

*ATTITUDE OF ARTS COLLEGE STUDENTS
TOWARDS YOGA EDUCATION IN CHENNAI CITY*

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INTRODUCTION

The term yoga comes from a Sanskrit word which means union. Traditionally, yoga is a method of joining the individual self with the Universal Spirit, Divine energy, or Cosmic Consciousness. Mental and Physical exercises are designed to help achieve unlimited goal, also called self-transcendence or enlightenment. On the mental level, yoga uses meditation (dhyana) and breathing techniques (pranayama) to quiet clarify and discipline the mind. On the physical level, yoga postures, called asanas, are designed to strengthen tone, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands and tissues, keeping all the body systems healthy. Yoga has never been alien to us. It's a way of our life. We have been doing it since we were a baby! Whether it is the Cat Stretch that strengthens the spine or the Wind-Relieving pose that boosts digestion, you will always see kids do some form of yoga throughout the day. It keeps the body healthy and the mind clear. In his work Yoga Sutra compiled some 3000 years back, Patanjali has described Yoga as “liberation from suffering and union with the Universal energy” (Desigachar, 1995). This union is the highest state and can be understood at different levels – a union of the mind, body and soul; mind and body etc. In fact he propounds eight steps that would augment a person to be in congruence with self, which in turn would enhance congruence with the environment. These eight steps or limbs are known as Astanga. The eight limbs are Yama, Niyama, Asana, Pranayama, Pratiyahara, Dharana, Dhyana and Samadhi (Nithyanana, 2007).

NEED FOR THE STUDY

Yadav & Kumar (2014) found that the role of yoga education in present social context is very important as majority of the respondents agreed that yoga education helps

to develop the sound mind for controlling anger and irritability, helps in reducing stress, anxiety, fatigue and depression, develops the awareness of one's strengths and weakness, develops the devotion to the almighty, develops values, positive thinking, attitude of non-violence, truthfulness, non-stealing, improves interpersonal relations and helps in developing good habits. It helps in reducing the mental stress, provides direct positive impact on thinking process, brings a profound change in personality and rectifies the shortcomings of society as well.

Yoga and Education are enhancement of socially useful potentials of human personality. To achieve this target, the system of Yoga lays foundation stones whereupon the education system may flourish in all areas. Modern educationists are taking interest in improving the quality of education with the help of the Yoga system. Therefore it is a high time to think seriously on inclusion of Yoga and Yogic values in education system. In the current Indian perspective, the role to be played by the education system is facing new challenges. Normally the main aims of education have been the physical, psychological, interpersonal, professional and spiritual refinement of a personality. In modern Indian perspective it is deemed that the system of education should also be helpful in the attainment of the objectives of socialism and democracy mentioned in Indian constitution too. Besides, to attain refinement at the level of thoughts (intellectual development) and feelings (affective aspect), contributing to the development of national character and scientific mentality among the people, at present it is seriously being felt that the aim of education should also include the liberation of mind and soul as well. Normally, in the education process, one is taught and asked to store in mind as much as possible, there is not any format for the appreciation in the education system regarding the values for optimal mental usage and getting rid of the burden of information, to become tranquil for a while. The system of Yoga may offer this kind of training and teaching (Tripathi, 2005, pp.2-3). In this context, the author has focused the present study on the Attitude of Arts College Students towards Yoga Education in Chennai City.

TITLE OF THE STUDY

Attitude of Arts College Students towards Yoga Education in Chennai City

OPERATIONAL DEFINITIONS OF KEY TERMS

- *Attitude* is a predisposition or a tendency to respond favourably or unfavourably towards a designated class of stimuli such as idea, object, person, or situation, here it is towards yoga education (**Lawrence, 2012, p.39**).
- *Arts College Students* refers to the students studying their undergraduate degree in arts subject in an institution of higher education which awards the bachelor's degree in arts/science or both subjects.
- *Yoga Education* has been referred to as the training and teaching process of Yoga, though it should also be seen as the application of Yoga techniques to bestow better support to the education process.
- *Chennai City* is situated at the Coromondal coast of Bay of Bengal is often recognized as the 'Detroit of India' and the 'Gateway of South'. It is the capital of the state Tamil Nadu, one of the four major metropolitan cities of India and fifth most populous city of India. Previously this city was known as Madras.

