

A study on the attitude of teacher-students towards yoga education

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Abstract

Reported is the study of teacher-students' attitude towards Yoga Education at present day context. The present paper aims to study teacher-students' attitude towards Yoga Education. Because without positive attitude of teacher-students' Yoga Education will not be successful in future. The investigators collected data from 100 teacher-students' of Purba Medinipur district in West Bengal. Data were analyzed by using qualitative methods. Results showed that majority of the teacher-students have positive attitude towards Yoga Education.

Keywords: teacher-students, attitude, yoga education

Introduction

Modern science and technology is trying day by day to make our life easier. Now the whole world appears to be living a more and physically inactive life. Even the children are using their leisure not by playing games and sports rather they are watching cartoons, or learning computer. We are riding instead of walking; we sit instead of standing, watching instead of participation. Thus there is an urgent need to bring about positive changes in the present day life-styles by participating in Yoga sports and physical education programmes. The Bhagavad Gita points out three aspects of Gyana, Bhakti and Karma, based on the facilities of man, intellect, emotion and physique. Yoga education as a way of life can prove society useful in a variety of ways. As a method of education it conceives of man as whole providers for total integrated education of physical, mental and spiritual.

The word 'yoga' was originated in India from Sanskrit word "yuj" that means "union between body, mind and spirit". It was developed in India some 2000 years ago. Almost two decades ago, the fitness industry rediscovered this ancient form of physical activity and a new category called mind-body exercise was created. It includes ethical discipline, physical postures, breathing control and meditation. Yoga is not only stretching. There are eight limbs of yoga physical postures are called 'Asana' are just one of the eight limbs of yoga. Ultimately, the goal of yoga is purely psychological. As defined in the yoga sutras of patanjali, one of the authoritative texts in yoga, yoga is the control of the mental fluctuations and energies. In Ashtanga, the purpose of working the body out is to burn the six poisons of the heart- desire, anger, delusion, greed, envy and sloth (The Practice, 2009). Simply speaking, the goal is to live a peaceful life free from hatred and negatives. Yoga has become a universal language of spiritual exercise in the United States, crossing many lines of religion, cultures. Everyday millions of people practice Yoga to improve their health and overall well-being.

Yoga is a science by which the individual approaches truth. The aim of all yoga practices is to achieve truth where the individual soul identifies itself with supreme soul or God. We all know that yoga is very beneficial for human beings. Practice of yoga can control our body, mind, strength and

make us active both physically and mentally. Regular practice of yoga can decrease our various types of disease. In today's unhealthy era stroke and heart diseases are very dangerous diseases for us. But regular practice of yoga can control our blood pressure and heart disease and keep our heart healthy.

In a recent survey by W.H.O, heart diseases and stroke are world's largest causes of death claiming 17.3 million lives every year. By 2020 Cardio-Vascular diseases will be the largest cause of disability and death in India. The purpose of the paper is to explore the attitudes of present teacher-students who are the future torch-bearers of the society towards yoga education that can give us a physically strong, mentally fit body and by which we can achieve the total development of the body, mind and spirit.

Objective

To study the teacher-students' attitude towards Yoga Education

Hypothesis

H₁: Majority of the teacher-students will hold a positive attitude towards Yoga Education

Method

Sample

In the present study 100 teacher-students were considered as sample. Samples were selected from five teachers-training institutions of Purba Medinipur in West Bengal. Around 120 teacher-students received the questionnaire and only 100 have returned completely.

Tool

A questionnaire was used for the data collection, which was developed by using a five point Likert-type scale (Maity & Maity, 2017). The scale consists of 10 items with each item using a four point Likert-type scale.

Result

After collecting data were cleaned and quantified as much as possible and tabulated systematically for further statistical analysis.

Table 1: shows demographic data

Variables		Total Number
Sex	Male	55
	Female	45
Habitat	Urban	52
	Rural	48

Table 2: shows attitudes of male and female teachers-students towards yoga education

	N	SA	%	A	%	D	%	SD	%
Male	55	13	23.64	27	49.09	9	16.36	6	10.91
Female	45	8	17.78	22	48.89	10	22.22	5	11.11
Total	100	21		49	49	19	19	11	11

From table no. 2 it is found that more than 64% male teacher-students possess positive attitude towards yoga education than female teacher-students.

Table 3: shows attitudes of urban and rural teacher-students towards yoga education:

Dimension	N	SA	%	A	%	D	%	SD	%
Urban	52	14	26.92	25	48.08	9	17.31	4	7.69
Rural	48	9	18.75	22	45.83	10	20.83	7	14.58
Total	100	23		47		19		11	

From table no. 3 it is found that more than 75% urban people possess positive attitude towards yoga education than teacher-students from the rural areas.

Discussion

The purpose of this study was to determine the study of teacher-students’ attitude towards yoga education at present day context. Main findings were that most of the teacher-students’ attitude towards yoga education is positive. The study of Umatiya, R. A. (2013) [8] highlighted the same findings. It is seen that most of the teacher-students’ of present day are aware towards yoga education as they belong to the net oriented society. So due the influence of social media as well as their new curriculum of B. Ed. by NCTE, they have awareness towards yoga education. At the same time they have positive feelings towards yoga education as these are helpful for physical development.

It was found that male teacher student’s attitude is more positive than female teacher students. This might be due to the fact that the male teacher students are more aware towards yoga education because they are conscious about physical fitness. In the present study it was found that teacher-students from urban areas possess more favourable attitude towards yoga education than the teacher-students from rural areas. It was due to urban facility like media, internet, social media that helped the urban teacher students to become more positive attitude towards yoga education than teacher students from rural areas. Study of Patel, A. C. (2008) [6] was also found the same results.

All the findings and discussion revealed that would be teachers at present age possess positive attitude towards yoga education. This is a very positive sign for sustainable development that is the need of the hour for social progress as well as making healthy nations.

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