

ATTITUDE TOWARD YOGA AMONG PRIMARY TEACHERS WITH REGARDS TO GENDER, AREA OF RESIDENCE AND AGE

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INTRODUCTION : The word attitude (derived from the Latin word *aptus*) is defined within the framework of social psychology as a subjective or mental preparation for action. It defines outward and visible postures and human beliefs. Attitudes determine what each individual will see, hear think and do. They are rooted in experience and do not become automatic routine conduct.

Katz defines attitude as “a predisposition of the individual to evaluate some symbol or object or aspect of his world in a favourable or unfavourable manner.”

Thurstone says that “attitude denotes the sum total of man’s inclinations and feelings, prejudice or bias, pre-conceived notions, ideas, fears, threats about any specific topic.”

The term attitude is defined by Freeman as “a dispositional readiness to respond to certain situations, persons, objects or ideas in a consistent manner, which has been learned and has become one’s typical mode of response. So, according to the above definitions, we can say that an attitude is a sensitively toned tendency to react in a certain way towards a person, an object, an idea or a situation. Attitude is a 9 point of view, sustained or not, true or false which one holds towards a person, object, task etc.

YOGA: Yoga is an ancient scientific method which deals man how to lead one’s own life in unity within him and with those surrounded him. It is believed as one of the most vital and important cultures of India. More than 2000 years ago our forerunners developed it to bind the body, mind and spirit as a harmonious whole. Nowadays, the whole world is looking towards yoga for answers to the various problems of the human beings. Yoga means the experience of oneness or unity with inner being. It is not a religion but a good method by which one obtain control of one’s latent power and to reach a complete self- realization and a re-education of one’s mental processes, along with the physical.

Yoga is a light, which is once lit, will never dim. The better your practice, the brighter the flame. The younger, the old, the extremely aged, even the sick can obtain perfection from yoga by constant practice. In short, yoga is a way to achieve total health, peace, happiness and wisdom. Physical, mental and spiritual aspects of yoga help to make one’s life purposeful, useful and noble. Yoga is an art, science and philosophy, which influences the life of man at every level. Therefore, the influence of yoga must be felt in every moment in our day-to-day lives (Iyengar, 2008).

LITERATURE SURVEY : Telles, S. Nagarathna, R. Nagendra, H.R. and Desiraju, T. (1993) This report shows that in a group of 40 physical education teachers who already had an average of 8.9 years physical training, 3 months of yogic training produced significant improvement in general health (in terms of body weight and B.P. reduction and improved lung functions). There was also evidence of decreased autonomic arousal and more of psycho-physiological relaxation (heart rate and respiratory rate reduction) and improved somatic steadiness (decreased errors in the steadiness test).

Vasudeven, A. Kumariah, V. Misra, H. and Balodhi, J.P. (1994) have found that results indicate no statistically significant reduction in the muscle tension and skin conductance, although clinically there was a decline. Statistically significant reduction in pain perception was observed. Yogic meditation was effective in reducing tension headache.

Verma (1996) reported that Yoga practice was as effective as drug therapy in treating psychological disturbance. The effect of Yoga practice lasted for over two years with signs of continuing improvement and in addition to alleviation of ill health, there was also a positive sense of well being which was not observed in drug therapy.

Andreasen (1980) found the following symptoms in about 400 adolescents and adults: Dysphonic mood, appetite or weight change, sleep deficiency, loss of energy, psychomotor agitation, loss of interest or pleasure, feeling of reproach, diminished concentration, crying spell, thought of suicide, and suicide attempt.

Bhatia (1981) studied the effect of reciprocal inhibition therapy on anxiety in adolescents. The prior study of the incidence and pattern in adolescents was studied among students of three Delhi schools of classes IX and X within the age group of 15- 17 years. Anxiety as a whole was found to be almost normally distributed in the population. It was stated to be a matter of concern for a clinical psychologist and mental hygienist that the

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distribution of anxiety among the adolescents at such a tender and pliable age was normal; and 18% were those who definitely required psychotherapeutic help.

OBJECTIVES:

1. To study and compare attitude toward yoga between male and female primary teachers.
2. To study and compare attitude toward yoga between urban and rural primary teachers.
3. To study and compare attitude toward yoga between below 35 and above 35 primary teachers.
4. To study interaction effect between gender and area of residence of primary teachers with regards to attitude toward yoga.
5. To study interaction effect between gender and age of primary teachers with regards to attitude toward yoga.
6. To study interaction effect between area of residence and age of primary teachers with regards to attitude toward yoga.
7. To study interaction effect among gender, area of residence and age of primary teachers with regards to attitude toward yoga.

