

Attitude of male and female students of Guru Ghasidas Vishwavidyalaya towards Yoga

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Abstract

The purpose of the present study was to compare attitude of male and female students of Guru Ghasidas Vishwavidyalaya towards yoga. The subjects were taken from Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G). The subjects in this study were 40 (20 from each) male and female students of age ranged from 18 to 29 years selected randomly through purposive sampling. To analyze attitude towards yoga of the subjects Yoga Attitude Scale (YAS) of Dr. Mahesh Kumar Muchhal was used. The reliability coefficient of Yoga attitude scale was 0.71 by split half method and 0.83 by Spearman brown method. The statistical technique employed for this study was mean, standard deviation and independent t-test. The level of significance set at 0.05 level. The result shows insignificant difference ($t = 1.181, p > 0.05$) was found in attitude towards yoga in male and female students of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G).

Keywords: - Yoga, Yoga Attitude scale and Physical Education.

1. Introduction

Yoga is a living science – one that has advanced over a large number of years and keeps on developing as per the necessities of the mankind. It is a finished investigation of wellbeing, life span, physical improvement, scholarly accomplishment and profound arousing, which started in India in times long past. The yoga is a system of persona development in the world is as old as yoga, encompassing body, mind and spirit. The yoga conceived as practical means of maintaining harmony and balance among the forces of man, mind, and nature. Yoga is a complete philosophy of life, yoga is a device through body, mind and spirit can be disciplined through the practice of various asanas (body postures), mudras (sealing postures) and kriyas (expiatory rites or cleaning processes) (M. L. Kamlesh, 2007).

Yoga normally has the technique for making a dynamic body, enhancing the psyche, and lifting the soul. In the course of recent decades, the exploration material accessible taking into account yoga has persuaded the specialists that the greater part of our central states of mind to life have their physical partners in the body.

Yoga is popular activity for athletes, children and seniors. Yoga can be modified to suit all levels of fitness. Yoga is a science applicable to all age groups. Yoga energizes our bodies and calms our minds. Inculcating the habit of yoga from very young is perhaps the ideal way to achieve balance in the mind-body-soul realm (M. K. Singh and S. Dubey, 2016).

The present study was carried out to examine the attitude of male and female students of Guru Ghasidas Vishwavidyalaya towards yoga. It was expected that there would be significant difference in male and female students in attitude towards yoga.

1.1 Objectives of the study

- To know the attitude of male and female students of Guru Ghasidas Vishwavidyalaya towards yoga.

1.2 Hypothesis

- For the present study it was hypothesized that there will be significant difference in male and female students in attitude towards yoga.

2. Methodology

2.1 Selection of Subjects

For the present study forty (twenty from each) male and female students with the age ranged from 18 to 29 years belongs to Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G).

2.2 Tool used

The criterion measure chosen to test the hypothesis was the scores obtained in Yoga Attitude Scale (YAS) by Dr. Mahesh Kumar Muchhal.

2.3 Administration of Test

The yoga attitude questionnaire was distributed to physical education students. Subjects were oriented and explained regarding the purpose and the procedure of the questionnaire. Yoga attitude consists of 30 questions related to attitude of students towards yoga in which three options are given – agree, undecided and disagree. Positive and negative questions were placed in alternate sequence wise in the questionnaires. Positive questions were arranged at sequence number 1,3,5,7,9,11,13,15,17,19,21,23,25,27,29 and negative questions were arranged at sequence number 2,4,6,8,10,12,14,16,18,20,22,24,26,28,30. The reliability coefficient of yoga attitude scale was 0.71 by split half method and 0.83 by spearman brown method. After the appropriate instructions, the questionnaires were filled up by the students under the supervision of the researcher.

2.4 Statistical Analysis

In the present study for data analysis responses were expressed as mean and standard deviation. Attitude towards yoga the data were analyzed by applying descriptive statistics and Independent sample t-test. The level of significance was set at 0.05. Data analysis was performed using MS Excel and SPSS 17.0 version.

