

## A STUDY ON EFFECTS OF YOGA ON ADJUSTMENT PROBLEMS OF SCHOOL TEACHERS

By

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### ABSTRACT

Teaching is a very stressful job requiring a teacher to stand for many hours daily alone before a group of some alienated pupils. Moreover, the teacher has to play multiple roles such as supporting parent, disciplinary taskmaster, stimulating actor and informative resource person. Researchers have identified various causes of job related stress of teachers such as work load, insecurity of service, low status in the society, low physical health, lack of recreation and many more. This creates unnecessary stress and strain among teachers. Prolonged unhealthy stress can cause the following cognitive, emotional and behavioral effects. They tend to get lack of concentration, and ability to think rationally, reduced memory, easily distracted, increased errors, increased tension, change in personality, depression, loneliness, reduced self-esteem, less enthusiasm, lower energy levels, speech problems and sleeplessness. Their organization and planning ability deteriorate. They become aggressive and irritable. Apart from these, stress will lead to the other psychological disorders like anxiety, stress and adjustment disorders. The adjustment disorder caused by adjustment problems will definitely affect the professional efficiency of the school teachers. Moreover, the adjustment of a school teacher is an important factor in determining the mental health of the students. So there arises a need to find out a solution for reducing the adjustment problems of school teachers. The long search for a natural healing remedy for all ailments finally lead to a scientifically proven technology called Yoga. The Inner Science makes wonders in the person's body mind and soul. So an attempt has been made in this study to use this Yogic Science, on school teachers to reduce their adjustment problems. A small experimental research has been done to find the effects of Yoga on Adjustment problems of school teachers by giving a regular practice of Yoga. Hence the study done by the investigator is entitled as "A Study on Effects of Yoga on Adjustment Problems of School Teachers."

*Key Words: Adjustment Problems, Adjustment Disorder, Yoga, Professional Efficiency.*

### INTRODUCTION

School teachers are the superior power of education who takes the children from ignorance to intelligence. As every child comes out of the protected environment of home for the first time and is away from the parents, school teachers become a parent substitute. What a child learns and experiences during its school years can shape the child's views about himself and the world around him, which would later play an important role in his success at his school, work and also his personal life. Therefore, school teachers are responsible for the social, emotional and intellectual growth of the children. Teaching once was considered as a noble job but, within the last decade it has become an increasingly stressful

profession for school teachers. Increased work load, insufficient salary package, fast changing curriculum, increase in the responsibilities of the students, modern fast mechanical life, conflicts with the colleagues and with higher authorities have made the teaching profession more stressful. These stress as ultimately give rise to many other psychological problems like depression, anxiety, etc. In due course, the school teachers face difficulties in adjusting to the job thereby finally getting adjustment problems and disorders. This leads to miserable classroom environment, thereby affecting the learning process of the children.

### Statement of the Problem

Everyone alive has troubles and problems. The most

important consideration in determining personal effectiveness is not the amount of trouble or misfortune a person encounters but how he responds or adjusts to the challenges of life. Adjustment is an important psychological variable, which can be defined as "An index of integration between needs and satisfaction, remains related to achievement, social acceptance, age, sex, economic security and moral standards". Adjustment (from late Latin ad-juxtare, derived from juxta, near, but early confounded with a supposed derivation from Justus, right) means regulating, adapting or settling. In psychology, adjustment means the behavioural process of balancing conflicting needs, or needs against obstacles in the environment. Sometimes it is not possible for the individual to adjust sufficiently within a given situation to indicate that his needs ever will be satisfied. Sometimes the pressures, which bear down upon him, threaten destruction or serious injury to his personality and then he judges himself helpless.

### Types of Adjustment Problems

Since the major life functioning of any individual lies in their family and society being entangled with their physical health and mental health the adjustment problems faced by the school teachers can be classified in the following categories. The same is illustrated in Figure 1.

- Family adjustment problems
- Emotional adjustment problems
- Social adjustment problems
- Health adjustment problems

### Family Adjustment Problems

Family adjustment problems, deal with certain aspects like the relationships of the school teachers with family members in terms of their acceptance, over protection or negligence.

