

THE YOGIC INSIGHT

Vol.: 1
Pp: 54-65

YOGA INTERVENTION INCREASES ATTITUDE TOWARDS YOGA IN HIGH SCHOOL STUDENTS: A RANDOMIZED CONTROLLED TRIAL

NAVNEET KAUR*
PREETY**

ABSTRACT

The purpose of this study is to find out the effect of a 4 week Yoga program on school students on their attitude towards Yoga. The subjects chosen for the study were 50 students studying in class 9th and 10th of a Govt. High School of Chandigarh. Their age ranged between 13 to 15 years. The experimental group consisted of 25 students (male-14, female-11) who underwent a scheduled common Yoga protocol for a period of 4 weeks, 6 days/week whereas control group consisted of 25 students (male-14, female-11) who were given no treatment. The attitude towards Yoga of subjects was measured by Yoga Attitude Scale developed by Dr. Mahesh Kumar Muchhal. The attitude of students towards Yoga was measured after 4 week Yoga program for both experimental and control groups. The result of the study revealed that there was a significant difference found between experimental and control group (*p<0.05) on their attitude towards Yoga. Furthermore, there was no difference found between male and female subjects of experimental group and male and female subjects of control group (p>0.05).

KEYWORDS: Yoga Attitude, Experimental group, Control group.

Research Scholars, Department of Physical Education, Panjab University,
Chandigarh*/**

INTRODUCTION

In the present scenario, the life of the people is full of stress, tensions and worries, which sooner or later result into the various health related complications like diabetes, hypertension, obesity, depression etc. Numerous studies prove in their findings that Yogais an effective non- pharmacological way in eradicating these complications. Yoga may beused as a preventive care treatment before the onset of these problems.

Yoga is a traditional science which originated in India and focuses upon the physical, mental and spiritual health of an individual. Yoga attitude means the attitude or mental set of the people towards the benefits of Yoga. Nowadays, the attitude of people towards Yoga has changed after the United Nations declared the 21stJune as the International Day of Yoga.

A study done by Singh etal (2015), found that students have shown less attitude towards yogaand also no significant difference was found between boys and girls attitude towards yoga. Moreover, students of private schools had shown having a little more awareness on Yoga than students of Govt. School but no significant difference was found among them. Furthermore, there was no significant difference found between rural and urban students but urban region students had slightly better attitude towards Yoga in comparison to the rural students. Moreover, Singh and Solanki (2015) revealed in their study that there was no significant difference found in attitude towards Yoga between male and female secondary school students. A study done by khatun (2016) had shown that most of the teachers and students had positive attitude towards Yoga Education.

Parmar et al (2015) revealed in their study that a significant difference was found between boys and girls towards Yogaeducation but no significant difference was found between male and female teachers towards Yoga education. Additionally, no significant difference was found in among teachers and students towards Yoga education.

A study undertaken by Umatiya (2015) revealed that students of M.Ed. had shown positive attitude towards Yoga. There was a significant difference found between male and female M. Ed students in their attitude towards Yoga. Furthermore, no significant difference was found between rural and urban region students and Arts and Science stream M. Ed students in their attitude towards Yoga. The researchers in this study made an attempt to investigate the attitude of Govt. High school students towards Yoga.

OBJECTIVES OF THE STUDY

The objectives of the present study include:

1. To compare and study the difference between attitude towards Yoga of experimental and control group.
2. To compare and study the difference between attitude towards Yoga of male subjects of experimental and control group.
3. To compare and study the difference between attitude towards Yoga of female subjects of experimental and control group.
4. To compare and study the difference between attitude towards Yoga of male and female subjects of experimental group.
5. To compare and study the difference between attitude towards Yoga of male and female subjects of control group.

HYPOTHESIS OF THE STUDY

Based on the above objectives, following hypothesis have been framed:

1. There is no significant difference between attitude towards yoga of experimental and control group.
2. There is no significant difference between attitude towards yoga of male subjects of experimental and control group.
3. There is no significant difference between attitude towards yoga of female subjects of experimental and control group.
4. There is no significant difference between attitude towards yoga of male and female subjects of experimental group.
5. There is no significant difference between attitude towards yoga of male and female subjects of control group.

DELIMITATIONS OF THE STUDY

Following were the limitations of the present study:

1. The study was limited to students of govt. High school of Sector 24 A. Chandigarh.
2. The study was limited to the age group ranging from 13 to 15 years.
3. The study was limited to test attitude towards yoga only.

