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## COMMITMENT LEVEL OF ADOLESCENTS IN RELATION TO THEIR YOGIC LIFESTYLE

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### ABSTRACT

Administered questionnaires to adolescents studying in senior secondary schools of Chandigarh to determine relationship of Yoga with commitment. 100 students participated in the study. The adolescents' were assessed by using a scale developed by investigators themselves. It was a 26-item scale prepared under 3 dimensions viz, commitment as learner, commitment to achieve excellence and commitment to basic human values. The research findings observed that yoga stimulates commitment of students by contributing towards enhanced self-esteem, self-confidence, energy levels, control on fear and anxiety and so on.

**KEYWORDS:** Commitment, Yoga, Adolescence, Human Values, commitment as learner, commitment to achieve excellence and commitment to basic human values

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## **INTRODUCTION**

Today, youth suffers from unhealthy lifestyles, stress, malnutrition, loneliness low self-esteem like elements which can be beaten up with yoga and medication. Yoga as a daily practice can modify, improve and correct the lifestyles of adolescent who are suffering physically, psychologically because of transition, tension and adjustment problems taking place in the society. Thus, the promotion of positive practice as a movement must be adopted by them, so that their body - mind co-ordination gets improved by imbibing values like; self-awareness, excellence and being disciplined.

Luke (1976); envisioned yoga as a philosophy that helps an individual to acquire a broader look of life with greater awareness and actions which automatically leads towards enhanced commitment towards self, duty and community. He further asserted that Yoga is a dynamic in nature free individual from worries, stress and propels him to achieve higher goals of life that is human excellence. Carrying these views forward Nagendra (1996) conceived Yoga has a practice which correct the basic limitation of individual mind by improving self-awareness, self-control and self-esteem. Based on research Karunanidhi (1996) reflected Yoga as a potential to move towards perfect harmony with nature by imbibing human values.

Further Patton et.al., (2013) perceived that to deepen and enhance the quality of commitment a regular practice has to be adopted which can foster, reflect and collaborate as practice. This can be visualized as benefit of change. Hence, Yoga as a practice comes in which it can be adopted by students or daily practice to enhance level of concentration, stable mind and more energy outputs.

Johnsen (2021); captured Yoga as commitment to free one-self with bonds of negative past Karma to generate more positive thought and actions in present and create a better, spiritually enlivened future for one-self is around. He further highlighted yoga as sacred practice which brings clarity in the goal by making one tension free and energizing one-self with enhanced aspirations.

Going through these concepts, it is important to understand how these concepts get correlated with each other. Hence to observe the relationship, the undertaken research was conducted.

## **CONCEPTUALIZATION OF THE TERMS USED**

It is an urge of an individual to strengthen, sharpen and improve ones' competencies by understanding and accepting value to a particular social system.

### **COMMITMENT TO LEARNER**

Moeller et. al., (2012) conceptualized commitment of learner with engagement and learning new things that brings happiness to students.

Chen (2013) conceived commitment of learner as an emotional response which brings forth individuals characteristics.

Kee, Ahmad and Abdullah (2016) conceived commitment of learner with positive attitude and good behavior with friends, elders and members of community.

Chen (2018) conceived commitment of learner with orientation and academic achievement of learner.

Hence, It can be concluded that commitment of learner or students depends on his level of engagement, motivation and response towards him.

### **COMMITMENT TO ACHIEVE EXCELLENCE**

It is a commitment which act as a drive towards excellence by making decisions which helps him to attain high expectations by performing well in academics and expectations.

Garrison and Liston (2004) conceived commitment to achieve excellence because of strong inclination with activities by loving the field of knowledge which can bring change in the world.

Khalidah Rohani and Mashitah (2014) articulated commitment to excellence with lifelong enquiry, continuous professional development and application of learning into practice. He further embarked that engaging and supporting others in relevant professional learning also leads towards excellence.

Bowen (2016) conceived commitment with excellence as a habit which helps to work tirelessly to improve performance by achieving sustainable growth.

Clark and Klein (2018) conceived commitment towards excellence with values that promotes his performance improvement, dignity of individual, new and creative environment based on mutual trust and cooperation.

Hence, one can conclude that commitment can possess excellence by bringing novelty, good behavior, good attitude, good perception and improvement in performance and learning.

### **COMMITMENT TO BASIC HUMAN VALUES**

Buchanan (1974) identified commitment as an instrumental worth which provides effective attachment to the goals and values of an organization by conceiving in his roles in relation to goals and values.

Lachman and Aranya (1986) conceived values of commitment as control; conformity to standards and goals; and loyalty.

Brady (2011) addressed values of commitment on quality values and technical proficiency which are expressed in classroom teaching.

Gupta and Sikarwar (2016) explored human values in his commitment towards his life and profession by taking into consideration morality and ethics.

Clouston (2018) characterized student values as moral maturity, which shapes the life of teachers by giving them freedom and honor to humanity.

At last, it can conclude that commitment to basic human values depends on work outcomes that enhance performance of an individual by making him happier, motivated, satisfied and so on.

### **LITERATURE OVERVIEW**

Sperling (1998) identified commitment as under five areas like; commitment to the Self, commitment to the society, commitment to the profession, commitment to achieve excellence and commitment of basic human values.

Wayne (2013); found that yoga significantly improve person's speed and accuracy by improving memory and concentration.

Shukla (2020); claimed the benefits of yoga on a way to channelize body as its functioning in better way by comprising of spiritual, physical and mental practices. All these acts as a stepping stone to beat the stress, take care of oneself by following a routine practice. She further said yoga help students to beat the pressure of internship, extracurricular and studies.