### Emotional Adjustment Problems

Emotional adjustment problems deal with the emotional disturbances faced by the school teachers like frustrations, inferiority complex, aggression, self-consciousness, depression, anxiety, etc.

### Social Adjustment Problems

The relationship of the school teachers with peer groups, their acceptance or rejection, sociability, friendship and participation in social functions were dealt in the social adjustment problems.

### Health Adjustment Problems

Health adjustment problems deal with the personal physical health of the school teachers, body reaction to infections, their immune power and resistance to diseases, mental health, etc.

### Effects of Adjustment Problems

Prolonged adjustment problems will lead to adjustment disorder. Adjustment disorder occurs when there is an inability to make a normal adjustment to some need or stress in the environment. In Psychiatry, Adjustment Disorder (AD) is a classification of mental disorder that is a psychological response from an identifiable stressor or group of stressors that causes significant emotional or behavioral symptoms. Adjustment disorders are extremely common. A psychological adjustment disorder is characterized by the development of emotional and/or behavioral symptoms (such as, depression, anxiety, school behavior problems, fighting, work problems, academic problems, social conflicts or withdrawal, or physical complaints), in response to a specific stressor or stressors within the environment. To put it simply, if one is experiencing significant stress, and because of that stress one develop psychological symptoms that are greater than what might be expected, given the stress, and this causes impairment in some major life functioning, then the person have an adjustment disorder. Major life

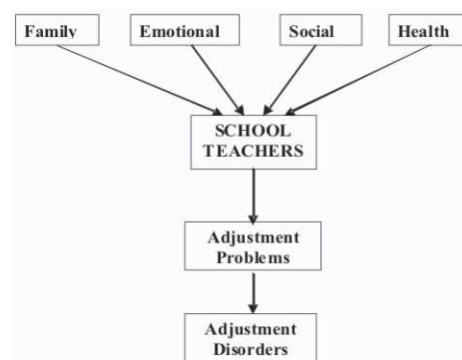


Figure 1. Adjustment Problems Faced By School Teachers

functioning would include school adjustment, work adjustment, social adjustment, legal difficulties, family adjustment and physical health.

Teaching is a very stressful job requiring a teacher to stand for many hours daily alone before a group of some alienated pupils. Moreover, the teacher has to play multiple roles such as supporting parent, disciplinary taskmaster, stimulating actor and informative resource person. Researchers have identified various causes of job related stress of teachers such as work load, insecurity of service, low status in the society, low physical health, lack of recreation and many more. This creates unnecessary stress and strain among teachers. Prolonged unhealthy stress can cause the following cognitive, emotional and behavioral effects (Joseph, 2000). They tend to get lack of concentration, and ability to think rationally, reduced memory, easily distracted, increased errors, increased tension, change in personality, depression, loneliness, reduced self-esteem, less enthusiasm, lower energy levels, speech problems and sleeplessness. Their organization and planning ability deteriorate. They become aggressive and irritable. This finally will lead to frequent absenteeism and finally they will end in burn out. Apart from these, stress will lead to the other psychological disorders like anxiety, stress and adjustment disorders.

Psychological disorders are behavior patterns or mental processes that cause serious personal sufferings or interfere with a person's ability to cope with everyday life. There are many psychological disorders and they were classified recently by the American Psychiatric Association using the DSM, or Diagnostic and Statistical Manual of Mental Disorders. It recognizes 18 different categories of psychological disorders. The major ones are considered to be Anxiety disorder, Depression (Mood disorder), Adjustment disorder (Spencer, 1998) which are caused by stress in the life of the school teachers. The adjustment disorder caused by adjustment problems will definitely affect the professional efficiency of the school teachers. Moreover, the adjustment of a school teacher is an important factor in determining the mental health of the students. So there arises a need to find out a solution for reducing the adjustment problems of school teachers.

