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Attitude of male and female secondary school students towards yoga

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Abstract

The purpose of the study was to compare attitude towards yoga between male and female secondary school students. The subjects were taken from Renaissance school located in Bulandshahr (U.P.). The subjects in this study were 40 (20 male and female each) of age ranged from 13 to 18 years selected randomly through purposive sampling. To analyze attitude towards yoga of the subjects Yoga attitude scale of Dr. Mahesh kumar muchhal was used. The reliability coefficient of Yoga attitude scale was 0.71 by split half method and 0.83 by Spearman brown method. The statistical technique employed for this study was mean, standard deviation and independent 't' test. The level of significance was tested at 0.05 levels. As per the statistical analysis significant difference was not found in attitude towards yoga between male and female secondary school students. Therefore, the hypotheses that there will not be significant difference in attitude towards yoga between male and female secondary school students has not been rejected.

Keywords: Attitude, Yoga

Introduction

The word yoga has been derived from the Sanskrit word *yuj*, Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is about 5000 year old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul. The science of Yoga imbibe itself the complete essence of the Way of Life, including - *Gyan Yoga* or philosophy, *Bhakti Yoga* or path of devotional bliss, *Karma Yoga* or path of blissful action, and *Raja Yoga* or path of mind control. *Raja Yoga* is further divided into eight parts. At the heart of the *Raja Yoga* system, balancing and unifying these various approaches, is the practice of Yoga Asana. Maharishi Patanjali introduced eight limbs of yoga as follows-

1. Yama (Control)
2. Niyama (Rules of conduct)
3. Asana (Posture)
4. Pranayama (Control of the breath)
5. Pratyahara (Withdrawal of sensory perceptions)
6. Dharana (Concentration)
7. Dhyana (Uninterrupted meditation)
8. Samadhi (Effortless meditation, equilibrium)

Yoga attitude refers to a range of mental sets people can have towards the benefits of yoga refers to harmonious well-being of body, mind and spirit in people. As yoga typically has the method for making a dynamic body, enriching the mind, and elevating the spirit. Over the past three decades, the research material available based on yoga has convinced the researchers that most of our fundamental attitudes to life have their physical counter parts in the body. Extrinsic attitude is one of the psychological factors that determine one's endeavor and pursuits in life. Also male and female differs potentially in most of the psychological traits. Thus comparison and criticism of attitude carries enough scope to be analyzed. An attempt has been made in the present study to investigate yoga attitude between male and female secondary school students.

Therefore the researchers have planned a comparative study of attitude towards yoga between male and female secondary school students.

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Objectives of the Study

- To compare the attitude towards yoga between male and female secondary school students.

Hypoth ESIS

For the present study it was hypothesized that there would not be significant difference between male and female secondary school students in attitude towards yoga.

Materials and Methods

Participants 40 (20 males and 20 females) of age ranged from 13 to 18 years belongs to Renaissance school located in Bulandshahr (U.P.). To measure attitude towards yoga of the students Yoga attitude scale (YAS) of Dr. Mahesh kumar muchhal was administered. The reliability coefficient of Yoga attitude scale was 0.71 by split half method and 0.83 by Spearman brown method. After the appropriate instructions, the questionnaires were filled up by the students under the supervision of the researcher. To analyze attitude towards between male and female secondary school students independent 't' test was applied at 0.05 level of significance.

Data Analysis

In the present study for data analysis responses were expressed as mean and standard deviation. Independent 't' test was performed for comparison between two groups, $p < 0.05$ was considered statistically significant. Data analysis was performed using SPSS 17.0 software under windows.

Results

To analyze attitude towards yoga between male and female secondary school students mean, standard deviation and independent 't' test were computed. The findings are presented below.

Table 1: Mean and Standard Deviation of attitude towards yoga between male and female secondary school students

Group	N	Mean	SD	SEM	Minimum	Maximum
Male	20	28.35	4.47	1.00	20	35
Female	20	29.75	2.80	0.62	25	35

Table- 1 indicates that mean and standard deviation of attitude towards yoga in male secondary school students have been reported 28.35 and 4.47 respectively. Further the mean and standard deviation of attitude towards yoga in female secondary school students have been reported 29.75 and 2.80.

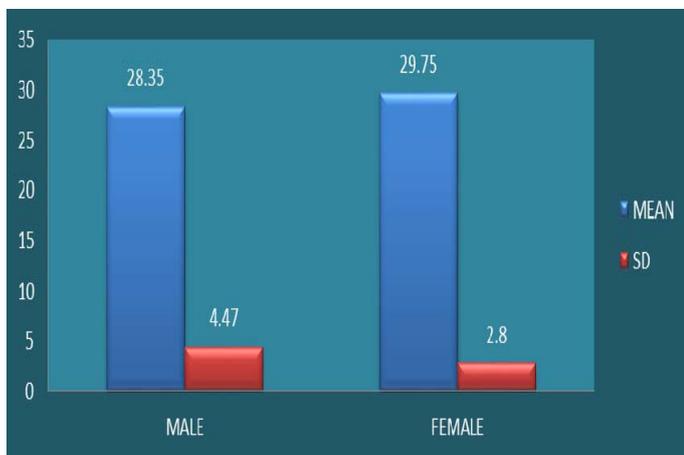


Fig 1: Graphical Representation of Mean and Standard Deviation of Attitude towards Yoga between Male and Female Secondary School Students

Table 2: Significant Difference of the Means of attitude towards yoga between Male and Female secondary school students

Group	Mean	df	't' ratio	Sig.
Male	28.35	38	1.18	0.243
Female	29.75			

*Statistically significant at $t_{.05} (38) = 2.02$

Table-2 indicates that obtained 't' value of attitude towards yoga in male and female secondary school students has been reported 1.18 which is lower than the tabulated value 2.02. This reveals that there is no significant difference between attitude towards yoga in male and female secondary school students at .05 level of significance.

Discussion

The results of the study revealed that there was insignificant difference in attitude towards yoga between male and female secondary school students. The analyzed data shows that calculated 't' value 1.18 is much lesser than tabulated 't' value 2.02 required to be significant at 0.05 level of significance. The average level of attitude towards yoga in male and female secondary school students was observed and recorded. This may be attributed to the fact that in the modern times male and female both are well aware and educated. Similarity in their academic level of education may also be one of the reasons. The print and electronic media has contributed a lot in enriching the experiences and exposure to the upcoming generations. Yoga is deeply rooted in our culture and tradition that facilitates a positive outlook, natural inclination and interest in practicing various asana, meditation and pranayama. The results of Balakrishnan *et al.* (2007) was also found consistent with the findings of the present study that revealed no significant difference between the two groups in the attitude towards yoga. The present study may be helpful in developing better understanding associated with psychological background of yoga practitioners gender-wise.

Conclusion

The findings of this study are consistent with findings of Balkrishna *et.al*, which indicates insignificant difference in attitude towards yoga between male and female secondary school students. In the light of the findings and limitations of the present study, it may be concluded that male and female secondary school students carry almost the same attitude towards yoga.

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