



# A Comparative Study of Attitudes of Principals and Teachers of Government Schools in Gandhinagar Taluka Towards Yoga

*10 principals and 50 teachers of government schools in Gandhinagar Taluka were selected as randomly method and served as subjects for the purpose of the study. Research scholar was selected standardized questionnaire as appropriate tool Yoga attitude scale prepared by Dr. Mahesh Kumar Muchhal for the data collection of study. The research scholar was visited the various government schools in Gandhinagar Taluka which was selected for the study. After getting the required information, the research scholar was visited each of the venues and interview the Principals and teachers of government schools with the help of structured questionnaire. Purpose of the study and necessary instructions were explained to the Principals and teachers of government schools in detail as well assure them that the responses given by them would be kept strictly confidential and utilized for the research purpose only.*

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## Introduction :

Yoga is a commonly known generic term for physical, mental, and spiritual disciplines which originated in ancient India. Specifically, yoga is one of the six âstika ("orthodox") schools of Hindu philosophy. It is based on the Yoga Sûtras of Patañjali. Various traditions of yoga are found in Hinduism, Buddhism, Jainism and Sikhism.

Prephilosophical speculations and diverse ascetic practices of first millennium BCE were systematized into a formal philosophy in early centuries CE by the Yoga Sutras of Patanjali. By the turn of the first millennium, Hatha yoga emerged as a prominent tradition of yoga distinct from the Patanjali's Yoga Sutras. While the Yoga Sutras focus on discipline of the mind, Hatha yoga concentrates on health and purity of the body.

Hindu monks, beginning with Swami Vivekananda, brought yoga to the West in the late 19th century. In the 1980s, yoga became popular as a physical system of health exercises across the Western world. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma and heart patients. In a national survey, long-term yoga practitioners in the United States reported muscularskeletal and mental health improvements.

In Vedic Sanskrit, the more commonly used, literal meaning of the Sanskrit word yoga which is "yoke", "to join", "to unite", or "to attach" from the root you, already had a much more figurative sense, where the yoking or harnessing

of oxen or horses takes on broader meanings such as "employment, use, application, performance" (compare the figurative uses of "to harness" as in "to put something to some use"). All further developments of the sense of this word are post-Vedic. More prosaic moods such as "exertion", "endeavor", "zeal" and "diligence" are also found in Epic Sanskrit.

There are very many Compound words containing yog in Sanskrit. Yoga can take on meanings such as "connection", "contact", "method", "application", "addition" and "performance". For example, guna-yoga means "contact with a cord"; chakra-yoga has a medical sense of "applying a splint or similar instrument by means of pulleys (in case of dislocation of the thigh)"; chandra-yoga has the astronomical sense of "conjunction of the moon with a constellation", etc. Thus, bhakti-yoga means "devoted attachment" in the monotheistic Bhakti movement. The term kriyâ-yoga has a grammatical sense, meaning "connection with a verb". But the same compound is also given a technical meaning in the Yoga Sutras, designating the "practical" aspects of the philosophy, i.e. the "union with the Supreme" due to performance of duties in everyday life.

Yoga has been an integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since 1988. The NCF 2005 adopted a holistic definition of health in which yoga is an integral part of it. Both yoga and physical education contribute to not merely the physical development of the child but have a

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positive impact on psychosocial and mental development as well. Playing group games have a positive impact on individual self esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly yoga practice contributes to the overall development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also corrects postural defects among school children. There is also a growing realization that the health needs of adolescents, particularly their reproductive and sexual health needs, require to be addressed. Since these needs predominantly relate to sex and sexuality, which is culturally a very sensitive area, they are deprived of opportunities to get appropriate information.

An attitude can be defined as a positive or negative evaluation of people, objects, event, activities, ideas, or just about anything in your environment, but there is debate about precise definitions. Eagly and Chaiken, for example, define an attitude "a psychological tendency that is expressed by evaluating a particular entity with some degree of favor or disfavor." Though it is sometimes common to define an attitude affect toward an object, affect (i.e., discrete emotions or overall arousal) is generally understood to be distinct from attitude as a measure of favorability. This definition of attitude allows for one's evaluation of an attitude object to vary from extremely negative to extremely positive, but also admits that people can also be conflicted or ambivalent toward an object meaning that they might at different times express both positive and negative attitude toward the same object. This has led to some discussion of whether individual can hold multiple attitudes toward the same object.

#### **Statement of the Problem :**

The purpose of the study to compare the attitudes between Government schools principals and teachers towards Yoga in Gandhinagar Taluka.

#### **Delimitations :**

(1) The study was delimited to 10 principals of government schools in Gandhinagar Taluka.

(2) The study was delimited to 50 teachers of government schools in Gandhinagar Taluka.

(3) The Study was further delimited to investigation through standardized questionnaire Yoga Attitude scale prepared by Dr. Mahesh Kumar Muchhal of attitudes towards yoga.

#### **Limitation :**

(1) Questionnaire technique has its limitation; the information given by the subjects on the questionnaires were acted as limitation for the study.

#### **Hypothesis :**

(1) It was hypothesized that there will be significant difference find between principals and teachers of government schools in Gandhinagar.