OBJECTIVE

1. To find out the level and if there is any significant difference in the attitude of arts college students towards yoga education in terms of certain demographic variables – (i) gender, (ii) locality, (iii) type of college, and (iv) religion.

HYPOTHESES

1. There is no significant difference between gents and ladies of arts college in their attitude towards yoga education.
2. There is no significant difference between urban and semi-urban students of arts college in their attitude towards yoga education.
3. There is no significant difference among the government, aided, and self-financed arts college students in their attitude towards yoga education.
4. There is no significant difference among the Hindu, Christian and Islam students of arts college in their attitude towards yoga education.

METHODS AND PROCEDURES

In this normative study survey method was employed. The population for the present study consisted of arts college students studying in Chennai city. The investigator has chosen 250 students used the simple random sampling technique from 5 arts colleges. In an effort to study students' attitudes towards yoga education, the investigator has used self-made Yoga Attitude Scale (Likert) with total 36 items. For analyzing and interpreting the data the investigator used percentile analysis, mean, standard deviation, 't' test, and ANOVA as the statistical techniques.

ANALYSIS OF DATA

Table-1. Attitude of Arts College Students towards Yoga Education

Demographic Variable	Category	Unfavourable		Neutral		Favourable	
		N	%	N	%	N	%
Total Sample		29	11.6	48	19.2	173	69.2
Gender	Gents	11	09.1	28	23.1	82	67.8
	Ladies	18	14.0	20	15.5	91	70.5
Locality	Urban	29	13.2	44	20.0	147	66.8
	Semi-urban	00	00.0	4	13.3	26	86.7
Type of College	Government	01	12.5	00	00.0	07	87.5
	Govt. Aided	07	06.0	27	32.1	83	70.9
	Self-financed	21	16.8	21	16.8	83	66.4
Religion	Hindu	11	10.9	22	21.8	68	67.3
	Christian	07	09.3	10	13.4	58	77.3
	Islam	11	14.9	16	21.6	47	63.5

It is inferred from the above table that, 11.6% of arts college students have unfavourable, 19.2% of them have neutral and 69.2% of them have favourable attitude towards yoga education.

9.1% of gents and 14% of ladies of arts college students have unfavourable, 23.1% of gents and 15.5% of ladies have neutral and 67.8% of gents and 70.5% of ladies have favourable attitude towards yoga education.

13.2% of urban, 0% of semi-urban of arts college students have unfavourable, 20 % of urban, 13.3% of semi-urban have neutral and 66.8% of urban, 86.7% of semi-urban have favourable and attitude towards yoga education.

12.5 % of government college, 6% of aided college and 16.8% of self-financed college students have unfavourable, 0 % of government college, 32.1% of aided college and 16.8% of self-financed college students have neutral and 87.5% of government college, 70.9% of aided college and 66.4% of self-financed college students have favourable attitude towards yoga education respectively.

10.9% of Hindus, 9.3% of Christians and 14.9% of Islam students have unfavourable level, 21.8 % of Hindus, 13.4%of Christians and 16.8% of Islam students have neutral and 67.3% of Hindus, 77.3% of Christians and 63.4% of Islam students have favourable attitude towards yoga education respectively.

H₀₁: There is no significant difference between gents and ladies of arts college in their attitude towards yoga education.

Table-2. Difference between Gents and Ladies of Arts College in their Attitude towards Yoga Education

Gender	N	Mean	SD	Calculated 't' Value	Table 't' Value	Remarks at 5% level of significance
Gents	121	130.35	23.94	3.00	1.96	Significant
Ladies	129	121.75	21.28			

It is inferred from the above table that, there is a significant difference between gents and ladies of arts college in their attitude towards yoga education.

When comparing the mean scores, gents (130.35) are better than the ladies (121.75) in their attitude towards yoga education.

H₀₂: There is no significant difference between urban and semi-urban students of arts college in their attitude towards yoga education.