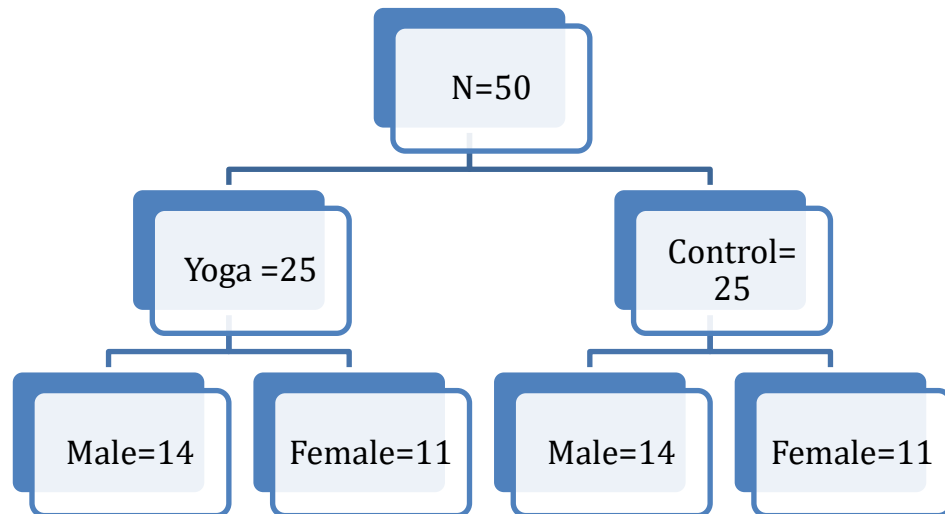
LIMITATIONS OF THE STUDY

1. Any bias may enter into the subject's response to the questionnaire and it may be considered as the limitation of the study.
2. During the days of application of training protocol, the attitude of the subjects may be influenced the result of the study.
3. The study was conducted over the span of four weeks and was not possible to control for variations in the environmental conditions and the level of acclimatization.

METHOD AND PROCEDURE

SELECTION OF THE SUBJECTS

In the present study, 50 subjects were selected from Govt. High School, Sector 24 A, Chandigarh out of which 25 (male-14, female-11) subjects were taken in experimental group and 25 (male-14, female-11) subjects were taken in control group. They were trained for Yoga by experienced Yoga trainers for a period of fourweeks. The data was collected post the Yoga interventions protocol from both the groups. To measure the level of attitude towards Yoga of subjects, Yoga Attitude Scale developed by developed by Dr. Mahesh Kumar Muchhal was used.



SELECTION OF THE VARIABLES

Independent variable: Common Yoga Protocol

Dependent Variable: Attitude towards Yoga

CONTENTS	COMMON YOGA PROTOCOL		TIME LIMIT
Starting Prayer	<i>Samgacchadhvaṃsamvadadhvaṃ..</i>	May you move in harmony...	2 minutes
Loosening Practices:	Neck Bending	Forward and Backward Bending	5 minutes
		Right and Left bending	
		Right and left twisting	
		Neck Rotation	
	Trunk Movement	Trunk Twisting	
	Knee Movement		
Asanas	Standing	<i>Tadasana</i> (Palm tree pose)	15 minutes (1 minute per <i>asana</i>)
		<i>Vrikshasana</i> (Tree Posture)	
		<i>Padahastasana</i> (The Hands to Feet Posture)	
		<i>Ardhachakrasana</i> (The Half Wheel Posture)	
		<i>Trikonasana</i> (The triangle pose)	
	Sitting	<i>Bhadrasana</i> (The Firm auspicious posture)	
		<i>Ardhastrasana</i> (The Half Camel Posture)	
		<i>Sasankasana</i> (The Hare Posture)	
		<i>Vakrasana</i> (The Spinal Twist Posture)	
		<i>Bhujangasana</i> (The Cobra posture)	

	Supine	Salabhasana(The Locust Posture)	
		Makarasana (The Crocodile Posture)	
		Setubandhasana (The Bridge Posture)	
		Pavanmuktasana (The wind realising posture)	
		Savasana (The Dead body posture)	
Kriya	<i>Kapalbhati</i>	Forceful exhalation	2 minutes
Pranayama	<i>Nadishodhan Pranayama</i>	Alternate nostril breathing	6 minutes
	<i>Bharamari Pranayama</i>	Humming bee sound	
Dhyana	Continuous Contemplation	For relaxation and stress releif	12 minutes
Sankalpa		I commit, to make myself into a healthy....	1 minute
Closing Prayer	SarveBhavantuSukhinah ...	May All become Happy ...	2 minutes
Total Duration			45 minutes

CRITERION MEASURES

Attitude towards Yoga was measured by Yoga Attitude Scale developed by *Dr. Mahesh Kumar Muchhal (2009)*.