3. Result of the Study

To analyze the attitude of male and female students of Guru Ghasidas Vishwavidyalaya towards yoga mean, standard deviation and independent t-test were computed.

Table I

Descriptive statistics of attitude of male and female students of Guru Ghasidas Vishwavidyalaya towards yoga

Group	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum	Sum
Male	20	27.10	4.22	0.94	20	35	542
Female	20	28.65	4.08	0.91	22	35	573

Table II

Mean and Standard deviation of attitude of male and female students of Guru Ghasidas Vishwavidyalaya towards yoga

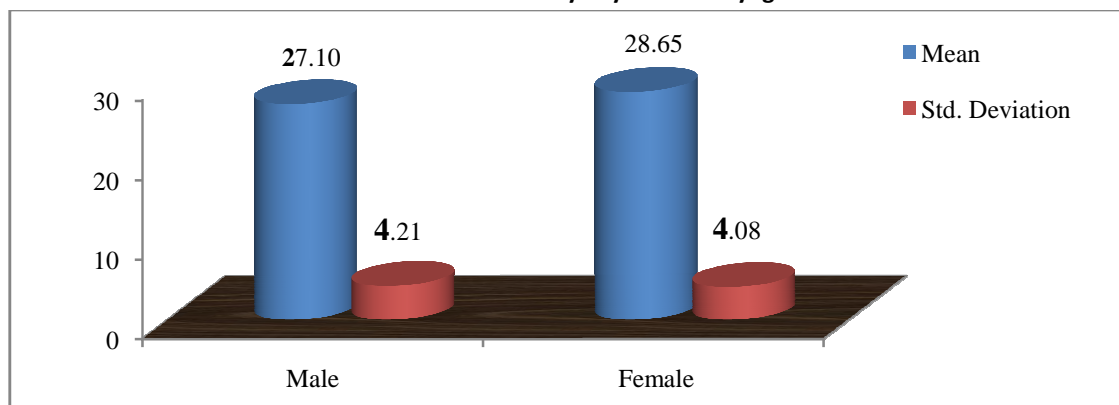
Group	N	Mean	Std. Deviation	Mean Difference	Std. Difference	Error	t-value	Sig. (2-tailed)
Male	20	27.10	4.21	1.55	1.312		1.181*	.245
Female	20	28.65	4.08					

*Significant at 0.05 level (df 38 = 2.02)

Table II shows that the calculated t-value 1.181 on attitude towards yoga observed t-value is compared with the critical value 2.02, 38 degree of freedom. It was shows that the value 1.181 was found as lower than the table value 2.02. This confirms that there is no significant difference found between the male and female physical education students of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G).

Fig I

Graphical representation of Mean and Standard deviation of attitude of male and female students of Guru Ghasidas Vishwavidyalaya towards yoga



4. Discussion of the Findings

The result of the study indicates that there was insignificant difference in attitude towards yoga between male and female physical education students of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G). The analyzed data indicates that calculated t-value 1.181 ($t = 1.181, p > 0.05$) is lesser than tabulated t-value 2.02 required to be significant at 0.05 level. Yoga is profoundly established in our way of life and custom that encourages an inspirational standpoint, normal slant and enthusiasm for practicing different asana, meditation and pranayama. The print and electronic media plays a vital role to enhancing the encounters and presentation to the forthcoming generations. The results of **M. K. Singh and A. S. Solanki (2015)** shows that there was no significant difference found between the two groups in the attitude towards yoga. An another study of **Rafikbahi A. Umatiya (2013)** findings shows that no significant difference found between arts and science M.Ed. students in their attitude towards yoga.

5. Conclusion of the study

On the basis of findings of the study following conclusions have been made –

- Insignificant difference attitude found in male and female physical education students of Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G) towards yoga ($t = 1.181, p > 0.05$).

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