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Study of attitude of women teachers towards yoga education

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Abstract

Yoga has now become an essential part of lifestyle. People of every age group and profession are aware of this. Yoga is beneficial for everyone, especially if students get information about it, then many positive effects can be seen in them. In such a situation, it is necessary for a teacher to have a high attitude towards yoga so that he can connect his students with yoga. The presented research has been done on the basis of this fact.

Key-words: *Yoga, attitude, female teacher etc.*

Introduction

Yoga originated from the Sanskrit word 'Yuj' which means to add. The word Yoga is clear from the activities of Yoga. In yoga, through compound activities, a union is established between the body, mind and soul, which leads to the attainment of spirituality. There is an ancient belief that God resides only in a healthy body. If the body is sick then you will think only about yourself and will remain focused on your health. The sages have given birth to Yoga keeping in mind the physical and mental health. Today, in this fast-paced life, it is very important to keep yourself healthy and energetic, yoga is needed by everyone.

Attitude towards yoga education

Education teaches how to have a holistic development of the child and when the word 'Yoga' is associated with this education, then what could be more pleasant than this. Children are the leaders of the future, children are like those new sprouts, who after getting the right environment, have infinite possibilities of becoming better and bigger in the future. In this context, the role of teacher/parent increases even more, they also have to become a good psychologist and a skilled gardener, so that by giving proper education of Yoga to the children, they can develop their physical,

mental, intellectual and spiritual powers and can fully blossom the life of the children. The role of the teacher is very responsible in successfully implementing 'Yoga Shiksha' in schools. As an ideal psychologist, it is absolutely necessary for him to understand the psychosomatic behavior of children during childhood and adolescence. Apart from yoga, he will have to develop a deep understanding of 'anatomy and physiology'.

Role of Teacher

The subject matter which is new and excites the children motivates them to learn. The efficiency of a teacher depends on how he can make the same exercise entertaining with rhythm, interest and pace.

It is also seen that some teachers often practice slowly and want to be extremely careful towards the children, this is appropriate for small children but at the same time, the required pace is also necessary for older children.

By nature, after gaining proficiency in any work, our enthusiasm in it gradually starts decreasing due to which we start looking for some more difficult and complex exercises. It is appropriate to include complexity and various techniques in daily practice, but it should also be kept in mind that compound

exercises done in the order of simplicity to complexity also demand continuity and long duration.

Children have the ability to protect themselves from falls or injuries. They also have more tolerance; hence in case of injury etc. they stop the practice themselves. But while practicing difficult asanas, the teacher/parent should adopt proper caution. For this, students should be divided into small groups and made to do practice work with full cooperative behavior.

Thus it is clear that being a teacher, teachers should be aware of yoga. Presently yoga is necessary for students as well as teachers. Therefore, this topic has been selected for appropriate research.

Related Literature Study

Shekhawat and Sathi (2020), “Effect of meditation on improving nerve and muscle coordination”, Anamika Prakashan, Delhi. The objective of this research was to find out the effect of meditation on improving nerve and muscle coordination. It was found that the practice of meditation always balances the overall neurotransmitter profile that is involved in motor coordination of those muscles and thereby helps in gradually relieving the inability to perform various activities. Prekshadhyan is a system of meditation which is based on the principle of perception. Feeling and knowing are the basic elements of this meditation. This study has shown that meditation adjusts the functions of the central nervous system including the nervous system, which can be taken as a positive sign for patients with dementia.

Crystal, A. (2017) “The role of compound exercises in weight loss in university students”, Singapore Medical Journal, Vol. 34, Singapore. The objective of this research was to assess before and after the effect of yogic activities on the weight of the students and to study the mentality of the students when they lose weight through yogic activities. It was found that there was a significant difference between weight loss and compound activities. The weight of the students who did yogic activities, which was earlier high, reduced rapidly. A significant difference was found between weight loss and mental health. After losing weight, students were found to be more active and their mental stress also reduced.

Research Objectives

1. To conduct a comparative study of the attitude towards yoga of rural and urban women teachers.
2. To conduct a comparative study of the attitude towards yoga of private and government women teachers.

Hypotheses used in the study

1. No significant difference was found in the attitude of rural and urban women teachers towards yoga education.
2. No significant difference was found in the attitude of private and government women teachers towards yoga education.

Method used in research

Survey method has been used in the research.

Population

In the presented research, the total number of female teachers serving in schools running in urban and rural areas of Piprali development block in Sikar district has been determined for study. All these female teachers are the population of the research work and mainly 20-20 schools from both the areas have been selected. In the presented research, the total number of female teachers serving in schools running in urban and rural areas of Piprali development block in Sikar district has been determined for study. All these female teachers are the population of the research work and mainly 20-20 schools from both the areas have been selected.

Sample used in study

Random method has been used in the presented study. As a sample, 400 female teachers serving in schools running in urban and rural areas of Piprali development block of Sikar district have been selected in the following manner - Out of total 400 female teachers, 200 each were selected from rural and urban areas. Out of 200 female teachers in rural areas, 100 taught in private schools and 100 in government schools. Similarly, 100 women teachers each were selected from private and government schools in urban areas.