ANALYSIS OF DATA

To analyze the collected data, independent t-test was applied to determine the significance of difference and direction of difference in mean scores of said variable after post Yoga interventions between experimental and control group. The level of significance was set at $P < 0.05$.

RESULTS

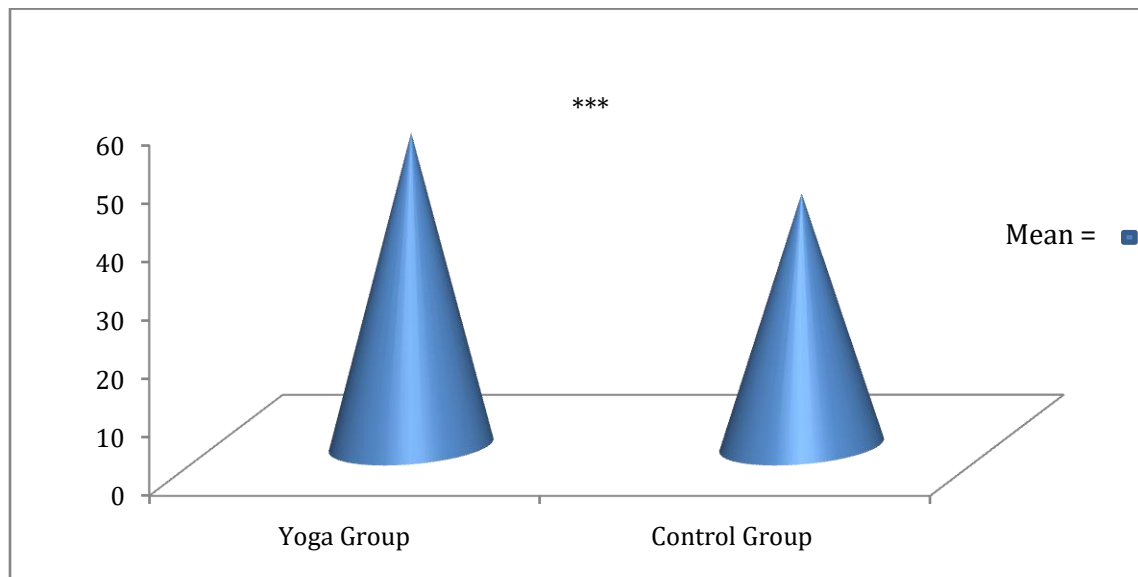
HYPOTHESIS 1:

There is no significant difference between attitude towards yoga of experimental and control group.

	Group	N	Mean	Std. Deviation	t value	Sig. (2 tailed)
Score	Expt.	25	53.60	5.54	6.080	<0.001***
	Control	25	43.16	6.56		

*Statistically significant at $t_{0.05}(48) = 2.021$

The above table revealed that there was a significant difference found between attitude towards yoga of experimental and control group as the t-value of 6.080 is greater than the tabulated value of 2.021. Hence, the null hypothesis has been rejected.



The attitude towards Yoga of experimental and control group post Yoga programme ($n=50$, $***p<0.01$)