#### **Definition and explanation of the terms :**

##### **Attitude :**

An attitude can be defined as an enduring organization

of motivational, emotional, perceptual, and cognitive processes with respect to some aspect of the individual's world.

##### **Yoga :**

Yoga deals with the most profound of he mysteries, the essential nature of the human being in relation to the universe. The term yoga has its root in the saskrit word of " Yuj " which means to yoke, unite, integrate. What is being united? Yoga is the union between the individual soul and the universal soul.

#### **Methodology and Result of the study :**

10 principals and 50 teachers of government schools in Gandhinagar Taluka were selected as randomly method and served as subjects for the purpose of the study. Research scholar was selected standardized questionnaire as appropriate tool Yoga attitude scale prepared by Dr. Mahesh Kumar Muchhal for the data collection of study. The research scholar was visited the various government schools in Gandhinagar Taluka which was selected for the study. After getting the required information, the research scholar was visited each of the venues and interview the Principals and teachers of government schools with the help of structured questionnaire. Purpose of the study and necessary instructions were explained to the Principals and teachers of government schools in detail as well assure them that the responses given by them would be kept strictly confidential and utilized for the research purpose only. The data obtained after administering the questionnaire was analyzed and compare the attitudes between Government schools principals and teachers towards Yoga in Gandhinagar Taluka using T-test technique.

#### **Result of the Study :**

(1) Practice of Yogasans (Posture) increases Concentration in this statement principals are more positive then teachers.

(2) Yoga is merely a wastage of time In this statement both are disagree with this statement.

(3) Yoga develops physical, mental & spiritual strength in this statement principals are more positive then teachers.

(4) Yoga does not develop duty awareness In this statement both are disagree with this statement.

(5) Ardhya Metsyandrasan activates pancreas In this statement both are agree.

(6) I do not awake early in the morning for Yoga In this statement both are disagree with this statement.

(7) Yoga motivates for creative work even to physically weak In this statement both are agree.

(8) For real benefit from Yoga, it does not need to do regular Yoga practice In this statement both are disagree with this statement.

(9) Kapaibhati Pranayam balanced the weight, fat and stomach In this statement both are agree.

(10) Practice of Yoga does not increase flexibility in body, In this statement both are disagree with this statement.

(11) Yoga is not helpful in hemstring and massage of Internal organs of human body, In this statement both are agree.

(12) Yoga and pranayam develops positive thinking and good qualities, In this statement both are agree.

(13) Yoga education is very useful for every school level, In this statement both are agree.

(14) feel fatigue after Yoga, In this statement both are disagree with this statement.

(15) Vegetarian food is not necessary for Yoga Practitioner, In this statement both are disagree with this statement.

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( 1 ) शोध-पत्र 1500-1700 शब्दों से अधिक नहीं होना चाहिए।

( 2 ) हिन्दी एवं मराठी माध्यम के शोधपत्रों को कृतिदेव 10 (Kruti Dev 010) में टाईप करवाकर 'पेजमेकर 6.5' में भेजें।

( 3 ) पंजाबी माध्यम के शोधपत्रों को अनमोल लिपि (AnmolLipi) या अमृत बोली (Amritboli) या जॉय (Joy) में टाईप करवाकर 'पेजमेकर 6.5' में भेजें।

( 4 ) अंग्रेजी माध्यम के शोधपत्र टाईम्स न्यू रोमन (Times New Roman), एरियल फॉन्ट (Arial) में टाईप करवाकर 'पेजमेकर 6.5' या 'माइक्रोसाफ्ट वर्ड' में भेजे जा सकते हैं।

(4) शोधपत्र की विधि - ( 1 ) शीर्षक ( 2 ) एबस्ट्रेक्ट ( 3 ) की-वर्ड्स ( 5 ) प्रस्तावना/प्रवेश ( 5 ) उद्देश्य ( 6 ) शोध परिकल्पना ( 7 ) शोध प्रविधि एवं क्षेत्र ( 8 ) सांख्यिकीय तकनीक ( 9 ) विवेचन या विश्लेषण ( 10 ) सुझाव ( 11 ) निष्कर्ष एवं ( 12 ) संदर्भ ग्रंथ सूची।

( 6 ) संदर्भ ग्रंथ सूची इस प्रकार दें -

#### **For Books :**

(1) Name of Writer, "Name of Book", Publication, Place of Publication, Year of Publication, Page Number/numbers.

#### **For Journals :**

(2) Name of Writer, "Title of Article", Name of Journal, Volume ....., Issue ....., Page Numbers.

#### **Web references :**

<http://utc.iath.virginia.edu/interpret/exhibits/hill/hill.html>

( 7 ) गुजराती माध्यम के शोधपत्र हरेकृष्णा ( Harekrishna ), टेराफॉन्ट वरुण ( Terafont Varun ), टेराफॉन्ट आकाश ( Terafont Aaksah ) में टाईप करवाकर 'पेजमेकर 6.5' में भेजे जा सकते हैं।

( 8 ) शोधपत्र की साफ्टकॉपी रिसर्च लिंक के ई-मेल आईडी researchlink@yahoo.co.in पर भेजने के बाद हॉर्डकॉपी, शोधपत्र के मौलिक होने के घोषणा पत्र के साथ हस्ताक्षर कर 'रिसर्च लिंक' के कार्यालय को प्रेषित करें।

