



A study on Opinion of various groups of society and professionals towards yoga education

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Abstract- India is incredibly a diversified country with divered cultural society and professionals. The aim of the research was to study the opinion of various groups of society and professionals towards Yoga education, and it was also an attempt know that weather people start their day with Yoga in the morning or not. Yoga was originated in India, and than yoga expanded throughout the world because yoga is very effective technique to maintain holistic health. A significant difference was found between the will power of starting the day with yoga vs doing the yoga actually in their daily life. Different professionals and various groups of society had their various reasons for their opinions towards yoga education and on doing yoga regularly in their life.

Key words :- professional's opinion on yoga education, doctor's opinion on yoga education, yoga for health, yoga education, health benefits of yoga.

I. INTRODUCTION

In ancient times there were no gyms even no exercise centres still in that ancient time Ancient India knew the science of Yoga. Yoga is a way of living a healthy life that originated in India. Now it has been accepted as a style of science around the world. Western culture is also accepting it as a healthy style of scientific exercise. Although the origin of yoga is not clear, but it is a long standing tradition. For a common man, yoga has practice like Yama, Niyam, Asana, Pranayam, Pratyahara, Kriya and Dhyana, which keep the person physically healthy, mentally agile and emotionally balanced. This ultimately lays the foundation for the spiritual development of the individual. Good health is the right of every human being. But this right depends on personal, social and environmental factors. Along with environmental or social factors, we can develop a better disease immune system and a better understanding so that other conditions do not adversely affect us and we can achieve good health. Yoga can play an important role for this. Yoga is one of the most powerful drug-free systems of treatment. Yoga can be adopted as a lifestyle to promote one's physical and mental health. At the physical level, yoga helps in the development of strength, stamina, and high energy and at the mental level, it improves concentration, peace, satisfaction and empowerment. That is, yoga provides harmony internally and externally.

Today in our country every person seems hurt by the current education system. Because through education physical, mental, moral, spiritual and national values are not being developed in students as expected. The school has a special role in the all-round development of students. All round development in education is possible only when special attention is paid to the physical and mental development of the students. For this, there is a great need to include yoga education as a compulsory subject. The main objective of education is to make all round development of the child, yoga education helps in accomplishing this purpose. In modern education, emphasis is being placed on technical knowledge. There is struggle and complex competition in every field due to which stress, failure in life, loss of values, aggression, irritability, frustration, emotional instability etc. are increasing in students. These tendencies prevailing in students can be diagnosed only through yoga education.

II. REVIEWS OF RELATED STUDY

A number of studies have been carried out on yoga education **Nanware, Rajkumar B. and L, Palanethra (2019)** were found that Arts and Science teacher trainees of the training colleges had sound awareness, Most of the arts and science teacher trainees' had favourable attitude towards Yoga, the variables of awareness and attitude were found to be positive and highly correlated. **Singh, Dr. Y. Chakradhara (2017)** found that the students are possessing less yoga attitude. There was no significant difference in yoga attitude among rural and urban secondary school students on the basis of gender. Private school students are having a very little more awareness on yoga. **Vhavle, Sathish and Rao, Raghavendra (2017)** revealed

that there was a significant improvement in health, learning ability, cognitive ability, behaviour and positive emotions and decrease in negative emotions. **Karak, Dr.Kalidas and Ghoshal Abhijit (2016)** that experimental group has the better academic performance than the control group due to yoga training programmes.

Objective of Study

- 1 To study an Opinion of various groups of Society towards Yoga Education.
- 2 To study an Opinion of pupil teachers towards Yoga Education.
 - (a) To study an Opinion of male and female pupil teachers towards Yoga Education.
 - (b) To study an Opinion of pupil teachers towards Yoga Education according to locality.
- 3 To study an Opinion of Parents/Guardian (Doctor, Engineer, Manager, Businessman, Farmer) towards Yoga Education.
- 4 To study an Opinion of Teachers towards Yoga Education.
 - (a) To study an Opinion of male and female teachers towards Yoga Education.
 - (b) To study an Opinion of Teachers towards Yoga Education according to locality.
- 5 To study an Opinion of Educational Institutions Management/Manager towards Yoga Education.
 - (a) To study an Opinion of Educational Institutions Management/Manager towards Yoga Education on the basis of locality.
 - (b) To study an Opinion of Educational Institutions Management/Manager towards Yoga Education according to gender.

Hypothesis of Study

- 1 There is not even any major difference in the Opinion of various groups of Society towards Yoga Education.
- 2 There is no major difference in the Opinion of various groups of Society towards Yoga Education.
 - (a) There is not even any major difference in Opinion of pupil teachers towards Yoga Education according to locality.
- 3 There is not even any major difference in Opinion of Parents/Guardian (Doctor, Engineer, Manager, Businessman, Farmer) towards Yoga Education.
- 4 There is not even any major difference in Opinion of Teachers towards Yoga Education.
 - (a) There is not even any major difference in Opinion of male and female teachers towards Yoga Education.
 - (b) There is not even any major difference in Opinion of Teachers towards Yoga Education according to locality.
- 5 There is not even any significant difference in Opinion of Educational Institutions Management/Manager towards Yoga Education.
 - (a) There is not even any significant difference in Opinion of Educational Institutions Management/Manager towards Yoga Education on the basis of locality.
 - (b) There is not even any significant difference in Opinion of Educational Institutions Management/Manager towards Yoga Education according to gender.

Method of the Study- A descriptive survey method was used in this study.

Population- The opinion of various groups of society and professionals towards yoga education various paramedical health professionals, doctors, teachers, students, society's opinion pool, and even mental health professionals were taken for the study, of Bundi District of India have been taken as the population of the study.

Sample of the Study- For completing the whole research study, a sample of 600 individuals (Bundi district Rajasthan India) were selected as sample of the study which included paramedical health professionals, doctors, teachers, Students, society's opinion pool as well as Mental Health Professionals.

Variables of the Study- The variable of the study are as follows-

- **Independent variable-** Yoga Education
- **Dependent variable-** Opinion of various groups of society and professionals towards yoga education
- **Tool of the Study-** A self-developed opinion tool has been used to know the Opinion of various groups of society and professionals towards yoga education

Statistics of the Study- For analysis of the collected data, it was converted in the easily understandable percentage.

III. ANALYSIS AND INTERPRETATION -

Sno	Professional	Start their day with yoga in morning	Agree that yoga education is very important
1	Paramedical health professionals	67 %	97 %
2	Doctors	71 %	95 %
3	Teachers	55 %	69%
4	Students	41 %	63%
5	Society's Opinion Pool	55 %	59%
6	Mental Health Professionals	84 %	98%

After the final data collection and interpretation of results of the respondents, it was found that 67% of the Paramedical health professionals start their day with yoga in the morning and 97% of them agree that yoga education is very important.

71% of the doctors start their day with yoga in the morning and 95 percent of the doctors agree that yoga education is very important.

55 % of the teachers start their day with yoga in the morning and 69 % of them agree that yoga education is very important.

41% of the students start their day with yoga in the morning and 63 % students agree that yoga education is very important.

55% of the general society start their day with yoga in the morning 59 % of the society agree that yoga education is very important.

84% of the Mental health professionals start their day with yoga in the morning and 98% of mental health professionals agree that yoga education is very important.

This proves that there is significant difference in the opinion i.e opinion of agreement that yoga is very important vs the actual action of starting their day with yoga in the Morning. Hence, the null hypothesis is rejected.

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