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## A comparative study of male and female students attitude towards yoga

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**Abstract**

The aim of the study was intended to explore the attitude of students towards yoga. The total sample for the present study consists of 400 male and female secondary school students with due representation of gender. Whole data was collected from Higher Secondary School (HSS) of Jammu Division with the help of random sampling technique. Yoga Attitude Scale (YAS– M) developed by K. M. Mahesh was used for data collection. The data was subjected to statistical treatment by using Mean, SD, Frequency distribute, percentage and independent ‘t’ test. The results of the study indicate that there is significant impact of gender on the attitude of students towards yoga. Male secondary school students were seen with more favourable attitude towards yoga as compared to female secondary school adolescents.

**Keywords:** Male adolescents, female adolescents, attitude towards yoga

**Introduction**

It is universal saying that health is wealth. In this Contemporary society our environment is fighting for survival and the human beings suffer from more and more biological and psychological stress. We cannot always control them but can learn how to face them. Yogic practices can alleviate the tension and anxiety. Yoga helps to stretch the muscles, strengthen the body and increase concentration and also help us to relax. The most important benefit of yoga is the physical & mental peace, and improves concentration power. Etymologically speaking, 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. From the general point of view it has been proved that practice of regular yoga helps to lower blood pressure and increases strength and flexibility. It positively influences our bodily energy system and control the nervous system as well. Yoga includes:

- a) **Meditation:** Yoga encompasses meditation as well. Concentrating and counting your breath helps you meditate simultaneously while humming “Om” under your breath.
- b) **Physical postures:** Various physical postures are there for every part of our internal and external body parts that should be practiced according to the needs of a person.
- c) **Breathing techniques:** To regulate and control breathing is one of the primary techniques that should be practiced while doing yoga.
- d) **Body control:** The yoga postures demands that you have control in your body. Each posture requires you to stay in that position for a certain amount of time. this way you enhance your body balance and control as well.
- e) **Mind control:** The breathing techniques and meditation helps you gain complete control over your mind and improve your concentration and productivity, along with giving you mental peace.

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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. Extrinsically attitude is one of the psychological factors that determine one's endeavour 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 analysed. An attempt has been made in the present study to investigate yoga attitude between male and female secondary school students. "Attitude towards yoga" the quoted line refers to a variety of mental sets people can have towards the knowledge about yoga. It refers to harmonious well-being of body, mind and spirit in people. Research reveals that yoga is a highly beneficial activity for athletes, children or for the elder or aged people. Yoga can be practice with modification for acquiring the various level of physical as well as mental fitness according to the demand of the pupils (age sex and purpose). Since times immemorial large number of studies are conducted on yoga. Mahendra Kumar Singh, Arjun Singh Solanki (2015) conducted a study on attitude of male and female secondary school students towards yoga and results revealed an insignificant difference was found in attitude towards yoga between male and female secondary school students. Maslach and Jackson (1981) conceptualized burnout as a syndrome consisting of three components. Emotional exhaustion refers to mental and physical tension and strain resulting from job related stressors. Depersonalization refers to distancing of oneself from others and viewing others impersonally. Diminished personal accomplishment is a feeling of negative self-evaluation. Exhaustion is the central quality of burnout and the most obvious manifestation of this complex syndrome. Maslach (1982) reviewed literature on burnout and concluded that there is no single definition of burnout that is accepted as standard. However, despite the differences, there are also similarities among various definitions of burnout. Several studies in the past concluded that burnout has negative effects on job performance. Burnout leads to lower productivity and effectiveness at work. Shrama, P; Kendrick, K; Daniel, R. (2009) evaluated the effect of Hatha Yoga on Stress and Recovery of Female Collegiate Athletes and found a significant decrease in global stress scores. Kulkarni, D.D. (2007) conducted the study to see the effect of vastradhauti on stress and peripheral immune response and result revealed non-significant decrees in sink responses on all electrical loads, that suggest a decreased stress response and significant increase in the differential count polymorphs. Thus, diversified impact of gender has been analysed on yoga. In connection to same, the investigator conquers a researcher study on:

**Statement of The Research Problem:** The statement of the study is as under:

"A comparative Study of Male and Female Students Attitude towards Yoga".

**Objectives of The Study:** The present study consists of below mentioned objectives:

1. To analyse the attitude of students towards yoga.
2. To compare attitude of male and female adolescents towards yoga.

**Hypothesis:** The present study consists of below mentioned objectives:

1. There exists no significant difference between male and female adolescents on their level of attitude towards yoga.

**Operational Definitions of Terms and Variables:** The operational definitions of terms and variables are as under:

1. **Attitude towards Yoga:** Attitude towards Yoga in the present study refers the score obtained by the respondents on Attitude towards Yoga Scale developed by K. M. Mahesh.
2. **Students:** Students in the present study refers Secondary school students who are reading in 11<sup>th</sup> and 1<sup>th</sup> classes of selected area of Jammu Division.
3. **Gender:** Gender in the present study refers dichotomy made on the basis of sex.