Study variables

Independent Variable - Female Teachers

Dependent Variable - Attitude towards Yoga education

External Variables - School Environment

Tool used in the study

The female teacher attitude scale towards yoga was self-constructed and administered after proving its reliability and validity.

Statistics

Mean, standard deviation and t test were used for statistical analysis.

Hypothesis 1 - No significant difference is found in the attitude of rural and urban women teachers towards yoga education.

S. No.	Total Attitude Aspect	Type of teachers	N	Statistics			
				Mean	S.D.	t value	Significance level
1	Yoga education	Rural	200	11.04	1.95	0.65	NS
		urban	200	10.91	2.02		
2	Social	Rural	200	2.12	1.37	11.90	S
		urban	200	3.67	1.23		
3	Physical	Rural	200	2.30	1.45	11.22	S
		urban	200	3.75	1.11		
4	Emotional	Rural	200	2.37	1.50	8.80	S
		urban	200	3.59	1.26		
5	Total	Rural	200	17.84	4.10	11.09	S
		urban	200	21.93	3.22		

From the facts of the above table, it is known that there is a significant difference between various aspects of attitude towards yoga of selected rural and urban women teachers. The mean score of teachers of both groups in favor of yoga education was 11.04 and 10.91. The t value obtained from these is 0.65 which is less than the significance level value of .05 and .01. Therefore, no significant difference is found between rural and urban teachers towards the aspect of yoga education.

In favor of social yoga education, the mean score of teachers of both the groups was 2.12 and 3.67. The t value obtained from these is 11.90 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between rural and urban teachers towards the aspect of social yoga education.

In favor of physical yoga education, the mean score of teachers of both the groups was 2.30 and 3.75. The t value obtained from these is 11.22 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between rural and urban teachers towards the aspect of physical yoga education.

In favor of emotional yoga education, the mean score of teachers of both the groups was 2.37 and 3.59. The t value obtained from these is 8.80 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between rural and urban teachers towards the aspect of emotional yoga education.

In overall attitude, the mean score of teachers of both the groups was 17.84 and 21.93. The t value obtained from these is 11.09 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between rural and urban teachers towards total yoga attitude.

Therefore, the hypothesis that there is no significant difference in the attitude of rural and urban women teachers towards yoga education is proved false.

Hypothesis 2 - No significant difference is found in the attitude of private and government women teachers towards yoga education.

S. No.	Total Attitude Aspect	Type of teachers	N	Statistics			
				Mean	S.D.	t value	Significance level
1	Yoga education	Private	200	11.75	1.88	8.44	S
		Government	200	10.20	1.79		
2	Social	Private	200	3.46	1.20	7.98	S
		Government	200	2.34	1.58		
3	Physical	Private	200	3.35	1.30	4.50	S
		Government	200	2.70	1.57		
4	Emotional	Private	200	3.79	1.08	12.67	S
		Government	200	2.17	1.45		
5	Total	Private	200	22.35	2.77	14.45	S
		Government	200	17.41	3.96		

The facts in the above table show that there is a significant difference between various aspects of attitude towards yoga of selected private and government women teachers. The mean score of teachers of both the groups in favor of yoga education was 11.75 and 10.20. The t value obtained from these is 8.44 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between female teachers of private and government schools towards the aspect of yoga education.

In favor of social yoga education, the mean score of teachers of both the groups was 3.46 and 2.34. The t value obtained from these is 7.98 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between female teachers of private and government schools towards the aspect of social yoga education.

In favor of physical yoga education, the mean score of teachers of both the groups was 3.35 and 2.70. The t value obtained from these is 4.50 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between female teachers of private and government schools towards the aspect of physical yoga education.

In favor of emotional yoga education, the mean score of teachers of both the groups was 3.79 and 2.17. The t value obtained from these is 12.67 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between female teachers of private and government schools towards the aspect of emotional yoga education.

In overall attitude, the mean score of teachers of both the groups was 22.35 and 17.41. The t value obtained from these is 14.45 which is more than the significance level value of .05 and .01. Therefore, a significant difference is found between female teachers of private and government schools towards total attitude.

Therefore, the hypothesis that there is no significant difference in the attitude of private and government women teachers towards yoga education is proved false.

Conclusion

No significant difference is found in the attitude of rural and urban women teachers towards yoga education, which proves to be false.

No significant difference is found in the attitude of private and government women teachers towards yoga education, which proves to be false.

Suggestion

The findings found that there is a significant difference in the attitude of rural and urban teachers towards yoga education. In this, the attitude of rural women teachers has been found to be comparatively low, hence there is a need to make women teachers of rural areas aware about yoga. For this, there is a need to focus on yoga education in teacher training along with conducting programs at the policy making level and at the school level.

Similarly, the level of attitude towards yoga among government women teachers is low. Therefore, there is a need to conduct yogic programs at the government level to increase the attitude towards yoga among women teachers.

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