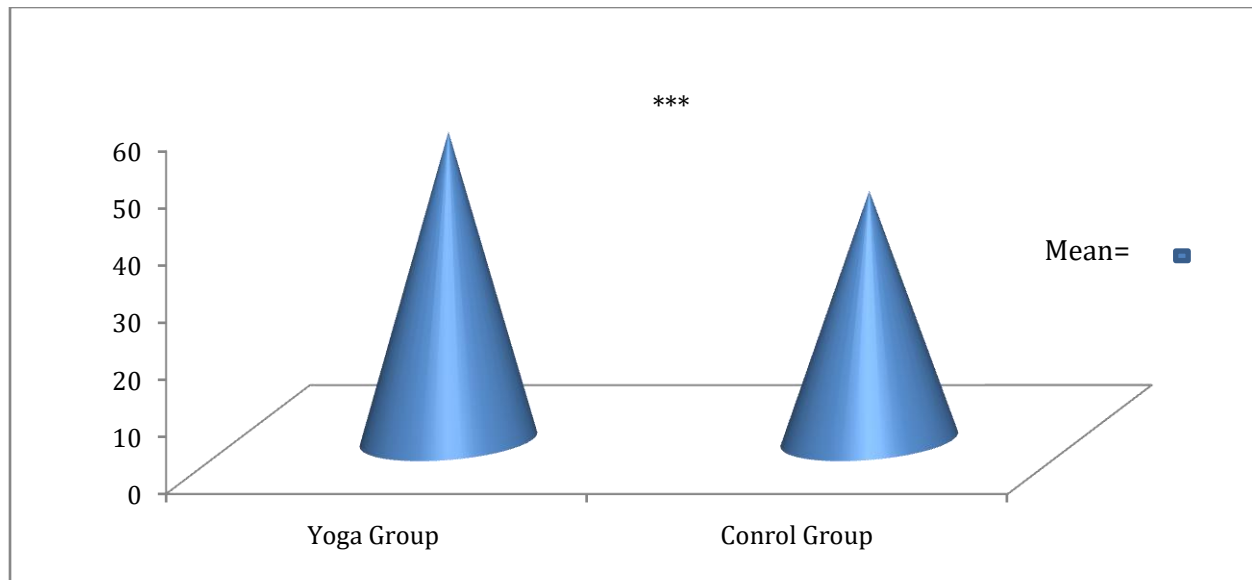
HYPOTHESIS 2:

There is no significant difference between attitude towards yoga of male subjects of experimental and control group.

	Group	N	Mean	Std. Deviation	t value	Sig (2-tailed)
Score	Expt.	14	53.93	5.25	4.662	<0.001***
	control	14	43.57	6.44		

*Statistically significant at $t_{.05} (26) = 2.056$

The above table reveals that there was a significant difference found in attitude towards yoga of male subjects of experimental and control group as the t-value of 4.662 is greater than the tabulated value of 2.056. Hence, the null hypothesis has been rejected.



The attitude towards Yoga of experimental and control group post Yoga programme ($n=28$, $***p<0.01$)

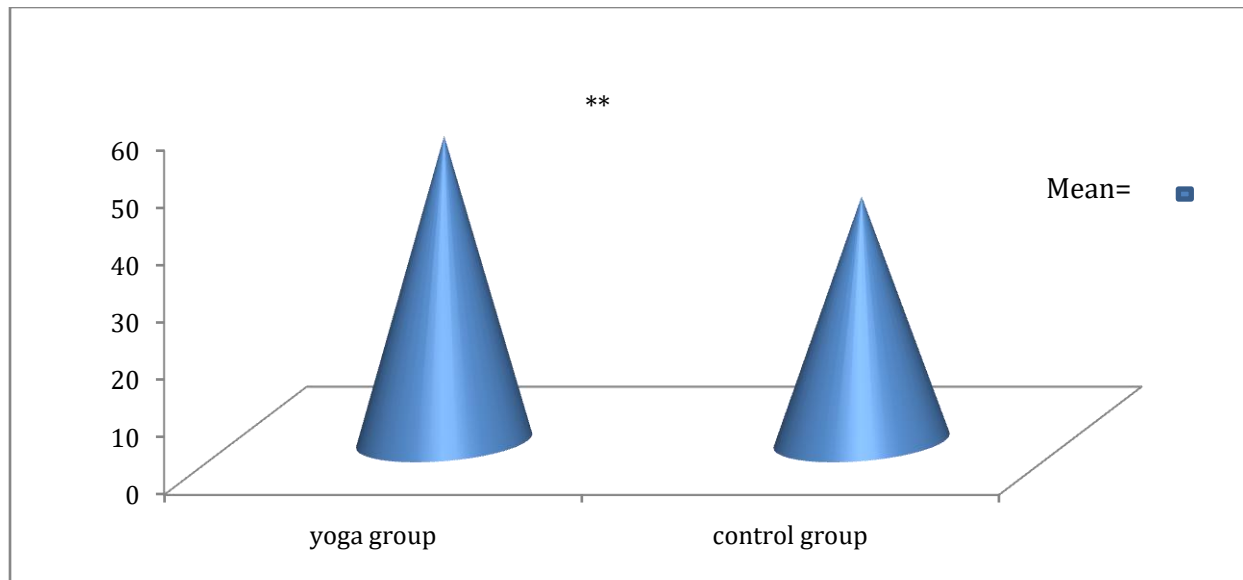
HYPOTHESIS 3:

There is no significant difference between attitude towards yoga of female subjects of experimental and control group.