Many advanced health cures and measures are available in the recent field of medicine with the finest technology which can treat the psychological problems of people. Yet they do cause a lot of side effects thereby adding persistent malady. The long search for a natural healing remedy for all ailments finally lead to a scientifically proven technology called Yoga. Yoga is a science that has been practiced for nearly thousands of years. It consists of ancient theories, observations and principles about the mind and body connection which is now empirically being proven by modern medicine. Substantial researches have been done in the healing effects of Yogic techniques proving the health benefits of Yoga. YOGA – The Inner Science makes wonders in the person's body mind and soul. So an attempt has been made in this study to use this Yogic Technology, on school teachers to reduce their adjustment problems. A small experimental research has been done to find the effects of Yoga on Adjustment problems of school teachers by giving a regular practice of Yoga. Hence the study done by the investigator is entitled as "A Study on Effects of Yoga on Adjustment Problems of School Teachers."

## Objectives of the Study

The objectives of this study can be listed down as follows

- (i) To develop and validate Yoga video program to reduce the Adjustment problems of school teachers.
- (ii) To find out the effects of Yoga video program on Adjustment problems of school teachers.
- (iii) To find out the effects of Yoga video program on Adjustment problems of school teachers with respect to the following Personal Variables.
  - Sex
  - Age
  - Teaching experience
  - Previous yoga experience
  - Surgery undergone
- (iv) To find out the effects of Yoga video program on Adjustment problems of school teachers with respect to the following Familial Variables.
  - Presence of children

- Family annual income
- Family type
- Residence

## Research Procedure

Since the major objective of the study is to find out the effects of Yoga video program on Adjustment problems of school teachers, the investigator decided to use Quasi experimental design. The sample was selected by "group at hand" sampling technique. The willing school teachers of Shree Bal Devadas Kikani Higher Secondary School in Coimbatore were considered as the sample. The sample size was 36. The variables selected for the study were classified under three divisions. They are,

- Independent variable.
- Dependent variable and
- Intervening variable

## Independent Variable

The Yoga video program is the Independent variable.

## Dependent Variable

"Adjustment Problem" is considered to be the Dependent variable.

## Intervening Variables

The Intervening variables are again subdivided into two sub headings. They are as follows

- Personal variables
- Familial variables

## Personal Variables

- The Personal variables are as follows
- Sex
- Age
- Teaching experience
- Previous yoga experience
- Surgery undergone

## Familial Variables

Familial variables are as under

- Presence of children
- Family annual income
- Family type

- Residence.

Three tools are used in this study. They are

- Yoga Video Program for school teachers developed and validated by the investigator.
- Indian adaptation of Bell's Adjustment Inventory developed by Lalita Sharma.
- Personal Information Sheet developed by the investigator.

## Development of Yoga Video Program

The necessary Yoga techniques needed for the study and which can be easily practiced by school teachers were finalized with the guidance of Yoga experts. The finalized Yoga Video Program was planned to include some of Yogasanas, Pranayama practices and a Meditation procedure which will take approximately half-an-hour to practice. The Yoga practice will be starting with Surya Namaskar which consisted of 12 steps. This will be followed by six Yogasanas ending with one relaxing asana, which is followed by Pranayama. The Pranayama is done in two steps and it is followed by a Meditation. The audio and video script was prepared and the video shooting was done.

## Bell Adjustment Inventory

This is a test of personality that assesses the individual's adjustment in a variety of situations. Example: Home, health, social, emotional and overall dimensions. "Home adjustment is expressed in terms of satisfaction or dissatisfaction with home life, health adjustment in terms of shyness, submissiveness, introversion, etc. and emotional adjustment in terms of depression, nervousness, etc". Number of items in home, health, social and emotional dimensions of adjustment consisted of 35, 31, 34 and 35, respectively. The possibility range of scores for home, health, social and emotional adjustments were 0 to 35, 0 to 31, 0 to 34, and 0 to 35, respectively. High scores on the inventory signify poor adjustment and low scores better adjustment in different specific areas and also in respect of adjustment taken as a whole. Test-retest reliability of different adjustment dimensions as reported in the manual ranged from .70 to .93 and internal consistency (odd-even) from .74 to .93.