**Delimitation of The Problem:** The present study will be delimited to following domains:

1. The study was delimited to only adolescents within the age group of 14-21.
2. The study was delimited 400 secondary school adolescents.
3. The study was delimited to Jammu Division only.

**Methodology:** The methodology of the present study has been stated in the following heads-

1. **Method of the study:** Keeping the nature of the study under consideration, the descriptive method will be used by the researcher for the present study.
2. **Sample:** A representative sample of 400 secondary school adolescents were selected by using random sampling technique. These respondents were selected from different Higher Secondary School of selected districts area of Jammu Division.
3. **Tools used:** In the present study the researcher after securitising number of research tools found suitable to use Yoga Attitude Scale (YAS- M) developed by K. M. Mahesh.

**Analysis and Interpretation of the Data:** The data has been analysed with the help of descriptive and comparative analysis. However, the statistical treatment is given into two below mentioned captions:

- **Caption-I:** Descriptive Analysis
- **Caption-II:** Comparative Analysis

**Caption-I: Descriptive Analysis:** In this caption data was analysed with the help of percentage and frequency distribution. More obviously it was interpreted as under:

**Table 1:** Showing frequency and percent wise distribution of male and female Secondary school students on their attitude yoga attitude scale. (N=200 each).

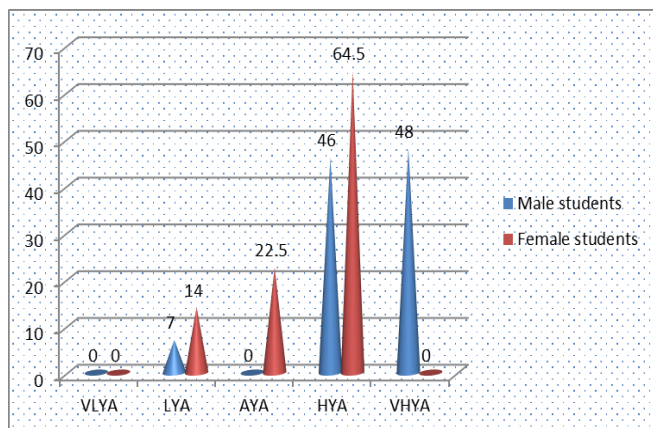
Yoga Attitude	Male Adolescents		Female Adolescents	
	F	%	F	%
VLYA	00	00	00	00
LYA	14	07	28	14
AYA	00	00	43	22.5
HYA	92	46	129	64.5
VHYA	94	48	00	00
Total	200	100	200	100

**Index**

- VLLYA= Very low level yoga attitude
- LLYA = Low level yoga attitude
- ALLYA = Average level yoga attitude
- HYA= High yoga attitude
- VHYA= Very High yoga attitude
- F= Frequency

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- F= Frequency



**Fig 1:** Showing graphical representation of male and female secondary school students on their attitude yoga attitude scale.

**Interpretation:** The results presented in table 1.1 (Please Refer Table 1.1, Fig. 1.1) gives information about the frequency distribution and percentage wise distribution of male and female adolescents on their level of attitude towards yoga. The results indicate that 0.00% (F=00) male adolescents were found with very low level of yoga attitude towards yoga. Besides, the results in the same table reveal that 0.07% (F=14) Male Secondary school Students (MSSS) were found with low level of attitude towards yoga. In pursuance to same, it was found that 0.00% (F=00) Male Secondary school Students (MSSS) were found with average level of attitude towards yoga. The result indicate that among male adolescents 46.00% (F=92) Male Secondary school Students (MSSS) were seen with high level of attitude towards yoga attitude. In context to same, it was observed that 48% (F=00) Male Secondary school Students (MSSS) were seen with very high level of yogic attitude. Coming towards the Female Secondary School Students (FSSS) in the same table, it was found that 00% (F=0) were seen with very low level of attitude towards yoga. Further, the descriptive analysis indicate that 14% (F=28) Female Secondary School Students (FSSS) were found with low level of attitude towards yoga. In context to same, from the above obtained results, it was found that 22.5% (F=43) Female Secondary School Students (FSSS) were seen with average level of yogic attitude. Meanwhile, it was observed that 64.5 (F=129) Female Secondary School Students (FSSS) were found with high level of attitude towards yoga. The attained numerical analysis indicate that 0.00 (F=0.00) Female Secondary School Students (FSSS) were reported with very high level of attitude towards yoga. From the above results, it can be said that among male adolescents maximum respondents (F=94) were reported with

high level of yoga attitude followed by 46% (F=92) male adolescents with high level of attitude towards yoga. However, among Female Secondary School Students (FSSS), maximum respondents were reported with (F=129) high level of yoga attitude.

