



Study Of Significant Difference In The Attitude Of Women Teachers Towards Yogik Activities

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Abstract

This research study has been done to know the effect on the teachers of Piprali development block of Sikar district on their attitude towards Yogik activities. In the research study, teachers of 400 secondary and higher secondary level schools of Piprali subdivision were selected. For research purposes, mean and standard deviation were calculated and for research hypotheses, t ratio was analyzed at .01 and .05 level of significance. The results of the research study found that towards the Yogik activities, the attitude of the teachers was significant difference between rural and urban background.

Main terminology – teachers, attitude, yoga’.

Introduction

Yoga originates from the Sanskrit word ‘Yuj’. Which means to add. The word Yoga is clear from the activities of Yoga. In yoga, through Yogik activities, a union is established between the body, mind and soul, which lead 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.

The evidence obtained by archaeologist’s shows that yoga originated in 5000 BC. The knowledge of Yoga has been passed on traditionally and from generation to generation through the Guru-disciple tradition. Around 200 B.C. Maharishi Patanjali collected Yoga in written form and composed Yoga Sutra. Patanjali is called the father of Yoga because of the composition of Yoga Sutra.

The word ‘Yoga’ is derived by adding suffix ‘Gham’ to the root ‘**Yuj Samadhau’ Atmanepadi Divadigāniya**. Thus the meaning of the word 'Yoga' is Samadhi i.e. control of the mind's tendencies. By the way, the word ‘Yoga’ is also derived from the roots ‘Yujir Yoga’ and ‘Yuj Sanyamne’, but in this case the meaning of the word Yoga would be summation,

addition and regulation respectively. Further in Yoga we will see that Yoga has also been said about soul and God.

At one place in Gita, Shri Krishna has said, '**Yoga Karmasu Kaushalam** (Yoga brings efficiency in action). It is clear that this sentence is not the definition of yoga. Some scholars are of the opinion that the union of the soul and the Supreme Soul is called Yoga. A big objection arises in accepting this fact that even the Buddhists, who do not accept the existence of God, use the word Yoga and support Yoga. The same thing can be said for Sankhyaists who consider the existence of God as imperfect.

Patanjali has given the definition in Yogadarshan, "**Yogaschittavrittinirodha**" that the control of the instincts of the mind is called Yoga. This sentence can have two meanings. The state of control of mental tendencies is called Yoga or the method to achieve this state is called Yoga.

In short, the meaning is that it is not very easy to properly understand the classical form of Yoga, its philosophical basis. The monist who believes that the world is false also supports it in the name of Nididhyahn. Atheistic Sankhya scholar also approves of it. Not only Buddhists, Muslim Sufis and Christian mystics also somehow establish harmony with the beliefs and philosophical principles of their sect.

Review of Literature

1. Vedanta (2005) "Study on the beneficial effects of yoga and meditation", Indian Journal of Psychiatrist, Delhi. Out of 101 youth suffering from metabolic syndrome, 55 youth were given Rajyoga and meditation daily for three months, the research found that the blood pressure of the youth increased by 100%. Cholesterol level was found to be significantly affected as compared to the control group.
2. Kelly (2006) "ADHD." A study of the effect of yoga therapy on disabled children", International Journal of Yoga, 1(12), 17-28. 40 Iranian children were taken, in which there was an experimental group of twenty children and a control group of twenty children. It was found that yoga treatment has a significant effect on such children.
3. Sadhna (2007) "Study on the effect of yoga practice on students' memory and achievement in science", Journal of Psycho Lingua, Issue 20, October. An experimental design was selected by using intelligence test on 140 students and practicing yoga for 21 days. As a result of the research, it was found that practicing yoga has a positive effect on achievement and memory in science.
4. Vivas (2008) "Study of effect of Pranayama method on asthma patients", Journal of Medical Study, Volume 12, Number 1. 70 patients of the hospital were selected and the Pranayam method was practiced for 20 minutes daily for three months. It was found that the patients got relief from the symptoms of asthma. It has a significant impact on the feeling of depression and anxiety level caused by asthma.