Table-2. Significant difference between Urban and Semi-urban Students of Arts College in their Attitude towards Yoga Education

Locality	N	Mean	SD	Calculated 't' Value	Table 't' Value	Remarks at 5% level of significance
Urban	220	125.70	23.68	0.504	1.96	Not Significant
Semi-urban	30	127.47	17.07			

It is inferred from the above table that, there is no significant difference between urban and semi-urban students of arts college in their attitude towards yoga education.

H₀₃: There is no significant difference among the government, aided, and self-financed arts college students in their attitude towards yoga education.

Table-4. Difference among the Government, Aided, and Self-financed Arts College Students in their attitude towards Yoga Education

Variable	Source of Variation	Sum of Squares	MSV	df	Calculated 'F' Value	Table 'F' Value	Remarks at 5% level of significance
Type of College	Between	11639.24	5819.62	2	12.01	3.03	Significant
	Within	119687.41	484.56	247			

It is inferred from the above table that, there is a significant difference among the government, aided, and self-financed arts college students in their attitude towards yoga education.

When comparing the mean scores, aided college students (140.95) are better than the government (124.30) and self-financed (122.13) college students in their attitude towards yoga education.

H₀₄: There is no significant difference among the Hindu, Christian and Islam students of arts college in their attitude towards yoga education.

Table-5. Difference among the Hindu, Christian and Islam Students of Arts College in their attitude towards Yoga Education

Variable	Source of Variation	Sum of Squares	MSV	df	Calculated 'F' Value	Table 'F' Value	Remarks at 5% level of significance
Religion	Between	4622.48	2311.24	2	3.58	3.03	Significant
	Within	126702.18	512.97	247			

It is inferred from the above table that, there is a significant difference among the Hindu, Christian and Islam students of arts college in their attitude towards yoga education.

When comparing the mean scores, Christian students (140.95) are better than the Hindu (124.30) and Islam (122.13) students in their attitude towards yoga education.

RESULTS AND DISCUSSION

1. Arts college students of Chennai city have favourable towards yoga education. This confirms the finding of **D’Costa & Gaikwad (2011), Chaudhari (2012), Umatiya (2013), Singh & Agarwal (2013), Yadav & Kumar (2014) and Dhayal (2015)**. All the studies were conducted in the various state of India and it shows that the younger generation of India is aware of yoga and its merits and benefits. It is a good initiative to build a healthy and peaceful India.
2. There is significant difference among arts college students in terms of gender. Arts college gents’ students are better than the ladies in their attitude towards yoga education. This may be due to the fact that ladies feel shy when compared to gents in case of practicing yoga in colleges and they have household work to do in the morning. Therefore, gents’ students are better in their attitude towards yoga. This finding contradicts the finding of **Chaudhari (2012) & Umatiya (2013)**. They found

that the female students were having more favourable attitude than male students towards yoga education. Ladies' students can be given separate rooms to practice yoga in colleges.

3. Urban and semi-urban arts college students do not differ in their attitude towards yoga education. This is opposes the finding of **Chaudhari (2012) & Umatiya (2013)**. They found out that there was a significant difference between rural and urban students in their attitude towards yoga. They insisted that the urban students were having more favourable attitude that the rural students.
4. Aided arts college students are better than the government and self-financed arts college students in their attitude towards yoga education. This may be due to the fact that aided colleges have more facilities and students are better taken care of and there may be good discipline compared with the government college students. In this present study the samples were collected from the most of the reputed and top ranked colleges of Chennai city. Hence, those colleges have enormous facilities such as large playground with adequate apparatus, qualified & committed staff members etc than the government and self-financed colleges.
5. There is a significant difference among arts college students in terms of religion. Christian students of Arts College are better than the Hindu and Islam students in their attitude towards yoga education. This may be due to the fact that Christian students wake up early in the morning and say their prayers on a daily basis regularly when compared to others. They kneel down and say prayers, which is also a yoga posture. This finding contradicts the finding of **Gray (2013)**. Despite the fact that the yoga is not constraining with the particular religion, the arts college students are differs in their attitude towards yoga education in the present study. This may be due the fact that the students are having awareness on yoga and its benefits differ from one-on-one.

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