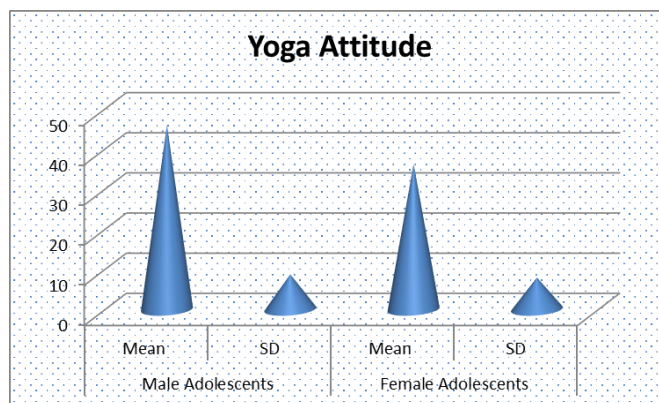
**Caption-II: Comparative Analysis:** In this caption the data was analysed on the basis of comparative analysis. The testing of null-hypothesis was done on the basis of ‘t’ value. The respondents were comparatively analysed on the basis of gender. More obviously it has been analysed as under:

**Table 2:** Showing means significance difference between male and female adolescents on their attitude towards yoga. (N=200 each).

Yoga Attitude	Male Adolescents		Female Adolescents		‘t’ value
	Mean	SD	Mean	SD	
	45.97	8.76	36.30	7.96	11.56@

**Index:**

- @= Significant at 0.01 level of confidence.



**Fig 2:** Showing graphical representation of male and female adolescents on their attitude towards yoga.

**Interpretation:** The results presented in table 1.2 (Please refer table 1.2, Fig. 1.2) gives information about the mean comparison of male and female secondary school students on the basis of their yogic attitude. The results reveal the mean score of male secondary school students was reported (M=45.97) higher than the mean score of female secondary school students (M=36.30). The from the obtained mean vale the mean difference was reported. When the both groups were comparatively analysed the cuckooed ‘t’ value acme out to be 11.56, which is higher than the table value at 0.01 level of confidence. Thus, from the reported results it can be inferred that there exists significant difference between male and female secondary school students on their attitude towards yoga. Thus, from the above reported result the investigator can inferred that there exists significant impact of gender on the attitude of yoga. Male secondary school students were reported with more favourable attitude yoga as compared to female secondary school students. Hence, from the above reported results, significant difference has been reported between male and female secondary school students in relation to their attitude towards yoga. Thus, the status of hypothesis is reports as under:

**Hypothesis-I:** There exists no significant difference between male and female students on their attitude towards yoga.

.....Status (Rejected)

Significant difference has been reported between male and

female secondary school students in relation to their attitude towards yoga. The results are supported by host of the researchers, notable among them are;

“Faiz, A. S (2014), Ajay, J. S. (2012), Jan, M. S (2018), Mahendra, K. Arjun, S. S. (2015), Asif, H. (2019), Asif, H. (2019), Saha, U. B. (2010)”

**Conclusions of The Study:** On the basis of the result it may be conclude that there is significant impact of gender on the attitude towards yoga. Male students were observed with high level of yogic attitude as compared to female students.

**Suggestions of The Study:** It is found that gender has significant impact on yoga attitude among secondary school adolescents. Therefore, required number of Yoga instructors must be appointed in state and central government schools. The system of educating children has to be combined with certain practices which can remove their psychological blocks, which can make them aware of the psychological changes that happen in their body and brain, which can make them aware of their own distractions and which can give them the ability to focus on the theme of the subject they are studying. Female physical education teachers must be recruited in the department, so that gender gap may be bridged out. For this Physical Education teachers must also focus on importance of yoga in schools, as Yoga reduces the effects of stress among the students and induces a feeling of calm and peacefulness, combats depression and anxiety, counteracts helplessness and weakness, and thus increases self-esteem. The training programmes on yoga must be implemented in schools to improve the behaviour and the quality of the students. Because, Yoga offers the simple, safe and practical techniques for the students to quickly reduce tension and stress at any time and place.

**Recommendations for Further Research:** The presents study has generated a fund of knowledge for further research, accordingly below mentioned study should be conducted:

1. Present study may be replicated on large sample.
2. In the present study religion act as an extraneous variables, so a study may be explored to analyses the impact of religion on the level of yoga of secondary school adolescents.
3. Present study have been based on the questionnaire method, it is recommended that the similar study may be undertaken on the basis of interviews.
4. The present study is limited to secondary school adolescents only, studies can be taken off at different levels/ age groups with the students of College and Universities, and also by selecting other states in India.
5. A study may be conducted to determine the student's attitude of different professional institute towards yoga and also to determine the attitude of parents, other subject teachers and administrators towards yoga.

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