5. Narayanamurthy (2012) "Study of the effect of yoga on chronic diseases", Journal of Medical Study, Volume 11, Number 4. Practice of asana, pranayama and meditation was given to the permanent patients in the hospital. It was found that yoga programs significantly affect hypertension, diabetes, stress, heart disease, high cholesterol, overweight, high glucose levels, migraine and cancer.
6. Alka (2013) "Beneficial effects of yoga: A study of pranayama practice on healthy volunteers", Journal of Medical Science and Psychology, Bangalore, Vol. 11. 55 youth (experimental group) were made to practice Sudran Kriya for one hour every day for six weeks and 48 youth (control group) were allowed to rest for fifteen minutes on a chair. It was found that the anxiety level, stress, despair and desire level of the experimental group were found to be significantly affected as compared to the control group.
7. Neelam (2015) "Study on the educational effect of Yoga", Indian Journal of Psychiatrist, Delhi. 55 students were selected and pranayama was done. It was found that yoga and educational influence establish an associative relationship.
8. Vijay (2016) "Study of Dhyana Yoga on mental stress of students", Journal of Abnormal Psychology, Issue 102. Students were selected through experimental design method and were made to do meditation and yoga for twenty minutes every day for six months. It was found that after meditation and yoga, the stress areas of the brain close down and the student feels stress free. The student's brain works actively.
9. Amit (2018) "A study of the effect of yoga on self-control in students", Journal of Abnormal Psychology, Issue 15. Students were given continuous training in yoga, breathing process and meditation throughout the year by practicing yoga five days per week. As a result of the study, it was found that regular practice of yoga among students increases self-control and reduces stress. Yoga practice has emerged as an effective tool which awakens the spirit of self-transformation in the students.
10. Jayshree (2020) "A study of the effect of yoga on self-confidence, self-esteem and self-awareness of students", Journal of Child Psychology, UK. As a result of the study, it was found that continuous practice of yoga increases self-confidence, self-esteem and self-awareness in students.
11. Vidhi (2022) "A study of the effect of yoga practice on physical and psychological variables, functional health components of students", Journal of Attention Disorders, USA. Did. It was found that yoga has a significant impact on the physical and psychological variables and functional health components of the students.

Research Gap

It was found that most of the research has been done to know the effect of yoga on students. There is a lack of research done to know the yoga attitude of 'female' teachers. The presented research studies the yoga attitude of 'female' teachers which gives it originality.

Definition of Variables

Yogic activities - By doing subtle activities to the smallest parts of the body like head, neck, hands, legs etc., the body becomes active. With these activities, blood circulation occurs smoothly, stiffness of the body is removed and flexibility is gained in the body.

Attitude – Attitude is a state of mental and nervous readiness, which is determined by experience and which motivates and directs our reactions towards all the objects and situations to which that attitude relates.

Research Objectives

'To study the effect of Yogik activities in dictionaries on the following aspects-

1.1 To study attitude through Yogik activities in the women teachers of government and private schools.

1.2 To study attitude through Yogik activities in the women teachers of rural and urban schools.

Hypotheses

1. No significant difference is found in the attitude towards Yogik activities in the women teachers of government and private schools.

2. No significant difference is found in the attitude towards Yogik activities in the women teachers of rural and urban schools.

Sampling

Random sampling was used for the sample in which 200-200 female teachers from government and private schools were selected. 200-200 Female teachers from rural and urban area were selected.

Research Method

In the research, survey method is used.

Research Tool

Standardized research tool was used for this.

1. **Yoga Attitude Scale** – It has total 30 statements. In which three options have been given to answer, namely, agree, Undecided and disagree. The weighting of positive and negative statements was kept as follows -

Positive Statement – Agree – 2 marks, Undecided 1 mark, Disagree 0 marks

Negative Statements – Agree – 0 marks, Undecided 1 mark, Disagree 2 marks

The reliability coefficient of the instrument was found to be .83 by Spearman Brown method.

In this, the measurement of attitude level was as follows -

Very low yoga Attitude – 0-12 points

Low Yoga Attitude – 13-24 points

Average Yoga Attitude – 25-36 points

High Yoga Attitude – 34-46 points

Very High Yoga Attitude – 47-60 points.

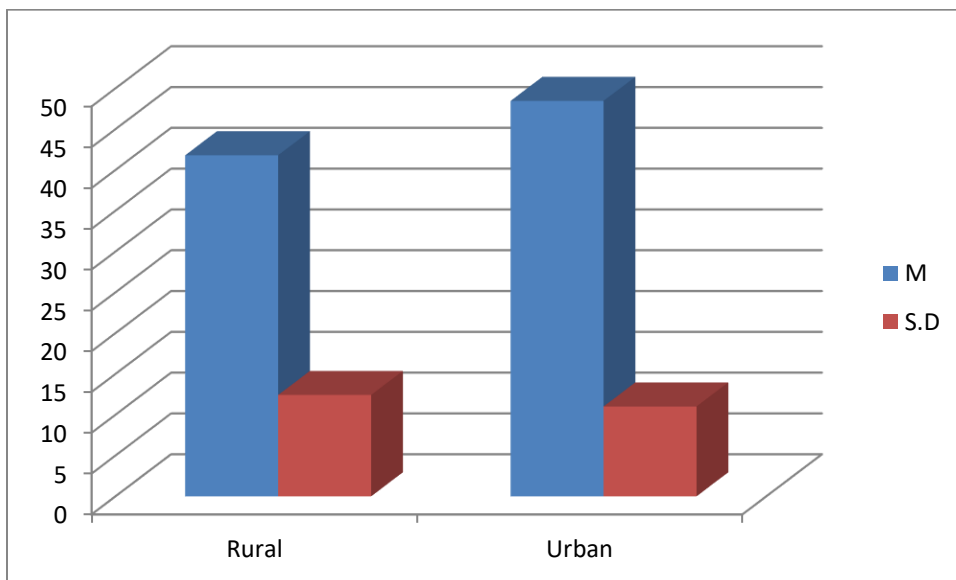
Comparative difference between Variables

Table - 1 Hypothesis 1 - No significant difference is found in the attitude towards Yogik activities in the teachers of government and private schools.

