Proper care was taken while preparing the questionnaire to ensure maximum coverage of the field of study so as to obtain worthwhile and meaningful information. Attempts were made to make the question simple, clear and relevant; leaving no room for ambiguity. Provision was made on the right side of each statement to note the attitude of the respondent by "ticking" (✓) one the responses SA (Strongly Agree), A (Agree), UD (undecided), DA (Disagree), & SDA (Strongly Disagree), respectively. In the light of recommendations made as a result of trial run, necessary changes were made in the questionnaire and final draft comprising of 30 statements was prepared.

The questionnaire comprising of 30 statements was randomly administered to 100 male & female subjects divided equally among 4 disciplines i.e. Science, Commerce, Mathematics & Arts. The various responses received in terms of yoga were analyzed using the descriptive technique of percentage.

RESULTS:

The frequencies and percentage of responses were obtained on their attitude towards yoga are presented below:

Table - 1**Frequencies and percentage of responses of students from science stream**

Attitude towards Yoga	Responses				
	M.F.A.	F.A.	A.A.	U.F.A.	M.U.F.A.
Number	5	10	5	2	3
Percentage	20%	40%	20%	8%	12%

M.F.A. --- Most Favorable Attitude

F.A. --- Favorable Attitude

A.A. --- Average Attitude

U.F.A. --- Unfavorable Attitude

M.U.F.A. --- Most Unfavorable Attitude

Table 1 shows the frequencies and percentage of responses of science student attitude towards yoga.

TABLE - 2**Frequencies and percentage of responses of students from commerce stream**

Attitude towards Yoga	Responses				
	M.F.A.	F.A.	A.A.	U.F.A.	M.U.F.A.
Number	3	7	5	9	1
Percentage	12%	28%	20%	36%	4%

Table 2 shows the frequencies and percentage of responses of commerce student's attitude towards yoga.

TABLE - 3**Frequencies and percentage of responses of students from mathematics stream**

Attitude towards Yoga	Responses				
	M.F.A.	F.A.	A.A.	U.F.A.	M.U.F.A.
Number	5	3	6	9	2
Percentage	20%	12%	24%	36%	8%

Table 3 shows the frequencies and percentage of responses of mathematics student's attitude towards yoga.

Table - 4**Frequencies and percentage of responses of students from arts stream**

Attitude towards Yoga	Responses				
	M.F.A.	F.A.	A.A.	U.F.A.	M.U.F.A.
Number	9	8	5	2	1
Percentage	36%	32%	20%	8%	4%

Table 4 shows the frequencies and percentage of responses of arts student's attitude towards yoga.

Table – 5**Comparative chart of percentages of attitude of students from different streams towards yoga**

Grading of Responses	Science	Commerce	Mathematics	Arts
	Percentage	Percentage	Percentage	Percentage
M.F.A	20%	12%	20%	36%
F.A	40%	28%	12%	32%
A.A	20%	20%	24%	20%
U.F.A	8%	36%	36%	8%
U.F.A	12%	4%	8%	4%

Table 5 shows comparative chart in percentage as describe below.

Above chart reveals that students from science and arts streams possess favorable attitude towards yoga & its progressive awareness in comparison to commerce and mathematics students.

DISCUSSION :

The study has revealed that the attitude of different streams' students towards yoga varies from most favorable, average, & unfavorable. As far as science and arts student attitude are concerned that they fall down under the category of most favorable attitude because of their favorable perception towards yoga & its practices.

On the other hand students from commerce & mathematics streams show unfavorable attitude towards yoga.

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