The inventory was validated by using contrast groups, normals and diagnosed neurotics as well as against the Eysenck Personality Inventory and a number of personal variables. In each case, the validity coefficient was found to be significantly high.

For the convenience of the school teachers, Indian adaptation of Bell's Adjustment Inventory has been used in this study. The Indian Adaptation of Bell's Adjustment Inventory was developed by Lalita Sharma. It assesses adjustment in four different areas – family, social, emotional, and health. There are 80 items. Each item has two response options – Yes and no. There are positive and negative items.

### Scoring

The yes/no answers obtained for the items are divided accordingly into four different areas and are scored. 1 point is awarded to the 'yes' responses of the positive items and to the 'no' answers of negative items. The positive and negative items of each area are given in Table 1.

### Methodology

After the completion of the preparation of the Yoga video program, it is checked for its validity and reliability with the help of Yoga experts, Computer personnel and school teachers. The content, the clarity of video and audio and the usage of the video program were discussed with the above personnel and the validity and reliability of the Yoga Video Package was checked and confirmed. After validating the Yoga video program, the school teachers were asked to practice them for 48 days and the level of Adjustment problems was measured before and after the Yoga practice with the help of the Adjustment Inventory. For the study, 't' scores were computed to compare the significant difference between the pre – test and post – test score for Adjustment problems of the sample. After analysis of the data, the results were discussed and broader findings and conclusions arrived are given below.

### Findings, Results And Interpretations

The pre and post – test mean scores and 't' values of Adjustment problems of the school teachers are given in Table 2. The results of significant difference with respect to Personal and Familial variables of the school teachers are

given in Tables 3 and 4. The results of those findings are as follows.

- (i) There is significant difference between pre-Yoga and post-Yoga scores of "Adjustment and its dimensions" of the school teachers as a result of Yoga.
- (ii) There is no significant difference between the pre – test and post – test mean scores of Adjustment problems and all its dimensions with respect to their personal and familial variables of the school teachers except for three aspects. There is significant difference between 'family adjustment' and 'total adjustment problem' with 'sex.' In the same manner there is significant difference between 'family adjustment problem' and 'presence of children.'

### Conclusion

The mean score values of all the dimensions and total Adjustment in the post test are lesser than that of the pretest ensuring a reduction in them after Yoga. Hence it is concluded that Yoga helps in reducing all Adjustment problems among school teachers. The above results are illustrated in Figures 2 and 3.

| S.No | Areas     | Positive Items  | Negative Items                             | Total Score |
|------|-----------|---|--|-------------|
| 1    | Family    | 4, 6, 9, 14, 20, 28, 29, 30, 37, 43, 47, 50, 52, 57, 60, 63, 68, 69, 76, 77 | 23   | 21          |
| 2    | Social    | 3, 8, 11, 15, 17, 40, 51, 59, 72  | 21, 25, 32, 35, 44, 45, 54, 58, 66, 73, 78 | 20          |
| 3    | Emotional | 2, 7, 10, 16, 19, 24, 31, 33, 39, 48, 53, 55, 62, 71, 74, 75, 79            | 26, 46, 61, 67                             | 21          |
| 4    | Health    | 1, 5, 12, 13, 18, 22, 27, 34, 36, 38, 41, 42, 49, 56, 64, 65, 70, 80        | No items                                   | 18          |

