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## Analytic study of attitude towards yoga between the male students of selected government and private schools of Bilaspur

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### Abstract

The present investigation was an attempt to compare attitude towards yoga between the male students of government and private schools of Bilaspur. Total 120 male students acted as subjects in this study (60 from each group) from different secondary and senior secondary school of Bilaspur district. Age of subject was ranged from 13 to 18 years. Yoga attitude scale (YAS) of Dr. Mahesh Kumar Muchhal was administered for collecting the data. On analyzing the data it was found that significant difference of attitude towards yoga existed between male students of selected government and private schools of Bilaspur. The attitudes towards yoga was found more in private schools students as compared to government schools students.

**Keywords:** Attitude, Yoga, Government Schools, Private Schools

### Introduction

Yoga is a multidimensional aspect and its scope has increased in the modern life of twenty first century. In modern day our environment is struggling for endurance and survival and we are suffering from more and more physical and psychological stress and strains. We cannot always control them, but we can find out the ways to face them and to this end Yoga is a good creation. The word "yoga" comes from the Sanskrit root "yuj", which means "to yoke" the spirit and physical body together. Yoga has evolved over thousands of years to embrace a wide range of styles and disciplines. Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is a 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.

Yoga is a popular activity for athletes, children, and seniors. Yoga can be modified to suit all levels of fitness. Yoga has been proven to lower blood pressure and increases strength and flexibility. Yoga energizes our bodies and calms our minds. Yoga is a science applicable to all age groups. Inculcating the habit of yoga from very young is perhaps the ideal way to achieve balance in the mind-body-soul realm. Holistic health, which includes prevention of diseases by improving the thought pattern, regulating the energy flow in the body and realizing the divine within, is as important for children as much as it is for adults. School, a home away from home for children, where maximum learning takes place, will do well to include health education in the curriculum. A good way to begin would be to train children in yogic techniques during designated school hours, which will ensure discipline and consistency in the practice of yoga. The practice should ideally be started early in a simple manner, to build the practice effectively in the child's life. Yoga acts as a catalyst and unravels the many wonderful qualities that children possess. Apart from the apparent physical benefits, it helps the child become aware and focused. Even special children with learning disorders benefit immensely with yoga.

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**Objective of the study**

The objective of present study was to compare attitude towards yoga between the male students of government and private schools of Bilaspur.

**Methodology**

**Selection of Subjects**

For the purpose of present study 120 male students (60 from government and 60 from private school) who falls between the age group of 13 to 18 years were selected as a subject. All the subjects selected for the present study were regular students of different secondary and senior secondary school of Bilaspur district.

**Tool Used**

Yoga attitude scale (YAS) of Dr. Mahesh Kumar Muchhal [7] was used to compare attitude towards yoga between the male students of government and private schools of Bilaspur. The reliability coefficient of Yoga attitude scale was 0.71 by split half method and 0.83 by Spearman brown method.

**Administration of Test**

All the selected subjects were asked to give their response on yoga attitude scale as per the guidelines of the questionnaire and as convenience of the subjects. Scoring of responses given by the subjects was done according to author’s manual.

**Analysis of Data**

In the present study independent ‘t’ test was applied at 0.05 level of significance to compare attitude towards yoga between the male students of government and private schools of Bilaspur. Data analysis was performed using SPSS 16.0 software under windows.

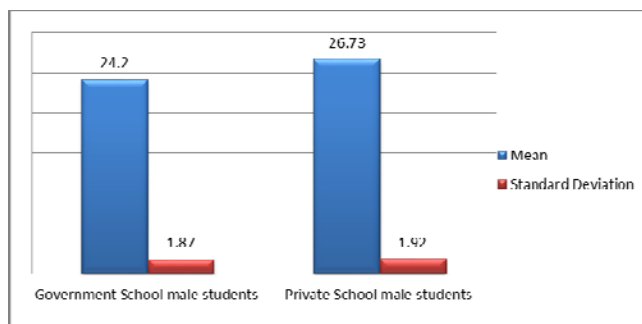
**Result & Discussion**

Descriptive analyses of attitude towards yoga between the male students of government and private schools of Bilaspur are given in Table-1.

**Table 1:** Mean and Standard Deviation of Attitude towards Yoga between the Male Students of Government and Private Schools.

Group	N	Mean	SD	SEM	Minimum	Maximum
Government School Student	60	24.20	1.87	.2421	20	28
Private School Student	60	26.73	1.92	.2491	24	32

Table- 1 indicates that the means of attitude towards yoga of male students of government and private schools of Bilaspur have been reported 24.20, 26.73 and standard deviation 1.87 and 1.92 respectively. The mean scores of private school male students on attitude towards yoga (M=26.73) is higher as compared to government school male students (M=24.20)



**Fig 1:** Graphical representation of Mean and Standard Deviation of Attitude towards Yoga between the Male Students of Government and Private Schools.

**Table 2:** Significant Difference between the Means of Attitude towards Yoga between the male students of Government and Private Schools.

Group	Mean	MD	SED	df	't' ratio	Sig.
Government School Male Students	24.20					
Private School Male Students	26.73	2.53	.3474	118	7.29*	.000

\*Significant difference at 0.05 level.  $t_{05} (118) = 1.98$

Table-2 indicates that the obtained ‘t’ value for attitude towards yoga of male students of government and private schools of Bilaspur has been reported 7.29 which is higher than the tabulated value 1.98. This reveals that there is significant difference between male students of government and private schools of Bilaspur in attitude towards yoga at .05 level of significance.

**Discussion**

The result of the present study indicates that attitude towards yoga is significantly higher in case of private schools male students as compared to government schools male students. The reason behind this attitude may be due to the management system of private schools who might have been emphasizing more on yogic activities compare to the government schools and as a result it reflects the mindset of the school students.

**Conclusion**

On the basis of results it may be concluded that private schools male students are having better attitude towards yoga as compared to government schools male students.

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