

## **A STUDY OF YOGA ATTITUDE OF SECONDARY SCHOOL STUDENTS IN SOUTH TRIPURA DISTRICT**

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### **Abstract**

Today's life is full of stress and pressure for children and adults. Pressure in school, busy parents, comparative sports, and the demands of active participation are the contributing factors of stress. Teaching yoga to children can help them learn to relax, teach self-control, and instill sense of peace in their daily lives. Yoga can counter the pressure of this fast-paced society and help children quiet their minds. In addition, learning a breathing practice i.e. pranayama can help children see that the mind and body are connected. In this context "A Study of Yoga Attitude of Secondary School Students in South Tripura District" was an attempt to ascertain the attitude of student towards yoga in secondary schools in south district, Tripura. For this purpose Descriptive survey method of research was used. A sample of 170 secondary school students were selected randomly from six schools located in south Tripura district. The methodology includes 't' test

**Keywords:** Stress and Pressure, Self-Control, Yoga Attitude, Physical and Psychological Stress.

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## **Introduction**

In this Modern society our environment is fighting for survival and the human beings suffer from more and more physical 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.

Yoga has been integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since 1988. The NCF 2005 adopted a holistic definition of health in which yoga is an integral part of it. Both yoga and physical education contribute to not merely the physical development of the child but have a positive impact on psychosocial and mental development as well. Playing group games have a positive impact on individual self-esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly, yoga practice contributes to the overall development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also corrects postural defects among school children.

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. 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. Hence, it is decided to study "A Study of Yoga Attitude of Secondary School Students in South Tripura District", which was intended to ascertain the attitude of student towards yoga in secondary schools in south district, Tripura.

## **OBJECTIVES:**

1. To find out the level of yoga attitude possessed by the secondary school students.
2. To compare yoga attitude of secondary school in the following variables:
  - a) Gender
  - b) Type of school
  - c) Residence

**HYPOTHESIS:**

1. Secondary school students are not possessing high Yoga attitude.
2. There is no significant difference in Yoga attitude of boys and girls of secondary school students.
3. There is no significance difference in Yoga attitude of private and government secondary school students.
4. There is no significance difference in Yoga attitude of rural and urban secondary school students.

**DESIGN AND METHODOLOGY:**

Descriptive survey method of research is been employed for the present study. A sample of 170 secondary school students were selected through stratified sampling technique by taking different variables under the study.

**SAMPLE DESIGN:**

SI No:	Name of the schools	Samples
1	Holy cross high school, Twaikarma	40
2	Birchandra Manu S.S.VidyaMandir, Birchandra Nagar	24
3	Sachindra Garo Para High School, Rajapur	24
4	Santir Bazar High School, Santir Bazar	30
5	Bokafa Ashram High School, Santir Bazar	30
6	Brintak ShikshaNiketan, Baikhora	22

**TOOLS:**

Yoga Attitude Scale standardized by Dr. Mahesh Muchhal is used to measure the yoga attitude of the secondary school students. It has 30 items, 15 positive and 15 negative items with Maximum Score-60, and Minimum Score-0.

Sl. No	Scores	Percentage	Yoga Attitude Group
1	0-12	Up to 20%	Very low Yoga Attitude
2	13-25	Up to 40%	Low Yoga Attitude
3	25-36	Up to 60%	Average Yoga Attitude
4	37-48	Up to 80%	High Yoga Attitude
5	19-60	Up to 100%	Very High Yoga Attitude

### Statistical Analysis

The data was analyzed using 't' test.

### ANALYSIS AND INTERPRETATION:

#### Hypothesis - 1

*The Secondary school students are not possessing high Yoga attitude.*

**Table – 1: Level of Yoga Attitude possessed by the Whole Sample**

Sample size	Mean	SD
170	40.29	8.25

As per the mean value of the total sample, it is found that the secondary school students are not possessing high Yoga attitude. It seems to be clear that most of the schools are not much aware about yoga attitude. This may be one of the reasons for students possessing less awareness on yoga attitude.

#### Hypothesis - 2

*There is no significant difference in Yoga attitude of boys and girls of secondary school students.*

**Table-2 :Comparison of Yoga Attitude among Boys and Girls of secondary schools.**

Sample size	N	Mean	SD	't' value
Boys	85	40.85	7.91	0.86 <sup>NS</sup>
Girls	85	39.74	8.95	

$d_f=168$

Not significant at 0.05 level

P at 0.05 Level is 1.97

From the above table-2, it can be seen that there is no significant difference in the yoga attitude possessed by boys and girls. The differences is not significant as the obtained 't' value (0.86) is less than 't' table value (1.97) at 0.05 level of significance.

### Hypothesis - 3

*There is no significant difference in Yoga attitude of private and government secondary school students.*

**Table-3: Comparison of Yoga Attitude in Private and Govt. secondary school students**

Sample size	N	Mean	SD	't' score
Private	62	41.56	8.33	1.51 <sup>NS</sup>
Govt.	108	39.56	8.15	

P at 0.05 Level is 1.97

Not significant at 0.05 level

From the above table it can be seen that there is no significant difference in the yoga attitude in private and govt. secondary school students. The differences are not significant as the 't' value is 1.51, which is less than 1.97. There is no significant difference in Yoga attitude between private and govt. secondary school students.

### Hypothesis - 4

*There is no significant difference in Yoga attitude of rural and urban secondary school student.*

**Table-4: Comparison of Yoga Attitude in Rural and Urban secondary school students**

Sample size	N	Mean	SD	't' score
Rural	88	39.69	8.28	0.99 <sup>NS</sup>
Urban	82	40.94	8.21	

$d_f=169$

Not significant at 0.05 level

From the above table it can be seen that there is no significant difference in rural and urban secondary school students in their yoga attitude. The difference is not significant as the 't' value is 0.99.

Thus, hypothesis is accepted as there is no significant difference in Yoga attitude of rural and urban secondary school students.

### **Findings:**

It is found from the study that students are possessing less yoga attitude. It is also found that boys and girls are having same yoga attitude, and no significant difference was found in yoga attitude. It is found that private school students are having a very little more awareness on yoga when compared with the government school students. But there was no significant difference found in yoga attitude among them. Generally, in urban areas the effect of media is very high when compared with rural areas. It is also found that students of urban areas are relatively better in holding yoga attitude than rural areas. Even then, no significant difference was found in yoga attitude among rural and urban secondary school students.

### **SUGGESTIONS:**

It is found that most of the schools are not much aware about yoga attitude which may be one of the reasons for students possessing less awareness on yoga attitude. 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. 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 behavior 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.

### Suggestions for Further Research

The present study have been based on the questionnaire method, it is recommended that the similar study may be undertaken on the basis of interviews. The present study is limited to tenth class 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. 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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