Table 1. Scoring Key of Adjustment Inventory

| Dimensions of Adjustment | Phase     | N  | M      | DM     | SD    | t     | Level of significance at 0.01 |
|--------------------------|-----------|----|--------|--------|-------|-------|-------------------------------|
| Family                   | Pre-yoga  | 36 | 8.583  | 3.861  | 2.6   | 2.36  | Significant                   |
|                          | Post-yoga |    | 4.694  |        |       |       |                               |
| Social                   | Pre-yoga  | 36 | 8.444  | 3.861  | 2.307 | 9.99  | Significant                   |
|                          | Post-yoga |    | 4.589  |        |       |       |                               |
| Emotional                | Pre-yoga  | 36 | 10.639 | 5.22   | 3.44  | 9.11  | Significant                   |
|                          | Post-yoga |    | 5.417  |        |       |       |                               |
| Health                   | Pre-yoga  | 36 | 6.917  | 4.639  | 3.136 | 8.87  | Significant                   |
|                          | Post-yoga |    | 2.306  |        |       |       |                               |
| Total Adjustment         | Pre-yoga  | 36 | 34.611 | 17.528 | 7.37  | 14.27 | Significant                   |
|                          | Post-yoga |    | 17.028 |        |       |       |                               |

Table 2. Change in Post Test Score of Adjustment and all its Dimensions due to Yoga among School Teachers

Yoga produces the same effects among all the groups of the school teachers with respect to the intervening variables except for the following.

(i) Yoga does not produce the same effects in reducing Family and Total adjustment problems among male and female teachers. Female teachers are observed to show more reducing effects in family and total adjustment problems than male teachers due to Yoga.

(ii) Yoga does not produce the same effects in reducing Family adjustment problems of school teachers with respect to presence of children. Family adjustment problems are reduced more due to Yoga among the teachers those who have kids than the teachers those who do not have kids.

## Discussion

Based on the above findings the results were discussed and the final interpretations were given below. In the present investigation, the school teachers experienced a marked reduction in their adjustment problems after the Yoga practice for 48 days. This present finding can be reasoned out on the following grounds. Methods in Yoga provide the individual a basic discipline for his overall adjustment with his environment. According to Patanjali

| S.No. | Dimensions of Adjustment | Sex | Age | Personal variables  |                          |                   |
|-------|--------------------------|-----|-----|---------------------|--------------------------|-------------------|
|       |                          |     |     | Teaching Experience | Previous Yoga Experience | Surgery undergone |
| 1     | Family                   | S   | NS  | NS                  | NS                       | NS                |
| 2     | Social                   | NS  | NS  | NS                  | NS                       | NS                |
| 3     | Emotional                | NS  | NS  | NS                  | NS                       | NS                |
| 4     | Health                   | NS  | NS  | NS                  | NS                       | NS                |
| 5     | Total                    | S   | NS  | NS                  | NS                       | NS                |

**Table 3. Summary of the Results of Test of Significant Difference in all the dimensions of the Adjustment problems of School Teachers With Respect To Their Personal Variables**

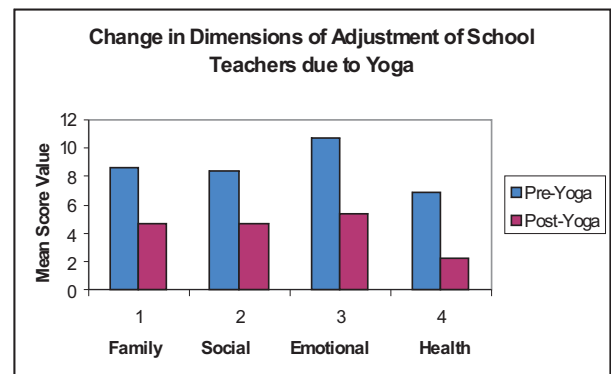
| S.No. | Dimensions of Adjustment | Presence of children | Familial Variables |             |           |
|-------|--------------------------|----------------------|--------------------|-------------|-----------|
|       |                          |                      | Family income      | Family type | Residence |
| 1     | Family                   | S                    | NS                 | NS          | NS        |
| 2     | Social                   | NS                   | NS                 | NS          | NS        |
| 3     | Emotional                | NS                   | NS                 | NS          | NS        |
| 4     | Health                   | NS                   | NS                 | NS          | NS        |
| 5     | Total                    | NS                   | NS                 | NS          | NS        |