	Group	N	Mean	Std. Deviation	t value	Sig (2 tailed)
Score	Expt.	11	53.18	6.11	3.767	0.001**
	control	11	42.64	6.99		

*Statistically significant at $t_{.05}(20) = 2.086$

The above table reveals that there was a significant difference found in attitude towards yoga of female subjects of experimental and control group as the t-value of 3.767 is greater than the tabulated value of 2.086. Hence, the null hypothesis has been rejected.



The attitude towards Yoga of female subjects of experimental and control group post Yoga programme ($n=22$, $** p>0.05$)

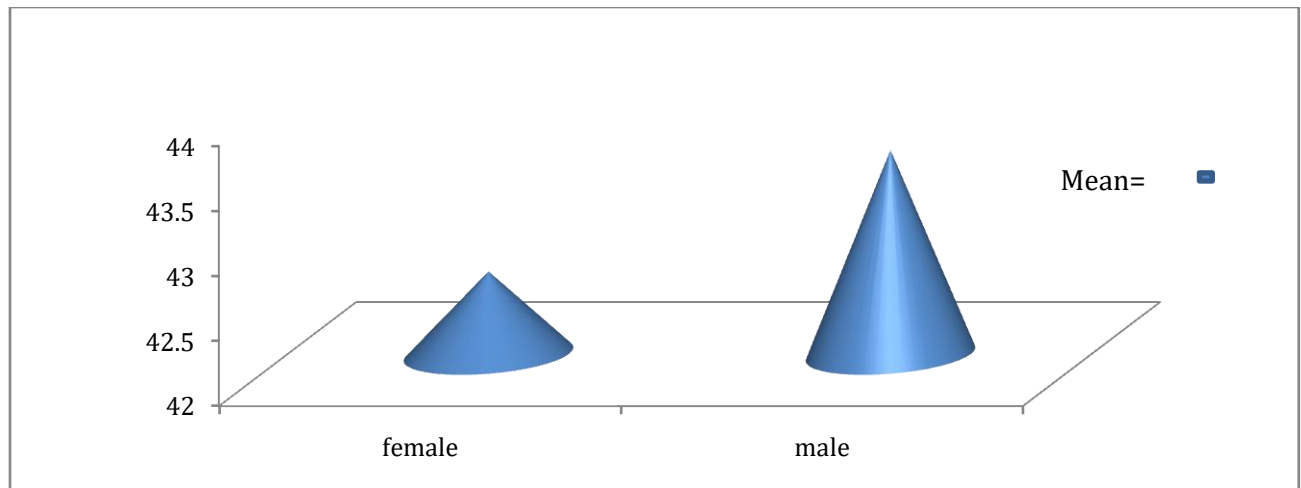
HYPOTHESIS 4:

There is no significant difference between attitude towards yoga of male and female subjects of experimental group.

	Gender	N	Mean	Std. Deviation	t value	Sig (2 tailed)
Score	Female	11	53.18	6.11	-.328	0.746
	Male	14	53.92	5.25		

$t_{.05} (23) = 2.069$

The above table reveals that there was no significant difference found in female and male subjects of experimental group on attitude towards Yoga as the t-value of -0.328 is lesser than the tabulated value of 2.069. Hence, the null hypothesis has been accepted.



The level of attitude between female and male subjects of Yoga group after post Yoga programme ($n=25$)