HYPOTHESIS:

1. There will be no significant difference between male and female primary teachers with regards to attitude toward yoga.
2. There will be no significant difference between urban and rural primary teachers with regards to attitude toward yoga.
3. There will be no significant difference between below 35 age and above 35 age primary teachers with regards to attitude toward yoga.
4. There will be no significant interaction effect between gender and area of residence of primary teachers with regards to attitude toward yoga.
5. There will be no significant interaction effect between gender and age of primary teachers with regards to attitude toward yoga.
6. There will be no significant interaction effect between area of residence and age of primary teachers with regards to attitude toward yoga.
7. There will be no significant interaction effect among gender, area of residence and age of primary teachers with regards to attitude toward yoga.

SAMPLE:

The sample of present research was comprised of 400 primary teachers of Ahmedabad city were selected randomly. Total sample was equally categorized according to gender, area of residence and age of primary teachers. The distribution of total sample was categorized as under.

	Male		Female		Total
	Urban	Rural	Urban	Rural	
Below 35	50	50	50	50	200
Above 35	50	50	50	50	200
Total	100	100	100	100	400

Variables:

Following variable were studied in present research.

Name of Variable	Nature of Variable	Number of Variable	Level of Variable
Gender	Independent Variable	2	Male Female
Area of residence	Independent Variable	2	Urban Rural
Age	Independent Variable	2	Below 35 Above 35
Yoga	Dependent variable	1	Scores of attitude toward Yoga

TOOL:

Following tool was used for data collection.

Attitude scale towards yoga by Mahendra kumar M. Patel

Scoring:

The scoring of the scale is very simple the scoring is to be done on 5 point rating scale for the positive statement the five digits i.e 5,4,3,2, and 1 are assign to strongly agree, agree, neutral, disagree, strongly disagree and for negative statement i. e 1,2,3,4, and 5 are assign to strongly disagree, disagree, neutral, agree, strongly agree. The sum of all the 30 items will be the indicator of individual's attitude towards yoga.

Reliability:

Reliability co-efficient of attitude toward yoga scale was calculated by test retest reliability and reliability found to be 0.80.

Validity: Content and constant validity has been determined on the basis of judgment by the experts in the field of yoga.

Procedure:

After establishing the rapport with selected primary teacher attitude toward yoga scale was administered in small manageable group of primary teacher. After completion of data collection scoring was done according to the manual of tool.

Statistical Analysis:

To analyzed the data analysis of variance (ANOVA) was used in order to study the main and interaction effect of three independent variables such as gender, area of residence and age of primary teachers. To analyzed the data SPSS was used and Hypotheses were tested at 0.01 and 0.05 level of significantz

Results and Discussion:

Showing Results of ANOVA on attitude toward yoga of Various Groups of primary teachers

Source of Variation	Sum of Square	df	Mean sum of Square	F	Level of Sig.
Gender	1105.563	1	1105.563	7.31	0.01
Area of residence	1053.003	1	1053.003	6.96	0.01
Age	301.023	1	301.023	1.99	NS
Gender x Area of residence	1759.803	1	1759.803	11.63	0.01
Gender x Age	140.423	1	140.423	0.93	NS
Area of Residence x Age	44.223	1	44.223	0.29	NS
Gender x Area of Residence x age	194.603	1	194.603	1.27	NS
Error	59305.460	392	151.289		
Tss	63904.098	399			

The above table shows the results of ANOVA on attitude toward yoga of various group of primary teacher. F ratio for attitude toward yoga of gender is 7.31 which is significant at 0.01 level. It means male and female primary teacher differ significantly on attitude toward yoga. The mean scores of male primary teacher is 132.01 on attitude toward yoga and mean scores of female primary teacher is 135.34 on attitude toward yoga. It clearly indicates that significant difference exists between male and female primary teacher on attitude toward yoga. Female primary teacher have more positive attitude than male primary teacher on yoga.

F ratio for attitude toward yoga of area of residence is 6.96 which is significant at 0.01 level. It means urban and rural primary teachers differ significantly on attitude toward yoga. The mean scores of male primary teachers is 132.05 on attitude toward yoga and mean scores of female primary teachers is 135.30 on attitude toward yoga. It clearly indicates that significant difference exists between urban and rural primary teachers on attitude toward yoga. Rural primary teachers have more positive attitude than urban primary teachers on yoga.