Steginus (2021), encountered different ways to keep one-self committed to yoga by following seven ways like; making a daily commitment, connect to ones' heart, write your vow, decide to your vow, share your vow, teach your vow. She further stressed that with Yoga one could reap the benefits by making additions to mindfulness as daily thoughts, actions and interactions with yoga practice.

Mullen et.al., (2021); conceptualized Yoga as commitment by training intervention. The study was conducted among college population using acceptance of commitment therapy. The research findings of the study concluded that Yoga make students receptive by enhancing their psychological flexibility and claiming their distress and in turn bringing mindfulness.

Brijesh (2022) found that daily yogic exercises lead towards longer duration of memory, high levels of energy and high achievement score in exams.

Going by the above reviews, It becomes apparent that yoga when associated with commitment can play a significant role to bring forth stability, spontaneity to learn and capture new status of life.

### **OBJECTIVES OF THE STUDY**

To encapsulate relationship of Yoga with commitment for adolescents studying in secondary schools of Chandigarh

### **MATERIALS AND METHODS**

A multistage random sampling method was adopted to select the sample of 100 students studying in 2 government and 2 private schools of Chandigarh. Before collecting the data, the researchers ensured that the students undertake Yoga as regular activity in their schools.

### **TOOLS USED:**

To assess the commitment of adolescents many scales available to measure commitment were studied. Scales prepared by Kaur, Ranu and Brar (2011); Vishal Sood (2011); Baljeet Kaur (2007); Verma (2007); Dave (1999) were studied.

Keeping in mind the objectives of the study, commitment scale prepared by Kaur et.al. (2012) formed the basis of the study. It has five dimensions viz; Commitment to learner, Commitment to society, Commitment to the profession, Commitment to achieve excellence and Commitment to basic human values.

Firstly, these five dimensions on experts' comments and advice were modified under three dimensions namely; Commitment to self as learner, Commitment to achieve excellence and Commitment to basic human values. The items were modified with respect to undertaken research problem.

As such, 26 items were selected after analyzing research problem. these 26 items fall under 3 dimensions namely; Commitment to self as learner (1-9); Commitment to achieve excellence (10-18) and Commitment to basic human values (19-26).

Out of 26 items, 25 items were positive worded and one was negative. The responses to each statement were collected on 5-point Likert scale ranging from (5-1) for positive and (1-5) for negative. Thus, the total score ranges from 130 as maximum and 26 as minimum score.

#### **RELIABILITY AND VALIDITY**

To check reliability of the modified scale, the questionnaire was used as 20 adolescents aged 13 to 15 years. The students were drawn randomly from school. To check reliability, the test was administered twice or thrice on 20 students with gap of week. Coefficient of correlation between two score was calculated. It was found to be .86; reliable to undertake the study. The content validity of the scale was determined by consulting 10 experts as teachers which was found to be justified.

#### **ANALYSIS, INTERPRETATION AND DISCUSSION**

To ascertain connectedness and relatedness of yoga with three dimensions of P.C viz; Commitment to self as learner, Commitment to achieve excellence and Commitment to basic human values

Karl Pearson product moment correlation method was computed for the total sample of adolescents practicing yoga regularly.

**TABLE 1: CORRELATION OF YOGA WITH COMMITMENT TO SELF AS LEARNER, COMMITMENT TO ACHIEVE EXCELLENCE AND COMMITMENT TO BASIC HUMAN VALUES (N=100)**

<b>Variable</b>	<b>N</b>	<b>Commitment to Self as Learner</b>	<b>Commitment to Achieve Excellence</b>	<b>Commitment to Basic Human Values</b>
Yoga	100	.125*	.185**	.119*

\* Significant at 0.05 level

*\*\* Significant at 0.01 level*

The computed results inferred that all the three dimensions of commitment bear positive and significant association with Yoga for 100 students studying in secondary schools of Chandigarh. In other words, one can conclude that yoga contributes significantly towards commitment by continuously stimulating and motivating them to update and correct them from time to time accordingly to needs and requirements of time.

These relationships between commitment dimensions and Yoga were also tested by Linda Johnsen (2021); who found that yoga exercises generate positive thoughts as actions to enliven oneself for future which is around us.

She further stressed that long term use of yoga in one's life enhance immunity rates by skipping away infections and inhibitions. The findings of the research are in line with research works of ; Manavrachna(2021) who started the benefits of practicing yoga with routine as reducing stress levels addition of confidence, instilling of self-control, improving metabolic rate, managing time, strengthening endurance and exemplifying mindfulness.

## **CONCLUSION**

Analysis of the study established the yoga has time and significant relation with commitment by exhibiting significant and time in association with the dimensions such as Commitment to self as learner, Commitment to achieve excellence and Commitment to basic human values. Thus, It may be concluded that yoga make students more receptive by bringing positivity in them and by installing human values like confidence, concentration level, adapting to change at new level, managing time effectively and self awareness of one's feeling, serve as surrounding without being disturbed as affected. Followed by the results, it is suggested that students follow Yoga as routine exercise as a path of commitment towards self or a learner, to achieve good human values and excellence.

## **IMPLICATIONS**

Driving by today's scenario which youth is facing, commitment and its relationship with Yoga as a study was designed with dimensions like commitment to self as a learner, commitment to achieve excellence and commitment to basic human values with deceptive factors as usefulness, productivity, energizing, personalizing goal, adaptive behavior, self-esteem, self-efficacy, self-confidence,

control on fear and anxiety by reducing it, fairly positive attitude of students. Yoga by exercising daily will definitely prove to be a useful fact practice which can be enhanced the memory, confidence and self-esteem of it all adolescents.

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