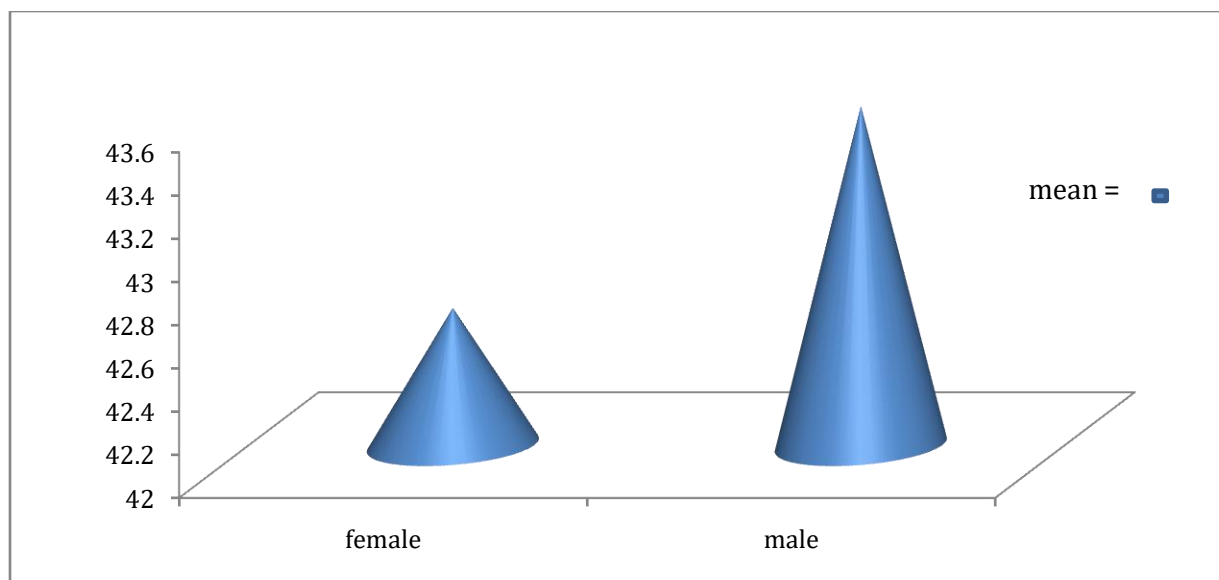
HYPOTHESIS 5:

There is no significant difference between attitude towards yoga of male and female subjects of control group.

	GENDER	N	Mean	Std. Deviation	t value	Sig (2 tailed)
SCORE	female	11	42.64	6.99	.347	0.732
	male	14	43.57	6.44		

$t_{.05} (23) = 2.069$

The above table reveals that there was no significant difference found in female and male subjects of control group on attitude towards Yoga as the t-value of 0.347 is lesser than the tabulated value of 2.069. Hence, the null hypothesis has been accepted.



The attitude towards yoga of female and male subjects of control group post Yoga programme
 ($n=25$, $*p<0.05$)

CONCLUSION

The results of the present study showed that a statistically significant difference in attitude towards Yoga was found between experimental and control group. However, experimental group showed very high attitude towards Yoga in comparison to the control group which also showed the positive attitude towards Yoga. Moreover, there were also found statistically significant differences between male and female subjects of both experimental and control groups. However, no significant differences were found between male and female subjects of experimental group as well as in control group. Thus, it can be concluded that Yoga practices bring very high attitude towards Yoga in experimental group, though the control group also showed a high attitude towards Yoga. The possible reasons behind this could be the overall benefits (physical, mental and spiritual) gained through Yoga and secondly, the popularity which Yoga is gaining day by day.

REFERENCES

1. Howard, Z, Michael, H., & Raymond, W. (2011). Attitudes of High School Students toward Physical Education and their Sport Activity Preferences. *Journal of Social Sciences*, 7 (4), 529-537.
2. <http://www.mgcub.ac.in/pdf/common-yoga-protocol.pdf>
3. Khatun, A. (2016). A study on the attitude of teacher-students towards Yoga Education. *International Journal of Yoga, Physiotherapy and Physical Education*, 1 (1), 38-39.
4. Mahendra Kumar Singh, Arjun Singh Solanki (2015). Attitude of male and female secondary school students towards Yoga. *International Journal of Physical Education and Sports*, 2(1), 71-73.
5. Muchhal, M. K. (2009). Consumable Booklet of Yoga Attitude Scale. Vibhor Gyan Mala (National Psychological Corporation, Agra), 3-4.
6. Parmar, P., (2015). Study of attitude of teachers and students of senior secondary level towards Yoga education. *International Journal of Academic Research*, 2(4), 71-76.
7. Saraswati, S. S. (1997). *Asana Pranayama Mudra Bandha*. Bihar Yoga Bharati, Bihar.
8. Singh, C. (2017). A study of Yoga attitude of secondary school students in south Tripura district. *International Journal of Research in Social Sciences*, 7 (9), 333-339.
9. Umatiya, R. (2013). Attitude of M.Ed. Student and Teachers towards Yoga. *International Journal for Research in Education*, 2 (4), 52-55.