F ratio for attitude toward yoga of age is 1.99 which is not significant. It means below 35 age group and above 35 age group of primary teachers differ significantly on attitude toward yoga. The mean scores of below 35 age group of primary teachers is 134.54 on attitude toward yoga and mean scores of above 35 age group of primary teachers is 132.81 on attitude toward yoga. It clearly indicates that significant difference does not exist between below 35 and above 35 age group primary teachers on attitude toward yoga.

F ratio for attitude toward yoga of gender and area of residence is 11.63 which is significant at 0.01 level. It means gender and area of residence of primary teachers differ significantly on attitude toward yoga. The mean scores of male urban primary teachers is 128.29 on attitude toward yoga, mean scores of male rural primary teachers is 135.73 on attitude toward yoga, mean scores of female urban primary teachers is 135.81 on attitude toward yoga, mean scores of female rural primary teacher is 134.86 on attitude toward yoga. It clearly indicates that significant interaction effect exists between gender and area of residence of primary teachers on attitude

toward yoga. Female rural primary teachers have more positive attitude toward yoga than remaining groups of primary teachers.

F ratio for attitude toward yoga of gender and age is 0.93 which is not significant. It means gender and age of primary teachers do not differ significantly on attitude toward yoga. The mean scores of male below 35 age group of primary teachers is 133.47 on attitude toward yoga, mean scores of male above 35 age group of primary teachers is 130.55 on attitude toward yoga, mean scores of female below 35 age group of primary teachers is 135.61 on attitude toward yoga, mean scores of female above 35 age group of primary teachers is 135.06 on attitude toward yoga. It clearly indicates that significant interaction effect does not exist between gender and age of primary teachers on attitude toward yoga.

F ratio for attitude toward yoga of area of residence and age is 0.29 which is not significant. It means area of residence and age of primary teachers do not differ significantly on attitude toward yoga. The mean scores of male below 35 age group of primary teachers is 133.25 on attitude toward yoga, mean scores of male above 35 age group of primary teachers is 130.85 on attitude toward yoga, mean scores of female below 35 age group of primary teachers is 135.83 on attitude toward yoga, mean scores of female above 35 age group of primary teachers is 134.76 on attitude toward yoga. It clearly indicates that significant interaction effect does not exist between gender and age of primary teachers on attitude toward yoga.

F ratio for attitude toward yoga of gender, area of residence and age is 1.29 which is not significant. It means gender, area of residence and age of primary teachers do not differ significantly on attitude toward yoga. The mean scores of male urban below 35 age group of primary teachers is 130.78 on attitude toward yoga, mean scores of male urban above 35 age group of primary teachers is 125.80 on attitude toward yoga, mean scores of male rural below 35 age group of primary teachers is 136.16 on attitude toward yoga, mean scores of male rural above 35 age group of primary teachers is 135.30 on attitude toward yoga, mean scores of female urban below 35 age group of primary teachers is 135.72 on attitude toward yoga, mean scores of female urban above 35 age group of primary teachers is 135.90 on attitude toward yoga, mean scores of female rural below 35 age group of primary teachers is 135.50 on attitude toward yoga, mean scores of female rural above 35 age group of primary teachers is 134.22 on attitude toward yoga. It clearly indicates that significant interaction effect does not exist among gender, area of residence age of primary teachers on attitude toward yoga.

CONCLUSIONS:

1. Significant difference exists between male and female primary teachers on attitude toward yoga. Female primary teacher have more positive attitude than male primary teachers on yoga.
2. Significant difference exists between urban and rural primary teacher on attitude toward yoga. Rural primary teacher have more positive attitude than urban primary teachers on yoga.
3. Significant difference does not exist between below 35 and above 35 age group primary teachers on attitude toward yoga.
4. Significant interaction effect exists between gender and area of residence of primary teachers on attitude toward yoga. Female rural primary teacher have more positive attitude toward yoga than remaining groups of primary teachers.
5. Significant interaction effect does not exist between gender and age of primary teachers on attitude toward yoga.
6. Significant interaction effect does not exist between gender and age of primary teachers on attitude toward yoga.
7. Significant interaction effect does not exist among gender, area of residence age of primary teachers on attitude toward yoga.

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