S – Significant NS – Not Significant

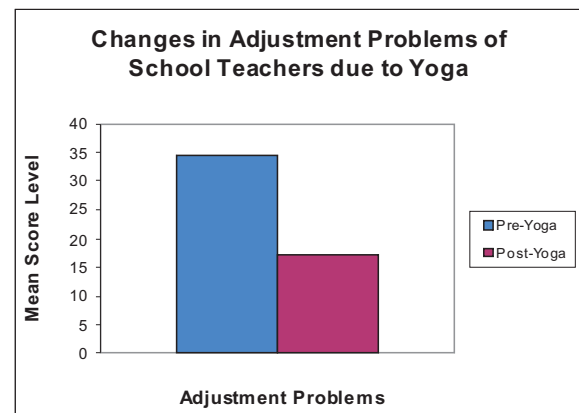
**Table 4. Summary of the Results of Test of Significant Difference in all the dimensions of the Adjustment problems of School Teachers With Respect To Their Familial Variables**

Yoga Sutras, Kriya Yoga cleanses the psychological environment of individuals. Praying in groups helps in inculcating feelings of brotherhood for the fellow beings; thus it helps in interpersonal adjustment. Pranavama reduces neuroticism, anxiety and conflicts. This helps in personal and interpersonal adjustments.

Yoga pays immediate dividends. The physical part of Yoga improves the health, frees the practitioner from tensions and diseases and confers a state of well-being on them. It enables people to acquire progressively increasing control over the mind and the emotions. This in its turn greatly aids the social aspect of Yoga which leads to a healthy social adjustment. The practitioners are really able to understand everyone, even their enemies. It is different from even a higher state of social relationship where one loves the neighbors on an equal footing. It is true that understanding - standing under the other person, magnifying him, appreciating his stand from a new angle. This is what Yoga confers upon the practitioners. And also



**Figure 2. Change in Dimensions of Adjustment due to Yoga among School Teachers**



**Figure 3. Change in Adjustment due to Yoga among School Teachers**

since Yoga reduces the Depression, Anxiety and Stress levels of school teachers their Adjustment problems got reduced after a period Yoga practice. This result is also supported by the study done by Shamser Singh (2009) and Nidhi et. al., (2009).

Academic performance is concerned with the quantity and quality of learning attained in a subject or group of subjects after a long period of instruction. Excessive stress hampers students' performance. Improvement in academic performance and alertness has been reported in several yogic studies. Kauts and Sharma (2009) assessed the effect of yoga on academic performance in relation to stress. The study started with 800 adolescent students; 159 high-stress students and 142 low-stress students were selected on the basis of scores obtained through Stress Battery. Experimental group and control group were given pre test in three subjects, i.e., Mathematics, Science, and Social Studies. A yoga module consisting of yoga asanas, pranayama, meditation, and a value orientation program was administered on experimental group for 7 weeks. The experimental and control groups were post-tested for their performance on the three subjects mentioned above. The results show that the students, who practiced yoga performed better in academics. The study further shows that low-stress students performed better than high-stress students, meaning thereby that stress affects the students' performance.

In general, Yoga experts and practitioners say that Yoga always produces the same effects on any group of people of any type, either male or female, or any age group, etc. In this study some slight modulations were seen in the effects of Yoga on the differently aligned groups in the dimensions of adjustment with respect to the Personal and Familial variables of school teachers. This is due to the fact that the study was being conducted for a short period of time and if the study was continued to a longer period, say for six months the results would have been appropriate that the Yoga producing the same

effects on any type of group of people. This has been considered as one of the limitations of the present study.

## Implications

By the regular Yoga practice of this Yoga video package, the school teachers will be able to

- Get relieved from all psychological problems mainly from Depression, Anxiety and Stress.
- Will be able to get adjusted with their environment at school, home, and society so that their adjustment problems will be getting reduced enormously.
- Get relieved all psychosomatic illnesses since they are free from psychological problems.
- Get good physical health due to the maintenance of their body weight, pulse, blood pressure and blood sugar levels by Yoga.
- Become aware of all sorts of situations at work place and everywhere and learn to tackle them smoothly without affecting the self.
- Be able to work in schools with more efficiency and harmony.
- Improve their creativity and productivity with heightened efforts.

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