$\frac{1}{4}$ Group $\frac{1}{2}$	$\frac{1}{4}$ N $\frac{1}{2}$	$\frac{1}{4}$ M $\frac{1}{2}$	$\frac{1}{4}$ S.D $\frac{1}{2}$	$\frac{1}{4}$ Critical Ratio $\frac{1}{2}$	Significant value	S/NS
Govt.	200	41.8	12.42	2-19	-05 & 1-67	S
Private	200	48.46	11.01		-01 & 2-39	NS
					NS	

$$df = N1 + N2 - 2$$

$$200+200-2 = 398$$



It is clear from the above table that after calculating the mean values on the basis of facts related to private and government schools, the mean values have been found to be 41.8 and 48.46 respectively. By calculating the mean values of the teachers of these two groups, the

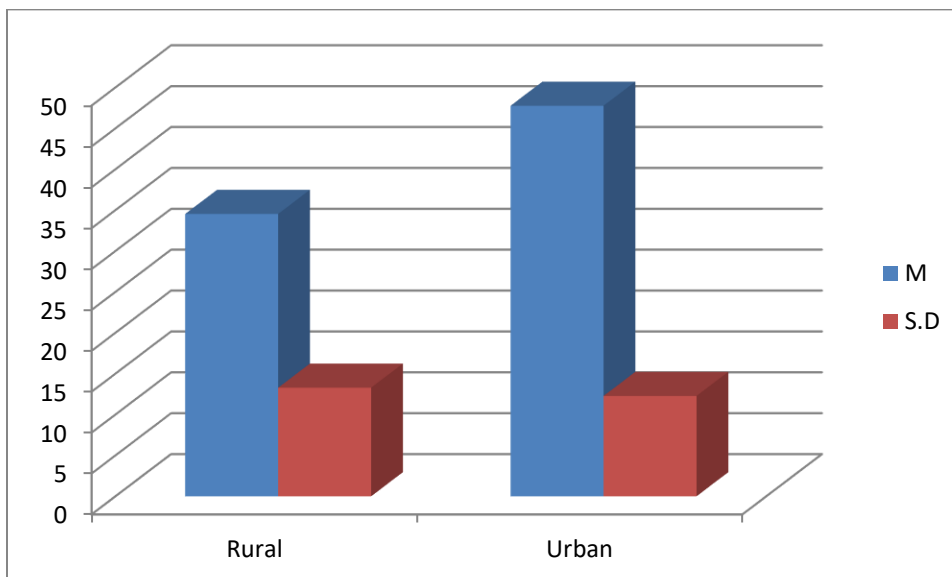
standard deviation was found to be 12.42 and 11.01 respectively. In this it is known that high level of yogic attitude is found in female teachers of government schools and very high level is found in private schools. By calculating the mean values and standard deviations of the teachers of both the groups, the critical ratio was found to be 2.19. On DF 398 degrees of freedom, the significance value at .05 levels is 1.67 and at .01 levels the significance value is 2.39. Therefore, the determined null hypothesis is rejected at .05 levels and accepted at .01 levels. The specified null hypothesis is accepted.

Table 2 Hypothesis 2 - No significant difference is found in the attitude towards Yogik activities in the teachers of rural and urban schools.

¼Group½	¼N½	¼M½	¼S.D½	¼Critical Ratio½	Significant value	S/NS
Rural	200	34-53	13-28	4-00	-05 & 1-67	S
					-01 & 2-39	S
Urban	200	47-76	12-27		S	

$df = N1 + N2 - 2$

$200+200-2 = 398$



It is clear from the above table that after calculating the mean values on the basis of facts related to rural and urban classes, the mean values have been found to be 34.53 and 47.76 respectively. Based on the mean values of these two groups, the standard deviation was calculated as 13.28 and 12.27 respectively. It was found that the Yogik attitude of female

teachers in rural areas is of high level and the composite attitude of urban female teachers is very high. By calculating the mean values and standard deviations of both the groups, the critical ratio was found to be 4.00. On DF 398 degrees of freedom, the significance value at .05 levels is 1.67 and at .01 levels the significance value is 2.39. Hence the stated null hypothesis is rejected.

Conclusion

In conclusion, it can be said that there is a significant difference in the attitude towards Yogik activities in rural and urban women teachers and there is no significant difference in the attitude towards Yogik activities in private and government women teachers. Due to difference in background, there is lack of awareness about Yoga in rural areas and Yoga is more popular in urban areas, hence the attitude of 'urban' teachers is found to be higher.

Reference

1. Vedanta (2005) "Study on the beneficial effects of yoga and meditation", Indian Journal of Psychiatrist, Delhi.
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